



# ***THE GEMS***

**CAV. PETER CARDELLA  
CENTER**  
SERVING SINCE 1974

## ***NEWSLETTER***

68-52 Fresh Pond Road  
Ridgewood, N.Y. 11385  
718-497-2908 / 718-497-2589 HMDL

TONIANN GRANDE, CHAIRWOMAN  
IGNATIUS GRANDE, SECRETARY  
JOHN CHRIST, TREASURER

BARBARA TOSCANO, EXECUTIVE DIRECTOR

[www.cardellaseniors.org](http://www.cardellaseniors.org)

Center funded under contract with the NYC Department For The Aging, NY State Office for the Aging,  
City Council, Borough President's Office and City Meals-On-Wheels

## **December 2022**



Dear Seniors,

Once again the holiday season is upon us. I would like to take this opportunity to personally wish each and every one of you a blessed Christmas, Happy Hanukkah, and a New Year filled with joyful tidings, good health, and peace. May God bless you, and may 2023 be a wonderful year for all of us. Merry Christmas and Happy New Year!

Fondly,

Your Director, Barbara Toscano

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JOHN CHRIST, TREASURER  
IGNATIUS GRANDE, ESQ., SECRETARY

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**PROGRAM ASSISTANT / CASE ASSISTANT**

JOSEPHINE SPATOLA - TEL. # 718-497-2908

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SAL D'ANGELO  
ANTONIO MIELE  
GANDOLFO MUSCA  
YOLANDA PILIEGO  
JOAN TOURANGEAU

**MEALS ON WHEELS COORDINATOR**

GLENDA ALBAN-ORTEGA - Tel. # 718-497-2589

**ASSISTANT COOK** - GUISEPPINA TARDUGNO

**KITCHEN AIDES** - TINA DIBENEDETTO & CONNIE VENEZIA

**DISHWASHER** - MARICELA LOPEZ

**CUSTODIANS** - PAOLA BOMMARITO & ENZA TRAPANI

**DRIVER** - PIETRO ROPPOLO

**\* THE DUTIES OF THE ADVISORY BOARD ARE: TO TAKE COMPLAINTS AND SUGGESTIONS FROM THE GENERAL MEMBERSHIP OF THE CENTER AND ACT AS MEDIATORS BETWEEN SENIORS AND BOARD OF DIRECTORS.**



**NOVEMBER BIRTHDAYS**

THOMAS ESPOSITO, KRISTYNA BARYLA, VIOREL PASKU, ANDELA MORAVEC, EDITH PARTIDA,

**December Prayer**



**7 Prayers for DECEMBER**

1. May your health improve.
2. May your friends be blessed.
3. May your family be loved.
4. May your finances multiply.
5. May your pains be less.
6. May your worries disappear.
7. May you be blessed.

**Amen**

## EVENTS

Dec. 7: Pearl Harbor Day.

Dec. 14: Food Commodity.

Dec. 20: Advisory Board Meeting.

Dec. 21; First Day of Winter.

**Dec. 25: Christmas Day.**

Dec. 26: Day After CHRISTMAS Center closed .

**Dec. 31: New Year Eve.**

**January 2: Center Closed.**



**Pearl Harbor** On the morning of December 7, 1941, Japan attacked the US naval base at Pearl Harbor, Hawaii. The surprise attack by some 350 Japanese aircraft sunk or badly damaged eighteen US naval vessels, including eight battleships, destroyed or damaged 300 US aircraft, and killed 2,403 men.



**Hanukkah**, also known as the Festival of Lights, is a Jewish festival commemorating the recovery of Jerusalem and subsequent rededication of the Second Temple at the beginning of the Maccabean revolt against the Seleucid Empire in the 2nd century BCE.



### **Christmas December 25th-Christmas Spirit**

While for so many people this holiday season is about rampant commercialism, keeping up with the Joneses and rushing to keep up with a hectic schedule, we should all jump off the speed train and take time to not only appreciate the true meaning of Christmas but also to embrace the true spirit of Christmas.

Emotionally this is a difficult time of the year for so many. Depression and anger drive up the rates of suicide and domestic violence. Stress builds upon stress to destroy the holiday cheer of many.

The underlying problem for so many people is that they focus all their energy on what they do not have rather than embracing what they do have --that is what Christmas spirit is all about.

