



THE GEMS

Gov. PETER CARDELLA
CENTER
SERVING SINCE 1974

NEWSLETTER

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

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

OPEN 9 A.M. - 2 P.M. Temporary Hours due to Covid Restrictions

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

September 2021



**"IF WE LEARN NOTHING ELSE FROM THIS TRAGEDY, WE LEARN
THAT LIFE IS SHORT AND THERE IS NO TIME TO HATE"**

BOARD OF DIRECTORS:

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JOHN CHRIST, TREASURER
IGNATIUS GRANDE, ESQ., SECRETARY

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BARBARA SANTANA

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JEANNE BRESCIANI

PROGRAM ASSISTANT / CASE ASSISTANT

JOSEPHINE SPATOLA - TEL. # 718-497-2908

MEALS ON WHEELS COORDINATOR

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

ELECTED BOARD MEMBERS

SAL CRIMI
SAL D'ANGELO
ANTONIO MIELE
GANDOLFO MUSCA
YOLANDA PILIEGO
JOAN TOURANGEAU
ENZA BACILE

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.**



AUGUST BIRTHDAYS



Noreen Novack

Guiseppe Trapani

Joe Renz

Jan Schneider

Maria Balan



THE GEMS

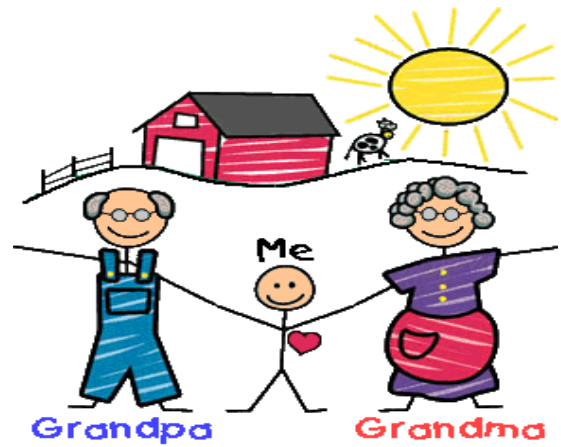
EVENTS

- September 6: **LABOR DAY CLOSED**
- September 7: Rosh Hashanah
- September 8: Medicare Press.
- September 11: 20th Anniversary 9/11 Memorial
- September 15: Yom Kippur
- September 22: First Day of Fall

**TO BE ANNOUNCED: STREET RENAMED AFTER
CAV. PETER CARDELLA**



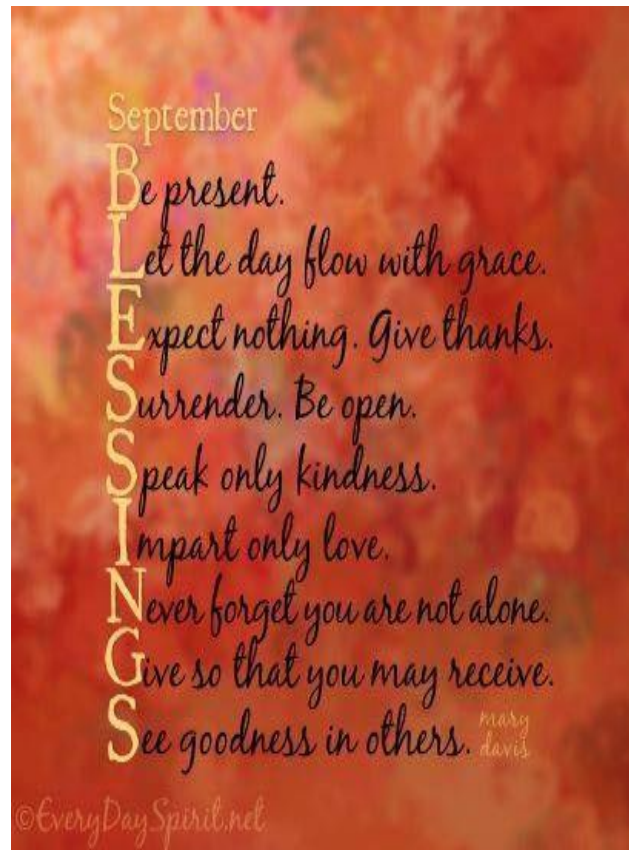
Dear Seniors,
September 11, 2021 marks the 20th year anniversary of 9/11, a day that will be forever etched in our memories. 20 years ago today, New York City and the United States of America fell prey to the largest terrorist attack on American soil. It was perhaps one of the darkest days in our history.
However, we the American people, 20 years later have walked through that storm and with a great resolve pressed on with hope in our hearts for a better future. We shall never forget and will always honor the more than 3000 cherished souls we lost that day. We continue to pray for the families who lost their loved ones that day and pledge our unrelenting support and love to all those fellow Americans whose lives would never be the same after that infamous day. May we all as fellow Americans and fellow human beings walk together through this 20 year anniversary and may God grant all of us the strength to carry on amidst the current pandemic and the uncertainties threatening global peace around the world
May God bless all our service men and women serving our country here and abroad and may God's blessings shine down on all of us and protect us so we may forge ahead together for a better future.
God bless,
Barbara Toscano



September 12

Grandparents Day is always celebrated on the first Sunday after Labor Day. This year, that's Sunday, September 12!





While we honor our grandparents every day, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives.



