

# Cav. PETER CARDELLA C E N T E R

**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, ESQ, SECRETARY JOHN CHRIST, TREASURER

CAV. BARBARA TOSCANO, EXECUTIVE DIRECTOR

www.cardellaseniors.org



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JEANNE BRESCIANI

# **PROGRAM ASSISTANT / CASE ASSISTANT**

JOSEPHINE SPATOLA - TEL. # 718-497-2908

# MEALS ON WHEELS COORDINATOR

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

**COOK:** ENZA TRAPANI

**ASSISTANT COOK - GUISEPPINA TARDUGNO** 

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

**DISHWASHER-** ALFONSO BOMMARITO

**CUSTODIANS** - PAOLA BOMMARITO & ARTHUR BALLIU

**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.









## JANUARY BIRTHDAY

JOSEPH SERENO, NAIME LUNJA, NELLIE LOPEZ, STEPHEN BENKOCZY, BARBARA CIESLUK

# Groundhog

His name is "Phil," He lives in a hole, On February 2<sup>nd</sup>, He has one goal.

Come out from the ground, As we watch and we stare... And wonder if his shadow Will be there!



# **EVENTS**

Feb 1: February Heart Awarness Month

Feb 2: Ground Hog Day

Feb 9: Super Bowl

Feb 14: Valentine Day

Feb 17: President's Day

Feb 25: Advisory Board Mtg



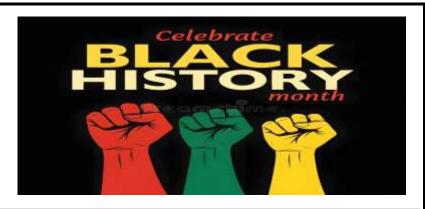
# What is the story behind the groundhog?

It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow, it will retreat to its den and winter will go on for six more weeks; if it does not see its shadow, spring will arrive early. In 2024, an early spring was predicted.

The annual event has its origin in a German legend about a furry rodent. It roots back to Candlemas Day in Europe with the Christian "festival of lights" that falls on Feb. 2, midway between the start and end of winter. Tradition says Phil seeing his shadow is a sign that the next six weeks will bring wintry weather



Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14.[It originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.



**Black History Month** was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today. Among the notable figures often spotlighted during Black History

Among the notable figures often spotlighted during Black History Month are Dr. Martin Luther King, Jr., who fought for equal rights for Blacks during the 1950s and '60s; Thurgood Marshall, the first African-American justice appointed to the United States Supreme Court in 1967; Mae Jemison, who became the first female African-American astronaut to travel to space in 1992; and Barack Obama, who was elected the first-ever African-American president of the United States in 2008.



**Presidents' Day** is a holiday in the United States that honors the country's presidents. It's celebrated on the third Monday of February each year The holiday is officially called "Washington's Birthday" at the federal level.

It's commonly celebrated to honor George Washington and Abraham Lincoln, who were both born in February.