Whether or not you are an ardent Christian, if you live in the Western World then you know that the true meaning of Christmas is to celebrate the birth of Christ. The Christ child is a symbol of love, light, hope and peace that makes this such a joyful season for true believers. However, even among the believers, there are some for which this message is not enough to overcome the depression, anger and stress of the season. That is why it's so important to embrace the true meaning of Christmas. You need to reach down within yourself to find the spirit of Christmas. In order to embrace the true Christmas spirit you must be willing to give. Give of yourself, your time and your love, and give of your worldly possessions. Do not think of the gifts you give to others as an obligation or duty, but think of it as a symbol of your love for them. While no gift can accurately reflect the love we feel for those who are near and dear to us, we can show them that they matter by spending time and thought to create or select a gift with meaning.

# THE GEMS

PROPOSED MENU FOR THE MONTH OF

## December 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1-Dec		2-Dec	
Cell Phone 101 Class Weds 11:00-11:30 Computer Lab Fri 1:00-2:00 IPAD 101 Class Wed 11:00-11:30 Card Playing Mon & Fri 1:00-3:00		 Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.				Italian Style Pork Loin Mashed Potatoes Steamed Red or Green Cabbage		Lentil Soup Roasted Turkey Breast Roasted Sweet Potatoes Zucchini with Onions and Peppers	
						Blood Pressure Sing-A-Long Stay Well Exercise Music by Emilio		Free Meal Coloring-Card Playing Sit & Be Fit Painting-Bingo	
5-Dec		6-Dec		7-Dec		8-Dec		9-Dec	
Butternut Squash Soup Frittata Sauteed Asparagus		Beef Meatballs in Tomato Sauce Steamed Cauliflower		Split Pea Soup Baked Breaded Chicken Cutlet Yellow Rice Sauteed Escarole & Beans		Roast Beef Brown Gravy Baked Potato Sauteed String Beans		Baked Flounder Pasta with Sweet Peas Baby Carrots with Parsley	
FREE BREAKFAST Mindfull Meditation Crochet Class- Card Playing Cooking Class Bingo-Movie		Devotional Song Group Sing-a-Long Silver Sneaker Excercise Music by Ray Reggio		Yoga Coloring What's in the Paper Movie-Bingo		Stay Well Exercise Blood Pressure Sing-A-Long Music by Emilio		Free Meal Coloring Sit & Be Fit Bingo-Painting Card Playing	
12-Dec		13-Dec		14-Dec		15-Dec		16-Dec	
Pasta Alla Norma Steamed Broccoli		Roasted Turkey Breast Roasted Sweet Potatoes Steamed Kale		Italian Roasted Pork Tenderloin Pasta Fagioli Mixed Green Salad		Beef Meatloaf with Mushroom Gravy Mashed Potatoes teamed Peas & Carrots		Baked Marinated Fish Brown Rice Steamed Spinach	
FREE BREAKFAST Mindfull meditation Nutrition Class Bingo-Movie Crochet Class- Card Playing		Sing-a-Long Devotional Song Group Silver Sneaker Music by Emilio		Yoga Food Commodity Coloring What's in the Paper Bingo-Movie		Sing-A-Long Blood Pressure Stay Well Exxercise Music by Ray Reggio		Free Meal Painting Coloring-Card Playing Sit & Be Fit Bingo	
19-Dec		20-Dec		21-Dec		22-Dec		23-Dec	
Pasta Primavera Mixed Green Salad		Minestrone Soup Italian Roast Chicken Brown Rice Steamed Spinach		Baked Marinated Fish Pasta & Garlic & Oil Steamed Peas		Chicken Cutlet Parmigiana Pasta Asparagus Salad		Chicken Cacciatore Yellow Rice Sauteed Zucchini	
FREE BREAKFAST Mindfull Meditation Crochet Class Bingo-Movie Card Playing		Devotional Song Group Sing-a-Long Silver Sneaker Excercise Music by Emilio		Yoga Coloring What's in the Paper Movie-Bingo		Blood Pressure <b>CHRISTMAS PARTY</b> Stay Well Exercise Sing-A-Long Music by Ray Reggio		Free Meal Painting Coloring-Card Playing Sit & Be Fit Bingo	
26-Dec		27-Dec		28-Feb		29-Dec		30-Dec	
<b>CLOSED</b>		Vegetables Soup Baked Chicken Cutlet Corn Niblets Steamed Spinach		Baked Ziti with Cheese Mixed Green Salad		Holiday Ham Hors D'Oeuvres Sweet Potatoes Green Beans		Baked Flounder Pasta with Garlic & Oil Steamed Broccoli and Cauliflower	
<b>CLOSED</b>		Devotional Song Group Sing-a-Long Silver Sneaker Excercise Birthday Day Music by Ray Reggio		Yoga Coloring What's in the Paper Movie-Bingo		Blood Pressure <b>New Years Party</b> Stay Well Party Sing-A=Long Music by Emilio		Free Meal Painting Coloring-Card Playing Sit & Be Fit Bingo	

# THE GEMS

Please remember the Peter Cardella Senior Center in your Will  
The Peter Cardella Senior Citizen Center has done a great deal to improve the quality of life for hundreds of senior citizens. Please remember the Center in your will, so we can continue to provide important services to others in our community.



