



THE GEMS

**Cav. PETER CARDELLA
CENTER**

SERVING SINCE 1974

**68-52 Fresh Pond Road
Ridgewood, N.Y. 11385
718-497-2908 / 718-497-2589 HMDL
OPEN 8 A.M. - 4 P.M.**

NEWSLETTER

**TONI-ANN GRANDE, CHAIRWOMAN
IGNATIUS GRANDE, SECRETARY
FRANK GIARAMITA, VICE CHAIRMAN
JOHN CHRIST, TREASURER**

BARBARA TOSCANO, EXECUTIVE DIRECTOR

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**

MARCH

2020



**"The Earth Laughs In Flowers"
Ralph Waldo Emerson**

THE GEMS

EVENTS

March 17 : St Patrick Day Party

March 19 : St Joseph Party



International Women's Day is annually held on March 8 to

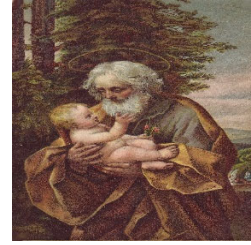
celebrate women's achievements throughout history and across nations. It is also known as the United Nations (UN) Day for Women's Rights and International Peace. International Women's Day celebrates women's achievements worldwide..



Mar 8, 2020 - Daylight Saving Time Starts Sunday, March 8, 2020, 2:00:00 am clocks are turned forward 1 hour.



St. Paddy's Day started as a religious celebration in the 17th century to commemorate the life of Saint Patrick and the arrival of Christianity in Ireland. This "Feast Day" always took place on the anniversary of Patrick's death, which was believed to be March 17, 461 AD.



Saint Joseph's Day, 19 March, also called the Feast of Saint Joseph, is in Western Christianity the principal feast day of Saint Joseph, husband of the Blessed Virgin Mary and legal father of Jesus Christ. It has the rank of a solemnity in the Catholic Church.

DEAR SENIORS

My sincere gratitude to all of you who expressed your condolences for our beloved mother, Albina Zeni, whether it be a card, a hug, a flower, a visitation to the wake, or attendance at the funeral. Your support meant so much to us in this time of great grief.

Thank you and God Bless, Your Director

Barbara Toscano and Jeanne Bresciani, Administrative Assistant of the Peter Cardella Senior Citizen Center.



BOARD OF DIRECTORS:

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FRANK GIARAMITA, VICE CHAIRMAN
JOHN CHRIST, TREASURER
IGNATIUS GRANDE, ESQ., SECRETARY

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GIOVANNI MISTRETTA
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BARBARA TOSCANO

PROGRAM - DIRECTOR

BARBARA SANTANA

ADMINISTRATIVE ASSISTANT

JEANNE BRESCIANI

PROGRAM ASSISTANT / CASE ASSISTANT

JOSEPHINE SPATOLA - TEL. # 718-497-2908

MEALS ON WHEELS COORDINATOR

GLENDAL 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.



February Birthdays



ZORINA COJANU
PAOLA RAGUSA
JOHN SEJDARASI
ANNA MARIA BALSAMO
ELAINE MCKEON
ALBINA SCHMUCK
SILVIA GALEATAFIORE
ANTONIO MANNINO
SALVATORE STABILE
MARIA TROCCHIA
GRACE ROCCAFORTE
ULLA SILVIA



