



# THE GEMS

## NEWSLETTER

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

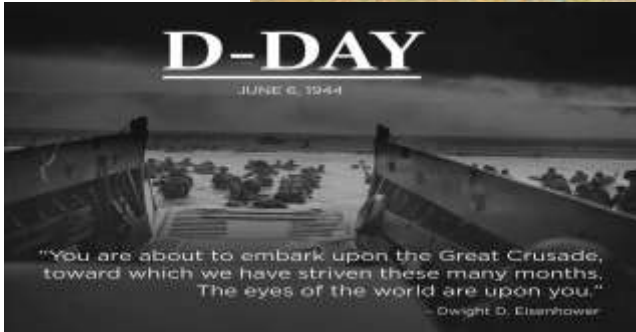
68-52 Fresh Pond Road  
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TONIANN GRANDE, CHAIRWOMAN  
IGNATIUS GRANDE, SECRETARY  
JOHN CHRIST, TREASURER

BARBARA TOSCANO, EXECUTIVE DIRECTOR

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

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



**"SUMMER MEANS HAPPY TIMES AND GOOD SUNSHINE"**

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**MEALS ON WHEELS COORDINATOR**

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**\* 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.**



**MAY BIRTHDAY**

SALVATORE D'ANGELO, FRANCESCA CIRINCIONE,  
MARY ANSELMO, NANCY HIDALGO, STANISLAW DYRCZ



# THE GEMS

## EVENTS

**June 6:** D-Day

**June 14:** Flag Day

**June 18:** Father's Day

**June 19:** Juneteenth (Center Closed)

**June 21:** Summer Begins  
Food Commodity

**June 22:** Advisory Board Mtg.

**June 26:** Board of Directors Mtg 6:30 PM

Sign up now for the Atlantic City trip \$35  
few spots left (HURRY!)



### What was D-Day ?

It was the largest invasion ever assembled, before or since, landed 156,000 Allied troops by sea and air on five beachheads in Normandy, France. D-Day was the start of Allied operations which would ultimately liberate Western Europe, defeat Nazi Germany and end the Second World War.



**Flag Day**, also called National Flag Day, in the United States, a day honouring the national flag, observed on June 14. The holiday commemorates the date in 1777 when the United States approved the design for its first national flag. Flag Day is celebrated on Tuesday, June 14, 2022 in the United States.

My Daddy is...

as Brave as **Captain America**

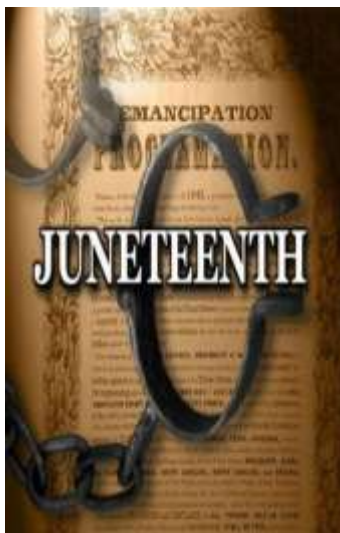
as Strong as **Hulk**

as Fast as **Spiderman**

as Smart as **Iron Man**

He's my Favorite  
Superhero

**Father's Day** is a celebration honoring people's fathers and celebrating the fatherhood, paternal bonds, and the influence of fathers in their society. It was first proposed by Sonora Dodd of Spokane, Washington in 1909. It is currently celebrated in the United States annually on the third Sunday in June.



**Juneteenth** (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops' arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday.