**\*\*Please see the menu pages for more activities\*\***



## Health Awareness in December

### National Influenza Vaccination

National Influenza Vaccination Week (NIVW) is an annual observance in December to remind everyone 6 months and older that there's still time to get vaccinated against flu.

Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including people with certain chronic conditions such as asthma, diabetes, and heart disease. In fact, in past flu seasons, 9 out of 10 adults hospitalized for flu had at least one underlying medical condition.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to prevent flu. Flu vaccines are the only vaccines that protect against flu and are proven to reduce the risk of flu illness, hospitalization, and death.



Together, we can use NIVW as a nationwide call to action to encourage everyone 6 months and older to get their annual flu shot, especially those at higher risk. The more people vaccinated against flu, the more people are protected from flu.

National Influenza Vaccination Week is here! If you haven't received a flu shot yet, there's still time. People with certain chronic conditions are more likely to develop serious flu complications. Together, we can all #FightFlu. Protect yourself and your loved ones by getting a flu shot.

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It's National Influenza Vaccination Week, and there's still time to get a #flu shot. In past flu seasons, 9 out of 10 adults hospitalized with flu had one or more of chronic conditions. Protect yourself and get a flu shot today

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**Yes, the power is in your hands to prevent COVID-19 and the Flu!** 1. Do Not Touch the T Zone 2. Handwash regularly 3. Wear a full face shield to protect yourself and others Imagine how great it would be if you or your family were never sick again from a respiratory infection! What diseases are these you ask? For example: Flu, u-like illness, adeno virus, RSV, common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus, Pneumococcus, TB and more. The T Zone is the only portal of entry into the human body for ALL respiratory infections! Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well". Imagine never having the flu or COVID-19 ! Thank you for helping to "Spread the word not the germs"! Will Sawyer, MD Henry the Hand Foundation [dr.will@henrythehand.org](mailto:dr.will@henrythehand.org) The 4 Principles of Hand Awareness: 1. WASH your hands when they are dirty and BEFORE eating. 2. DO NOT cough into your hands. 3. DO NOT sneeze into your hands. 4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

# THE GEMS

## *Donations In Loving Memory*

Kathy & Joe Ferretti  
\$ 1,000 in memory of  
Providenza Cardella

Marie Cardella  
\$ 1,000 in memory of the  
Cardella Family



## MEALS ON WHEELS

The Peter Cardella Senior Center offers Meals-on-Wheels to home bound seniors. A client must be a New York City resident, 60 years of age or older, able to live safely at home if services are provided, unable to attend a congregate meals site unattended, and unable to prepare meals because of incapacity, or lack of cooking facility, or inability to cook for self, or financial hardship, or specific dietary considerations that the senior cannot meet on their own. If you know anyone interested in this service and who meets these qualifications, please refer them to us!



Referrals and information available in our office!  
Stop in if you have questions regarding entitlements, benefits, or resources!



VETERANS DAY



THANKSGIVING DAY



### Apple Pie Crisp

#### Ingredients:

If you like the warm and sweet flavors of a homemade apple pie, try this healthy alternative to a holiday classic.

#### Ingredients:

- \* 1/3 cup graham cracker crumbs
- \* 1/3 cup oats
- \* 2 tablespoons brown sugar
- \* 1 teaspoon cinnamon
- \* 2 pounds apple ( about 6 medium-sized apples)
- \* 1/2 cup water (room Temperature water)
- \* 1 tablespoon butter

#### Directions:

In a small bowl, mix graham cracker crumbs, oats, and brown sugar. Wash & peel apples. Quarter them, cut out the core & seeds. Slice apple quarters. Spread apples in a 12x8 inch baking pan. Add 1/2 cup water to the pan. Sprinkle cinnamon and topping mixture over apples. Dot with butter. Bake at 375 degrees Fahrenheit for 45 minutes, or until apples are soft and topping is browned.