THE GEMS

PROPOSED MENU FOR THE MONTH OF

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Beef Salisbury Steak with Mushroom Sauce Instant Mashed Potatoes Steamed Peas & Carrots Orange	Rosemary Chicken Corn Steamed Broccoli Pear	Beef Meatballs Tomato Sauce Pasta/ Dinner Roll Steamed Cauliflower Grapes	Escarole & White Bean Soup Baked Turkey Breast Baked Sweet Potato Steamed Green Beans Fruit Cocktail	Baked Flounder Brown Rice Steamed Spinach Canned Pineapple
Meditation Class Crochet Class Bingo Movie	Yoga Sing-A-Long Music by Emilio	Coloring What's in the Paper Matter of Balance Movie-Bingo	Blood Pressure Sing-A-Long Music by Rich	Free Meal Coloring Sit & Be Fit Bingo
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Baked Breaded Pork Chops Pasta Fagioli Garden Salad Fruit Cocktail	Italian Roast Chicken Brown Rice Steamed Spinach Kiwi	Chicken Marsala Egg Noodles Steamed Carrots Orange	Vegetable Soup Roast Beef Baked Potato in Skin Steamed Broccoli Apple	Butternut Squash Soup Baked Marinated Cod Pasta with Garlic & Oil Italian Blend Vegetables Canned Pineapple
Meditation Class Crochet Class Bingo Movie	Home Care Pres. Yoga Sing-A-Long Music by Nino	Coloring What's in the Paper Matter of Balance Movie-Bingo	Sing-A-Long Blood Pressure Music by Reggio	Free Meal Coloring Sit & Be Fit Bingo
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
Vegetable Soup Baked Breaded Chicken Cutlet Corn Steamed Spinach Orange	Bisket Corned Beef Potatoes w/Parsley Baby Carrots/Green Cabbage Apple/Pie a la Mode Irish Soda Breaded	Lentil Soup Roast Chicken Rice w/Vegetables Steamed Carrots Cantaloupe	Sausage/ Manicotti Broccoli/ Semolina Roll Salad w/Chick Pea Grape Sfinge	Baked Flounder Pasta w/Garlic & Oil Steamed Broccoli & Cauliflower Canned Pineapple
Meditation Class Crochet Class Bingo Movie	Yoga Sing-A-Long Music by Ray Reggio ST PATRICK DAY PARTY	SU-CASA SINGING CLASS Coloring What's in the Paper Matter of Balance Movie-Bingo	Blood Pressure Sin-A-Long Music by Emilio ST JOSEPH PARTY	Free Meal Coloring Sit & Be Fit Bingo
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
Split Pea Soup Baked Turkey Breast Baked Sweet Potato Brussel Sprouts Banana	Roast Beef Egg Noodles Steamed Green Beans Dinner Roll Apple/Pie a la Mode	Escarole & White Bean Soup Italian Roast Chicken Mashed Potatoes Steamed Kale Cantaloupe	Chicken Marsala Yellow Rice Steamed Broccoli Birthday Cake	Baked Fish w/Garlic Sauce Pasta Steamed Spinach Orange
Meditation Class Crochet Class Bingo-Movie	Yoga Sing-A-Long Music by Emilio	Medicare Pres. Coloring- What's in the Paper Matter of Balance Movie-Bingo	Birthday Party Blood Pressure-Sing-A-Long Metrocard Outreach Music by Rich	Free Meal Coloring Sit & Be Fit Bingo
30-Mar	31-Mar	   <p>Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p> <p>Computer Class Weds 1:30-2:30 Computer Lab Weds & Fri 2:00-3:00 Cell Phone 101 Class Thurs 11:00-11:30 Cards Playing Mon & Fri 1:00-3:00</p>   		
Beef Hamburger Baked Fries Cole Slaw Hamburger Bun Orange	Baked Breaded Chicken Cutlet Corn Steamed Spinach Fruited Jello			
Meditation Class Crochet Class Bingo Movie	Yoga SU-CASA SINGING CLASS Music By Ray Reggio			

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 March

March Health Awareness Month:

What is colorectal cancer?

Colorectal cancer is a cancer that starts in the rectum or colon. Both of these organs are in the lower portion of your digestive system. The colon is also known as the large intestine. The rectum is at the end of the colon. The American Cancer Society estimates 1 in 22 men and 1 in 24 women will develop colorectal cancer during their lifetime.

What are the symptoms of colorectal cancer?

Colorectal cancer may not present any symptoms, especially in the early stages. If you do experience symptoms during the early stages, they may include:

- constipation
- diarrhea
- changes in stool color
- changes in stool shape, such as narrowed stool
- blood in the stool
- bleeding from the rectum
- excessive gas
- abdominal cramps
- abdominal pain

If you notice any of these symptoms, make an appointment with your doctor to discuss getting a colon cancer screening.

Colorectal cancer occurs when tumors form in the lining of the large intestine. It is common in both men and women. ... You're also more likely to get it if you have colorectal polyps, a family history of colorectal cancer, ulcerative colitis or Crohn's disease, eat a diet high in fat, or smoke.

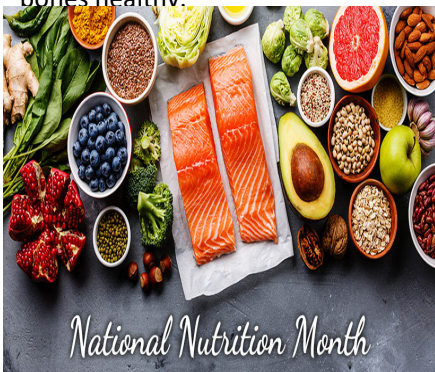
Healthy Eating for Older Adults

Eat fruits and vegetables. ...

Vary protein choices with more fish, beans and peas.

Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. ...

Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.



Coronavirus prevention

	Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
	Avoid touching your eyes, nose, and mouth with unwashed hands.
	Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
	Avoid close contact with people who are sick.
	Clean and disinfect frequently touched objects and surfaces.
	Stay home when you are sick.

CBC NEWS

THE GEMS

In Loving Memory

**Josephine Goff
Albina Zeni**



PETER CARDELLA SENIOR CENTER IS AN OFFICIAL HIICAP SITE

We offer accurate and objective information, counseling, and assistance on private health insurance, Medicare, & related health coverage plans.

Come see Josephine for free expert advice!

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!



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ASSEMBLYMAN
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FAX: 718-805-0953

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Assemblywoman
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JOSEPH P. ADDABBO, JR.
SENATOR
15TH DISTRICT

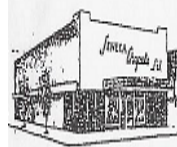
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