



THE GEMS

CAV. PETER CARDELLA
CENTER
SERVING SINCE 1974

NEWSLETTER

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TONI-ANN GRANDE, CHAIRWOMAN
IGNATIUS GRANDE, SECRETARY
JOHN CHRIST, TREASURER

BARBARA TOSCANO, EXECUTIVE DIRECTOR

www.cardellaseniors.org

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City Council, Borough President's Office and City Meals-On-Wheels

June 2022



"MAY JUNE BRING YOU JOY, HAPPINESS, LOVE AND LOTS OF
SUNSHINE"

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MEALS ON WHEELS COORDINATOR

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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.**



MAY 2022

**SALVATORE D'ANGELO, STANISLAW DYRCZ,
MIROSLAW TKACZYK, ZOFIA CUDO**

A Father's Day Thought for the Day

A father is respected because he gives his children leadership...

Appreciated because He gives his children care...

Valued because he gives his children time...

Loved because he gives his children the one thing they treasure most - himself.



THE GEMS

EVENTS

June 6: D-Day

June 8: Food Commodity

June 14: Flag Day

June 19: Father's day

June 20: Juneteeth (Center Closed)

June 21: First Day of Summer

June 22: Beacon Elder Care Pres. (Co-Sponsored by Senator Addabbo)

June 28: **Advisory Board Meeting**



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



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.



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 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 consult a doctor.

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.



Cataract Awareness

Symptoms:

- Blurred vision.
- Faded colors.
- Glare, and halos, from lights.
- Poor night vision.
- Double vision or multiple images in one eye.
- Frequent prescription changes.

22.3 million Americans have cataracts.



Treatments:

- New glasses, anti-glare sunglasses, or magnifying lenses.
- Surgery



THE GEMS

PROPOSED MENU FOR THE MONTH OF

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cooking Class Every other Monday 9:30 - 10:30 Jewelry Class Thursday 10:00- 11:00 Cell Phone 101 Class Weds 11:00-11:30 Computer Lab Fri 1:00-2:00 IPAD 101 Class Wed 11:00-11:30 Card Playing Mon & Fri 1:00-3:00		1-Jun	2-Jun	3-Jun
		Roast Beef Baked Potatoes Green Beans	BBQ Chicken Baked Beans Cole Slaw	Baked Fish Yellow Rice Garden Salad Peas & Mushrooms
		Yoga Nutrition Class Su-Casa Class What's in the Paper MOVIE-BINGO	Blood Pressure Jewelry Class Sing-A-Long	Free Meal Stay Well Exercise Coloring Sit & Be Fit BINGO
6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
Italian Style Pork Loin Instant Mashed Potatoes Steamed Red or Green Cabbage	Beef Meatloaf with Mushroom Gravy Brown Rice Steamed Peas & Carrots	Chicken Francese Pasta Lettuce & Tomato Steamed Green Beans	Baked Turkey Breast Roasted Sweet Potatoes Steamed Spinach	Hard Boiled Egg Pasta Garden Salad Steamed Broccoli
Free Breakfast Mindfull Meditation Crochet Bingo-Movie Cooking Class	Sing-A-Long Staywell Exercise	YOGA Coloring S-Casa Class What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class Sing-A-Long Elderly Fraud pres	Free Meal Staywell Exercise Coloring Sit & Be Fit Bingo
13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
Vegetarian Lasagna Sauteed Asparagus	Baked Breaded Chicken Cutlet Corn Sauteed Zucchini Stewed Tomatoes	Italian Roast Chicken Mashed Potatoes Spinach	Prime Rib Baked Potatoes String Beans Baby Carrots Tartufo	Baked Fish with Garlic Sauce Pasta with Garlic And Oil Scarole and Fennel Salad
Free Breakfast Mindfull Meditation Crochet Bingo-Movie	Sing-A-Long Staywell Exercise Trip to the Lady of the Island Home Care Pres.	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Father's Day Party Sing-A-Long Jewlery Class Music by Emilio	Free Meal Staywell Exercise Coloring Sit & Be Fit Bingo
20-Jun	21-Jun	22-Jun	23-Jun	24-Jun
CENTER CLOSED	Beef Meatloaf With Mushroom Gravy Instant Mashed Potatoes Steamed Carrots	Pork Sauge Link Pasta Garden Salad	One-Pen Orecchiette with Chickpeas & Olives Sauteed Broccoli Rabe	Tuna Fish Salad Dinner roll Pasta Salad Beet Salad
CENTER CLOSED	Sing-A-Long Staywell Exercise	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Project Hope Pres Sing-A-Long	Free Meal Staywell Exercise Coloring Sit & Be Fit Bingo
27-Jun	28-Jun	29-Jun	30-Jun	
Hamburgers Lettuce & Tomato Baked Red Potato Wedges Cole Slaw	Baked Breaded Chicken Cutlet Corn Steamed Spinach	Chicken with Brccoli Penne a la Vodka Green Beans Strawberry Cake & Ice Cream	Garden Chili White Rice Escarole & Fennel Salad Steamed Green Beans	Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.
Free Breakfast Mindfull Meditation Crochet Bingo-Movie Trip to Queens Farm	Sing-A-Long Staywell Exercise	Yoga/Coloring What's in the Paper Movie- Bingo Music by Ray Reggio Party Senior Appeciation Day	Birthday Party Blood Pressure Sin-A-Long	



THE GEMS

In Loving Memory

GIUSEPPE FURCA



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.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Start Here

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

Classic Shrimp Scampi

Ingredients

- Deselect All
- Kosher salt
- 12 ounces linguine
- 1 1/4 pounds large shrimp, peeled and deveined
- 1/3 cup extra-virgin olive oil
- 5 cloves garlic, minced
- 1/4 to 1/2 teaspoon red pepper flakes
- 1/3 cup dry white wine
- Juice of 1/2 lemon, plus wedges for serving
- 4 tablespoons unsalted butter, cut into pieces
- 1/4 cup finely chopped fresh parsley



Directions

Bring a large pot of salted water to a boil. Add the linguine and cook as the label directs. Reserve 1 cup cooking water, then drain. Meanwhile, season the shrimp with salt. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and red pepper flakes and cook until the garlic is just golden, 30 seconds to 1 minute. Add the shrimp and cook, stirring occasionally, until pink and just cooked through, 1 to 2 minutes per side. Remove the shrimp to a plate. Add the wine and lemon juice to the skillet and simmer until slightly reduced, 2 minutes. Return the shrimp and any juices from the plate to the skillet along with the linguine, butter and 1/2 cup of the reserved cooking water. Continue to cook, tossing, until the butter is melted and the shrimp is hot, about 2 minutes, adding more of the reserved cooking water as needed. Season with salt; stir in the parsley. Serve with lemon wedges.