



# THE GEMS

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

## NEWSLETTER

68-52 Fresh Pond Road  
Ridgewood, N.Y. 11385  
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IGNATIUS GRANDE, ESQ, SECRETARY  
JOHN CHRIST, TREASURER

CAV. 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



"THE TIME IS ALWAYS RIGHT TO DO WHAT'S IS RIGHT"

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**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**  
Written by Lauren Shirk

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!





# THE GEMS

## EVENTS

**Feb 1:** February Heart Awareness 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 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.

# THE GEMS

## PROPOSED MENU FOR THE MONTH OF FEBRUARY 2025

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



\*\*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 coronary artery disease (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>

Heart attack: 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 blood pressure, high blood cholesterol, and smoking 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?

Cardiac rehabilitation (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.





# THE GEMS

## 5 TIPS FOR Taking Care of Your Mental Health

**Practice Mindfulness** Take daily moments for mindfulness, like meditation, to find inner calm.

**Stay Active** Do regular exercise, as it can boost your mood and reduce stress.

**Get Enough Sleep** Prioritize quality sleep with a healthy bedtime routine.

**Practice Gratitude** Cultivate a positive mindset by counting your blessings daily.

**Seek Support When Needed** Reach out to family, friends or mental health professionals when necessary.



## 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, optional



#### 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.