# $\begin{array}{c} {\tt PROPOSED\,MENU\,FOR\,THE\,MONTH\,OF} \\ {\tt FEBRUARY} & 2025 \end{array}$

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Pene with White Beans,	Chicken Cacciatore, Chickpeas	Breaded Eggplant Cutlets	Chicken Marsala	Tuna Salad
eggplant and Tomatoes	Mixed Green Salad	Mozzarella Cheese	Egg Noodles	Lettuce & Tomato
Escarole, Orange and	Roasted Spiced red	Penne	BabyCarrots and	Beet Salad
Fennel Salad	Potatoes	Garden Salad	Parsley	Cole Slaw
Meditation Class	Devotional Song Group	Yoga / Coloring	Blood Pressure	Pilates
Cards Playing	Crochet Class	What's in th Paper	Jewerly Class/ Sing-A-Long	Coloring-Card Playing
Cooking Class	Sing-A-Long	<b>Food Commodity</b>	Crime Safety Pres.	Movie
Corn-Hole-Game Bingo	Music by Ray	Corn-Hole-Game Bingo	Music by Ray	Bingo
10-Feb	11-Feb		13-Feb	14-Feb
Egg Frittata with	Beef Meatballs in	A Nice Vegetable Soup	BBQ Chicken Leg Quarters	Spring Pasta with Fav
Potatoes & Peas	Tomato Sauce	Baked Breaded Fish Fillets	Yellow Rice	Beans and Peas
Sauteed Asparagus	Spaghetti	Baked Fries	Sauteed Zucchini	Sauteed Escarole and
Tomato & Cucumber	Steamed Cauliflower	Coleslaw		Beans
Salad with Dressing		Garden Salad		
	Devotional Song Group	What's in the Paper	Valentine's Party	Movie
Meditation Class	Sing-a-Long-		Blood Pressure	Pilates
Card Playing		Yoga-Coloring	Sing-A-Long	Painting- Bingo
Corn Hole Game	Crochet Class	Corn Hole Game	Jewerly Class	Coloring-Card Playing
Bingo	Music by Emilio	Bingo	Music by Emilio	
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
	One-Pan Orecchiette with	Italian Escarole &	Roasted Turkey Breast	Baked Ziti with
PRESIDENT'S DAY	Chickpeas and Olives	Beans Soup	Roasted Sweet Potatoes	Ricotta
CENTER	Sauteed Broccoli	Chicken Francese	Steamed Spinach	Garden Ziti
CLOSED	Rabe	Steamed Cauliflower		Steamed Broccoli
		Steamed Peas & Carrots		
	Trip To African American Museun	Yoga -Coloring	Blood Pressure	MOVIE
PRESIDENT'S DAY	Devotional Song Group	Corn Hole Game	Sin-A-Long	Pilates
CENTER	Sing-a-Long	What's in the Paper	Jewelry Class	Painting- Bingo
CLOSED	Crochet	Bingo		Coloring-Card Playing
	Music by Ray		Music by Emilio	
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Garden Chili	Breaded Chicken Cutlet	Roast Beef	Italian Roast Chicken	Baked Fish
Yellow Rice	Potato Salad with	Brown Gravy	Homemade Tomato Sauce	Pasta with Garlic & O
Garden Salad	Green Beans	Baked Potato	Pasta	Garden Salad
	Baby Carrots & Parsley	Steamed Green Beans	Mixed Green Salad	Sauteed Asparagus
Meditation Class	Devotional Song Group	What's in the Paper	Blood Pressure	Movie
	•	•		
Cards Playing	Crochet Class	Yoga	Sin-A-Long	Pilates
Corn-Hole-Game	Sin-A-Long	Coloring	Birthday Party	Painting- Bingo
Bingo	Music by Emilio	Corn-Hole-Game Bingo	Jewerly Class Music by Emilio	Coloring-Card Playin

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
Blood Pressure:
10:30-11:30
Bingo: 1:00-2:00
Dancing 1:00-3:00
Corn Hole Game:
11:00-12:00

Lunch is served Mon-Fri at Noon.
All Meals are served with whole
wheat
bread, 1% low fat milk, and butter.
FREE BREAKFAST EVERY
MONDAY
FREE MEAL EVERY FRIDAY



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



# **Health Awareness in February**

## What is heart disease?

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is <u>coronary artery disease</u> (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

# What are the symptoms of heart disease?

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include<sup>1</sup>

<u>Heart attack</u>: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

## What are the risk factors for heart disease?

High <u>blood pressure</u>, high blood <u>cholesterol</u>, and <u>smoking</u> are key risk factors for heart disease. About half of people in the United States (47%) have at least one of these three risk factors.<sup>2</sup> Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

#### Diabetes

Overweight and obesity

Unhealthy diet

Physical inactivity

Excessive alcohol use

#### What is cardiac rehabilitation?

<u>Cardiac rehabilitation</u> (rehab) is an important program for anyone recovering from a heart attack, heart failure, or some types of heart surgery. Cardiac rehab is a supervised program that includes

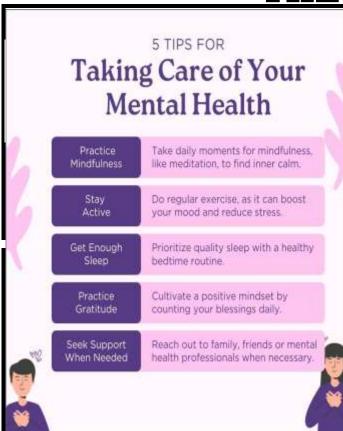
Physical activity

Education about healthy living, including healthy eating, taking medicine as prescribed, and ways to help you quit smoking

Counseling to find ways to relieve stress and improve mental health

A team of people may help you through cardiac rehab, including your health care team, exercise and nutrition specialists, physical therapists, and counselors or mental health professionals.





# **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!

# **Coconut Pistachio Pie Ingredients**

2-1/2 cups sweetened shredded coconut, lightly toasted

1/3 cup butter, melted

2 cups cold 2% milk

2 packages (3.4 ounces each) instant pistachio pudding mix

1 cup whipped topping Chopped pistachios, optiona



# **Directions**

In a small bowl, combine coconut and butter. Press onto the bottom and up the side of a greased 9-in. pie plate. Refrigerate for at least 30 minutes or until firm.

Advertisement

In a small bowl, whisk milk and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft-set. Spread 1-1/2 cups over crust.

Fold whipped topping into remaining pudding; spread over pie. If desired, sprinkle with chopped pistachios. Cover and refrigerate at least 2 hours before serving.