**June 21**



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## PROPOSED MENU FOR THE MONTH OF

# June 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1-Jun		2-Jun	
Cooking Class 9:00-10:00 Painting Class: 10:30-11:30 Yoga 10:00-11:00 Jewelry Class 10:00-11:00 Devotional Song Group 11:00-12:00 Card Playing 1:00-2:00				Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine. 		Lentil Soup Beef Meatloaf with Mushroom Gravy Mashed Potatoes Steamed Peas & Carrots		Baked Marinated Fish Brown Rice Steamed Spinach	
						Blood Pressure Sing-A-Long SU-Casa Music by Ray Reggio		Free Meal Coloring-Card Playing Sail Class Painting-Bingo	
5-Jun		6-Jun		7-Jun		8-Jun		9-Jun	
Minestrone Soup Pasta Primavera Mixes Green Salad		Italian Roast Chicken Brown Rice Steamed Spinach		Baked Marinated Fish Pasta with Garlic & Oil Steamed Peas		Chicken Tortellini Soup Roast Beef Brown Gravy Baked Potato Steamed Broccoli		Chicken Cacciatore Yellow Rice Sauteed Zucchini	
FREE BREAKFAST Meditation Class Crochet Class Card Playing Bingo-Movie		Devotional Song Group Sing-a-Long-Jewelry Class Silver Sneaker Excercise Wellness Pres. Music by Ray Reggio		Sail Class Coloring What's in the Paper Nutrition Class Bingo- Movie		Blood Pressure Sing-A-Long Su-Casa Music by Emilio		Free Meal Coloring Sail Class Bingo-Painting Card Playing	
12-Jun		13-Jun		14-Jun		15-Jun		16-Jun	
Baked Breaded Pork Chops Mashed Potatoes Steamed Red or Green Cabbage		Vegetable Soup Chicken Cutlet Corn Nibleets Steamed Spinach		Baked Ziti with Cheese Mixed Green Salad		Prime Rib Baked Potatoes String Beans & Carrots		Baked FLounder Pasta with Sweet Peas Garlic & Oil Steamed Broccoli & Cauliflower	
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie		Sing-a-Long- Jewellery Class Devotional Song Group Silver Sneaker Excercise Trip to the Lady of the Island Music by Ray Reggio		Sail Class Food Stamps Pres. What's in the Paper Movie-Bingo Coloring		Sing-A-Long Blood Pressure Su-Casa Father's Day Party Music by EMilio		Free Meal Sail Class Coloring-Card Playing Painting Bingo	
19-Jun		20-Jun		21-Jun		22-Jun		23-Jun	
CENTER CLOSED		Italian Roast Chicken Mashed Potatoes Steamed Kale		Garden Chili White Rice Lettuce & Tomato Sauteed Asparagus		Escarole & White Bean Soup Chicken Marsala Yellow Rice Steamed Swiss Chard		Baked Fish Oreganada Pasta with Clam Sauce Sauteed Broccoli Rabe	
CENTER CLOSED		Devotional Song Group Sing-a-Long Silver Sneaker Excercise Jewelry Class Music by Ray Reggio		Sail Class- Coloring Food Commodity What's in the Paper Movie-Bingo What's in the Paper		Blood Pressure-Jewelry Class Su-Casa Birthday Party Sing-A-Long Music by Emilio		Free Meal Painting Coloring-Card Playing Sail Class Bingo	
26-Jun		27-Jun		28-Jun		30-Jun			
Eggplant Parmesa Tomato Sauce Pasta Garden Salad		Beef Stew Polenta Roasted Beets		Chicken Broccoli & Cheese Tricolor Tortellini Green Beans Salad		Italian Style Pork Loin Mashed Potao Steamed Red or Green Cabbage Lentil Soup		Roasted Turkey Breast Roasted Sweet Potatoes Zucchini with Onions & Peppers	
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie		Devotional Song Group Sing-a-Long Silver Sneaker Excercise Birthday Party Music by Ray Reggio		Sail Class Apreciation Day Party What's in the Paper Bingo-Movie Coloring		Blood Pressure Su-Casa Sing-A-Long Music by Emilio		Free Meal Painting Coloring-Card Playing Sail Class Bingo	



## Health Awareness in June

### What is Alzheimer's disease?

Alzheimer's disease is a progressive form of dementia. Dementia is a broader term for conditions that negatively affect memory, thinking, and behavior. The changes interfere with daily living. Dementia can have a range of causes, such as brain injuries or diseases. Sometimes the cause is unknown.

