



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

TONIANN GRANDE, CHAIRWOMAN
IGNATIUS GRANDE, SECRETARY
JOHN CHRIST, TREASURER

BARBARA TOSCANO, EXECUTIVE DIRECTOR

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



**"JUST LIKE A NEW DAY GIVE NEW HOPES, A NEW MONTH
GAVE NEW OPPORTUNITIES."**

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*** 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.**



JULY BIRTHDAY

DIANA WANG, MARIA D'ANGELO, ANA BECK,
ELSA NURA, JILL HARTSTEIN, KARIN KOESTER

Short Summer Poems

Flip flops rarely stop
 Flopping at the sandy beach
 Spurting sand beyond my reach
 Flapping on the kitchen floor
 Smacking through the rain that pours
 Flipping slowly down the street
 Sounding out a steady beat
 Making room for spreading toes.
 Mostly fast, but sometimes slow.
 Comfy shoes I like to keep.
 (Only stops when time to sleep.)

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EVENTS

August 16: Food Commodity.

August 21: Senior Citizen Day.

The Costs of Falls for Older Adults

the PROBLEM

In the United States
Older adults are hospitalized five times more often for fall-related injuries than any other injury.¹

Among older adults, falls are the leading cause of both fatal and nonfatal injuries.²

In 2013 alone, about 25,000 older adults died from unintentional fall injuries.²

Each year, emergency departments treat about 2.5 million nonfatal fall injuries among older adults; more than 734,000 of these patients have to be hospitalized.²



In New York
Every day because of a fall:
2 older New Yorkers die³
140 older New Yorkers are hospitalized⁴
223 older New Yorkers are seen in emergency departments⁵

Fall injuries among older adults are increasing!
In New York State from 1999 to 2008:
Rate of fall-related deaths increased 15%⁶
Rate of fall-related hospitalizations increased 19%⁷

the IMPACT

Falls can result in injuries like cuts and bruises, fractures and/or traumatic brain injuries.⁴



More than 95% of hip fractures are caused by falls. Each year, there are more than 258,000 hip fractures. The rate for women is almost twice the rate for men.⁴

Falls are the leading cause of a move to skilled-care facilities.⁴

Falls involving a hip fracture lead to a 10-15% reduction in life expectancy.⁴

A person who falls has a greater chance of:

- Falling again
- Feeling less confident
- Becoming depressed and socially isolated
- Experiencing a loss of quality of life and physical function



In New York, among adults 65 and older who are hospitalized due to a fall:
60% end up in a nursing home or rehabilitation center⁸
11% suffer a traumatic brain injury⁹
27% experience a hip fracture⁹

the COST

In New York, falls account for:

\$1.7 billion in annual hospitalization charges¹⁰

\$145.3 million in annual outpatient emergency department charges¹¹



Falls cost Americans about \$100 billion every year.⁶

Falls related injuries are one of the 20 most expensive medical conditions for older adults.⁷

In 2013, the total direct medical costs of fall injuries for people 65 and older was \$34 billion.⁷

65% of direct medical costs were for inpatient hospitalizations.⁷

On average, the hospitalization cost for a fall injury is \$35,000.⁷



Sources:
1. http://www.cdc.gov/nchs/data/hestia/2010_falls_injuries_and_deaths.pdf
2. http://www.cdc.gov/nchs/data/hestia/2010_falls_injuries_and_deaths.pdf
3. http://www.cdc.gov/nchs/data/hestia/2010_falls_injuries_and_deaths.pdf
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10. http://www.cdc.gov/nchs/data/hestia/2010_falls_injuries_and_deaths.pdf
11. http://www.cdc.gov/nchs/data/hestia/2010_falls_injuries_and_deaths.pdf



HISTORY OF NATIONAL SENIOR CITIZENS DAY

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone’s lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country’s foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. “Throughout our history, older people have achieved much for our families, our communities, and our country.

That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land,” Reagan proclaimed. “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world’s most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation’s history.