THE GEMS

PROPOSED MENU FOR THE MONTH OF

September 2021

		WEDNESDAY	THURSDAY	FRIDAY
Computer Class Weds 1:30-2:30 Computer Lab Weds & Fri 2:00-3:00 Cell Phone & IPAD 101 Class Thurs 11:00-11:30 Cards Playing Mon & Fri 1:00-3:00		1-Sep	2-Sep	3-Sep
		Roast Beef w/Brown Gravy Dinner Roll Baked Potatoes Sour Cream Steamed Green Beans Banana	Italian Roast Chicken Corn Mixed Green Salad Steamed Spinach Cantaloupe	Baked Fish w/ Garlic Sauce Pasta w/Garlic & Oil California Blend Vegetables Peach
		Coloring What's in the Paper Bingo-Movie	BloodPressure Sing-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
LABOR DAY CLOSED	Italian Style Pork Loin Mashed Potatoes Steamed Red Cabbage Apple	Beef Meatballs in Tomato Sauce Spaghetti/Dinner Roll Italian Blend Vegetables Mixed Green Salad /Grapes	BBQ Chicken Breasts Steamed Broccoli Steamed Corn on the cob Canned Apricots	Baked Flounder Pasta Primera w/Cheese Garden Salad Oil & Vinegar Canned Pineapple
LABOR DAY CLOSED	Yoga Sin-A-Long Fall Prevention Music by Ray Reggio	Coloring What's in the Paper Medicare Pres. Movie-Bingo	Blood Pressure Sing-A-Long 9/11 Ceremony Music By Emilio	Free Meal Coloring Sit & Be Fit Bingo
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
Hamburgers Hamburger Bun Baked Fries Cole Slaw Orange	Baked Breaded Chicken Cutlet Corn Steamed Spinach Fruited Jello	Baked Breaded Pork Chops Pasta/Sweet Peas Mixed Green Salad Applesauce	Roast Beef Brown Gravy Baked Potatoes Garden Salad Steamed Green Beans Honeydew	Baked Marinated Cod Pasta w/Garlic & Oil Sauteed Zucchini Banana
FREE BREAKFAST Minfull Meditation Crochet Class Bingo-Movie	Yoga Sing-a-Long Music by Ray Reggio	Coloring What's in the Paper Movie-Bingo	Blood Pressure Sin-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Stuffed Shells w/Cheese Tomato Sauce/Garlic Bread Mixed Green Salad Steamed Broccoli Cantaloupe	Italian Roast Chicken Garlic & Rosemary Roasted Potatoes Sauteed Zucchini Orange	Eggplant Parmesan Lettuce & Tomato Oil & Vinegar Steamed Cauliflower Grapes	Italian Style Pork Loin Red Bliss Potatoes Steamed Green Cabbage Apple	Tuna Fish Salad Beet Salad Cole Slaw Lettuce & Tomato Apple Juice
FREE BREAKFAST Minfull Meditation Crochet Class Bingo-Movie	Yoga Sing-a-Long Music By Emilio	Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Music by Ray Reggio	Free Meal Coloring Sit & Be Fit Bingo
27-Sep	28-Sep	29-Sep	30-Sep	 Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.
Vegtable Soup Baked Breads Chicken Cutlet Corn/Steamed Spinach Orange	Baked Breaded Pork Chops Pasta Fagioli Graden Salad Applesauce	Baked Ziti w/Meat Sauce Steamed Broccoli Grapes	Lentil Soup Rosemary Chicken Rice w/Vegetables Steamed Carrots Cataloupe	
FREE BREAKFAST Minfull Meditation Crochet Class Bingo-Movie	YOGA Sing-A-Long Music by Emilio	Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Birthday Party 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 September

What's is Cholesterol?

Cholesterol is a type of fat found in your blood.

Your liver makes cholesterol for your body. You also can get cholesterol from the foods you eat. Meat, fish, egg, butter, cheese, and milk all have cholesterol in them. Fruits, vegetables, and grains (like Oatmeal) don't have any cholesterol.

You Need a Little, Not a Lot

Cholesterol is in every cell in your body. You need cholesterol to help your brain, skin, and other organs do their jobs. But eating too much fat and cholesterol is a bad idea.

Cholesterol floats around in your blood and can get into the walls of the blood vessels.

This can cause the blood vessels to get stiffer, narrower, or clogged. If the clogging gets worse over many years, it can cause a heart attack or stroke in adults.

LDL (high-density lipoprotein) Cholesterol, or "bad Cholesterol," carries the cholesterol from the liver into bloodstream, where it can stick to the blood vessels.

HDL (high-Density lipoprotein) cholesterol, or "good cholesterol," carries the cholesterol in the blood back to the liver, where it is broken down.

Here's a way to remember the difference: the LDL cholesterol is the bad kind, so call it "lousy" cholesterol- "L" for lousy. The HDL is the good cholesterol, so remember it as "healthy" cholesterol- "H" for healthy.

HOW CAN I PREVENT HIGH CHOLESTEROL?

Here are a few things you can do to keep your cholesterol under control:

- *Eat a healthy diet that includes lots of fruit, vegetables and whole grains.
- *Limit drinks and foods that have a lot of fat or sugar, like sugary drinks, treats, and fried foods.
- *Get Plenty of exercise. Experts recommend at least 60 minutes everyday!

FOODS TO AVOID if you've HIGH CHOLESTEROL



Cholesterol Lowering Foods



THE GEMS

In Loving Memory

FRANK ADAMO



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!