According to the Alzheimer's Association, Alzheimer's disease accounts for 60 to 80 percent of dementia cases. Most people with the disease get a diagnosis after age 65. If it's diagnosed before then, it's generally referred to as "younger onset" or "early onset" Alzheimer's disease.

There's no cure for Alzheimer's, but there are treatments that can slow the progression of the disease.

### Alzheimer's facts

Although many people have heard of Alzheimer's disease, it's helpful to know the facts. Here are some key details about this condition:

Alzheimer's disease is a chronic (long-term), ongoing condition. It is not a typical sign of aging.

Alzheimer's and dementia aren't the same thing. Alzheimer's disease is a type of dementia.

Its symptoms come on gradually, and the effects on the brain are degenerative, meaning they cause slow decline.

Anyone can get Alzheimer's disease, but certain people are at higher risk for it. This includes people over age 65 and those with a family history of the condition.

There's no single expected outcome for people with Alzheimer's. Some people live a long time with mild cognitive damage, while others experience a more rapid onset of symptoms and quicker disease progression.

There's no cure for Alzheimer's yet, but treatment can help slow the progression of the disease and may improve quality of life.

### Symptoms of Alzheimer's disease

Everyone has episodes of forgetfulness from time to time. But people with Alzheimer's disease display certain ongoing behaviors and symptoms that worsen over time. These can include:

memory loss affecting daily activities, such as keeping appointments

trouble with familiar tasks, such as using a microwave

difficulties with problem-solving

trouble with speech or writing

becoming disoriented about times or places

decreased judgment

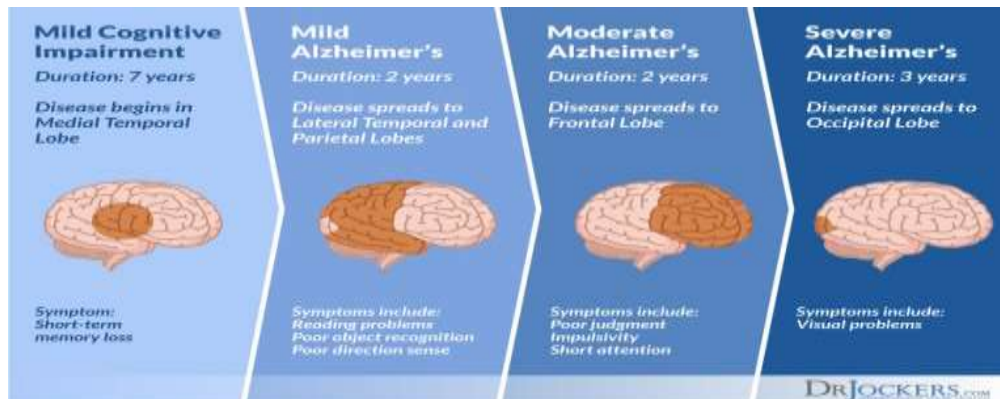
decreased personal hygiene

mood and personality changes

withdrawal from friends, family, and community

These signs don't always mean that a person has Alzheimer's. It's important to see a doctor to determine the cause.

Symptoms change according to the stage of the disease. In later stages, people with Alzheimer's often have significant trouble with talking, moving, or responding to what's happening around them.



# THE GEMS

## Donations

Josefine & Josef Helfrich  
\$3,000

Please remember the Peter Cardella Senior Center in your Will so we can continue to provide important services to others in our community.



## 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!

### Pea Pesto

#### Ingredients

- 1 cup frozen peas (can also use fresh or canned)
- 1/2 cup grated Parmesan cheese
- 1 cup basil leaves
- 1 cup spinach (fresh, frozen, or canned)
- 1/2 cup walnuts
- 2 cloves garlic
- 1/4 cup extra virgin olive oil
- 1/4 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

#### Directions

For the pesto, add peas, Parmesan cheese, basil, spinach, walnuts and garlic into a food processor or blender. Add in water, oil, salt and pepper. Blend until the ingredients are combined to form a thick sauce. Place pesto in an airtight container. Refrigerate until needed.

