



THE GEMS

CAV. PETER CARDELLA SENIOR CENTER

SERVING SINCE 1974

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

NEWSLETTER

**TONIANN GRANDE, ESQ., CHAIRWOMAN
IGNATIUS GRANDE, SECRETARY
JOHN CHRIST, ESQ., 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**

OCTOBER 2022



"STRESSED, BLESSED, PUMPKIN OBSESSED"

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IGNATIUS GRANDE, ESQ., SECRETARY

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GANDOLFO MUSCA
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JOAN TOURANGEAU

MEALS ON WHEELS COORDINATOR

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

ASSISTANT COOK - GUISEPPINA TARDUGNO

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



**SEPTEMBER BIRTHDAY
AGNES GAL, GIUSEPPE VACCARO,
MARIANNE SOLAR, ZOFIA PESKA.**



THE GEMS

EVENTS

October 6: Columbus Day Party

October 10: Columbus Day (Center Closed)

October 12: Food Commodity

October 27: Halloween Party

October 25: Advisory Board Meeting

10:30 AM

Columbus Day

Early in the morning of October 12, 1492, a sailor on board the Pinta sighted land, beginning a new era of European exploration and expansion. The next day, the ninety crew members of Columbus' three-ship fleet ventured onto the Bahamian island that he named San Salvador (now Watling Island, and then called Guanahani by the natives), ending a voyage begun nearly ten weeks earlier in Palos, Spain.

The 400th anniversary of the event inspired the first official Columbus Day holiday in the United States. President Benjamin Harrison issued a proclamation in 1892, "recommending to the people the observance in all their localities of the 400th anniversary of the discovery of America..." and describing Columbus as "the pioneer of progress and enlightenment." Since then, school programs, plays, and community festivities have been organized across the country in celebration of Columbus Day. Columbus and the Discovery of America, Imre Kiralfy's "grand dramatic, operatic, and ballet spectacle," is among the more elaborate tributes created for this commemoration. The World's Columbian Exposition or Chicago's World's Fair, which opened in the summer of 1893, was designed to commemorate Columbus' discovery of the New World 400 years earlier.



Italian-American Heritage and Culture Month is celebrated by proclamation of the President and Congress in the United States to honor the achievements and contributions of Italian immigrants and their descendants living in the United States, particularly in the arts, science, and culture



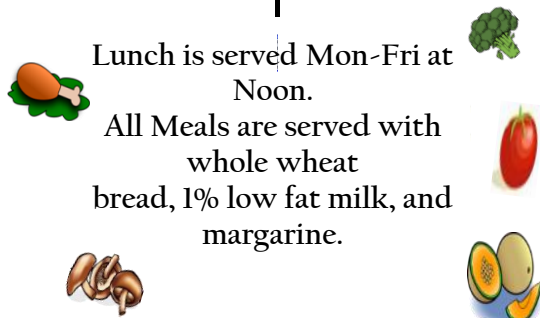
Halloween is a holiday celebrated each year on October 31, and Halloween 2022 will occur on Monday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

THE GEMS

PROPOSED MENU FOR THE MONTH OF

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
Baked Breaded Pork Chops Instant Mashed Potatoes Steamed Red Cabbage	Vegetable Soup Baked Ziti with Cheese Mixed Green Salad	Baked Chicken Cutlet Corn Spinach	Sausage & Meatball Manicotti Broccoli Salad	Baked Flounder Pasta With Garlic & Oil Steamed Broccoli & Cauliflower
Free Breakfast Meditation Class Crochet Bingo-Movie	Sing-A-Long Music by Ray Reggio	Yoga Coloring What's in the Paper Bingo-Movie	Blood Pressure Jewelry Class STAYWELL Exercise Columbus Party Music by Emilio	Free Meal Coloring Sit & Be Fit BINGO
10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
CLOSED COLUMBUS DAY	Italian Roast Chicken Instant Mashed Potatoes Steamed Kale	Garden Chili White Rice Sauteed Asparagus	Escarole & White Bean Soup Chicken Marsala Yellow Rice Steamed Swiss Chard	Baked Fish Oregata Pasta with Clam Sauce Sauteed Broccoli Rabe
Closed COLUMBUS DAY	Sing-A-Long Medical Pres Music by Emilio	Food Commodity Yoga Coloring What's in the Paper Movie- Bingo	Blood Pressure Jewelry Class Sing-A-Long STAYWELL Exercise Music by Ray Reggio	Free Meal Medicare Pres. Coloring Sit & Be Fit Bingo
17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
Lentil Soup Eggplant Parmesan Pasta & Tomato Saue Garden Salad	Beef Stew Polenta Roasted Beets	Chicken Tortellini Soup Garlic Chicken Baked Red Potato Wedge Steamed Broccoli	Italian Style Pork Instant Mashed Potatoes Steamed Red Cabbage	Roasted Turkey Breast Roasted Sweet Potatoes Zucchini With Onions & Peppers
Free Breakfast Meditation Class Crochet Bingo-Movie Cooking Class	Sing-A-Long Jokesercise Music by Emilio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class STAYWELL Exercise Birthday party Music by Ray Reggio	Free Meal Coloring Sit & Be Fit Bingo
24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
Butternut Squash Soup Potato & Red Pepper Frittata Sauteed Asparagus	Beef Meatballs In Tomato Sauce With Pasta Steamed Cauliflower	Spilt Pea Soup Roast Beef with Brown Gravy Baked Potatoes String Beans	Chicken Cutlet Parmigiana Pasta Spinach	Baked Flounder Rice Baby Carrots with Parsley
Free Breakfast Meditation Class Crochet Bingo-Movie	Sing-A-Long Medicare Pre by Blue Cross Blue Shield Music by Ray Reggio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class STAYWELL Exercise Halloween Party Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
31-Oct	<p>Lunch is served Mon-Fri at Noon.</p> <p>All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p>			<p>Cooking Class Every other Monday 9:30 - 10:30</p> <p>Jewelry Class Thursday 10:00- 11:00</p> <p>Cell Phone 101 Class Weds 11:00-11:30</p> <p>Computer Lab Fri 1:00-2:00</p> <p>IPAD 101 Class Wed 11:00-11:30</p>
Pasta Alla Norma Steamed Broccoli				
Free Breakfast Meditation Class Crochet Bingo-Movie				



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 October

Breast Cancer Awareness

Wondering when to start or how often to get screening mammograms?

Ask your doctor when you should get a mammogram.

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Are you worried about the cost? CDC's National Breast and Cervical Cancer Early Detection Program offers free or low-cost mammograms to women who have low incomes and are uninsured or underinsured. Find out if you qualify.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

Any change in the size or the shape of the breast.

Pain in any area of the breast.

Nipple discharge other than breast milk (including blood).

A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

What Are the Risk Factors?

Some main factors that affect your chance of getting breast cancer include—

How Can I Lower My Risk?

You can do things to help lower your breast cancer risk.

Keep a healthy weight and exercise regularly.

Choose not to drink alcohol, or drink alcohol in moderation.

If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

Breastfeed your children, if possible.

Fast Facts About Breast Cancer

Each year in the United States, about 264,000 women get breast cancer and 42,000 women die from the disease.

Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

Breast Self-Examination

How To Do Your Monthly Self-examination

Step 1

Raise your left arm up to the back of your head.

Step 2

With your right hand, examine your left breast.

Step 3

Moving your hand around your breast, feel for any lumps with your fingers.

Step 4

Repeat on the other breast.



Visual Tests

Look at yourself in the mirror. Look out for anything unusual:

- Irregular shape?
- Dimpling of skin?
- Nipple discharge?



If you find anything unusual, visit a doctor as soon as possible!

WAYS TO REDUCE YOUR BREAST CANCER RISK



Do not smoke

Breastfeed



Control your weight

Be physically active



Limit or avoid alcohol

Avoid exposure to radiations



World Health Organization

#Cancer

THE GEMS

Donations

Marie Cardella \$2,000
In
Memory of The Cardella Family

In Loving Memory

ALBINA SCHMUCK
ERNA MAYER
WALTER HOVI
ROSE ORTIZ



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!

SCHEDULE YOUR AT-HOME COVID-19 VACCINE APPOINTMENT TODAY

COVID-19 vaccines are free, safe and effective. In-home vaccination is available to any New Yorker who requests one.

Get vaccinated against COVID-19 brand.

Call 877-829-4692 to request your first, second or third dose (recommended for people who are moderately to severely immunocompromised) or booster shot, if eligible.

Caramel Pecan Pumpkin Cake

Ingredients

- 1 cup butter, softened
- 1-1/4 cups sugar
- 4 large eggs, room temperature
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice or ground cinnamon

Directions

- 1 In large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. In another bowl, whisk together the next 5 ingredients; add to creamed mixture alternately with pumpkin, beating well after each addition.
- 2 Line a 5-qt. round slow cooker with heavy-duty foil extending over sides; spray with cooking spray. Spread batter evenly into slow cooker. Cook, covered, on high until a toothpick inserted in center comes out clean, about 2 hours. To avoid scorching, rotate the slow-cooker insert a half turn midway through cooking, lifting carefully with oven mitts. Turn off slow cooker; let stand, uncovered, 10 minutes. Using foil, carefully lift cake out of slow cooker and invert onto a serving plate.
- 3 Drizzle caramel syrup over cake; top with pecans. Serve warm.