THE GEMS

PROPOSED MENU FOR THE MONTH OF

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Aug	2-Aug	3-Aug	4-Aug
Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.	One-Pan Orecchiette with Chickpeas & Olives Sauteed Broccoli Rabe	Baked Pork Chops Mashed Potatoes Steamed Red Green Cabbage	Baked Chicken Cutlet Butternut Squash Rice Bby Carrots & Parsley	Baked Salmon Pasta with Garlic & Oil Steamed Broccoli & Cauliflower
	Devotional Song Group Silver Sneaker Excercise Sing-A-Long Music by Ray Reggio	Yoga What's in the Paper Coloring Bingo-Movie	Blood Pressure Sing-A-Long- Jewelry Class Wellness Group Music by Emilio	Free Meal Coloring-Card Playing Sit & Be Fit Painting-Bingo
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
Baked Chicken Cutlet Corn Niblets Steamed Spinach	Beef Stew Polenta Steamed Cauliflower	Pasta Fagioli Sauteed Broccoli Rabe	Roasted Chicken Legs Italian Cuts Green Beans	Tomato-Fennel Glazed Fish Brown Rice Steamed Broccoli
FREE BREAKFAST Meditation Class Crochet Class Card Playing Bingo-Movie	Devotional Song Group Sing-a-Long- Silver Sneaker Excercise Homecare Pres. Music by Ray Reggio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Jewelry Class Music by Emilio	Free Meal Coloring Sit & Be Fit Painting Bingo- Card Playing
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
Garden Chill White Rice Sauteed Asparagus	Chicken Cacciatore Polenta Garden Salad	Beef Meatballs in Tomato Sauce Sauteed String Beans Pasta	Hawaiian Roast Pork Steamed Broccoli & Carrots Yeelow Rice Madarin Cole Salad	Tuna Fish Salad Beet Salad Coleslaw Pre-Prepared Lettuce & Tomato
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie	Sing-a-Long Devotional Song Group Silver Sneaker Excercise Home Improvement pres. Music by Ray Reggio	Yoga Food Commodity What's in the Paper Movie-Bingo Coloring	Sing-A-Long Blood Pressure Jewelry Class Hawaiian Party Music by Emilio	Free Meal Sit & Be Fit Coloring-Card Playing Painting Bingo
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Rotini with Spinach Chickpeas Steamed Kale	A Nice Vegetable Soup Beef Meatloaf with Mushroom Gravy California Vegetables Steamed Peas & Carrots	Chciken Francese Red Potato Wedge Steamed Green Beans	Roasted Turkey Breast Baked Sweet Potato Arugula Salad Brussels Sprouts	Baked Salmon Pasta with Garlic & Oil Steamed Broccoli
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie	Devotional Song Group Sing-a-Long Silver Sneaker Excercise Music by Emilio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure-Jewelry Class HomeCar Pres Birthday Party Sing-A-Long Music by Ray Reggio	Free Meal Painting Coloring-Card Playing Sail Class Bingo
28-Aug	29-Aug	30-Aug	31-Aug	
Eggplant Parmesan Pasta Tomato Sauce Arugula Salad Steamed Cauliflower	Pasta Fagioli Mixed Green Salad Kale	Italian Roasted Pork Tenderloin Baked Red Potato Wedge Steamed Green or Red Cabbage	BBQ Chicken Hot Dog German Potatoes Salad Sauerkraut Baked Beans	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
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie	Devotional Song Group Silver Sneakers Exercise Sing-A-Long Music by Ray Reggio	Yoga What's in the Paper Coloring Bingo- Movie	Blood Pressure Labor Day Party Sing-A-Long Jewrlery Class Music by Emilio	



Please see the menu pages for more activities



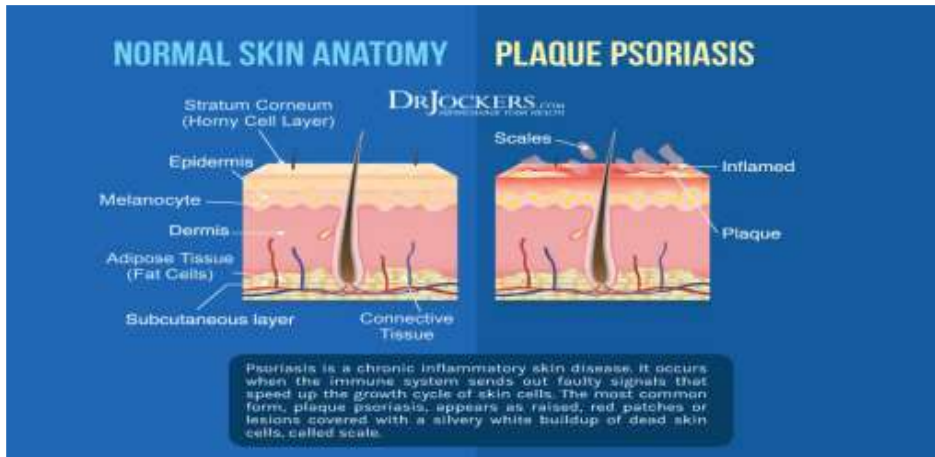
Health Awareness in August

Psoriasis

is a skin disorder that causes skin cells to multiply up to 10 times faster than normal. This makes the skin build up into bumpy red patches covered with white scales. They can grow anywhere, but most appear on the scalp, elbows, knees, and lower back.

Psoriasis can't be passed from person to person. It does sometimes happen in members of the same family.

Psoriasis usually appears in early adulthood. For most people, it affects just a few areas. In severe cases, psoriasis can cover large parts of the body. The patches can heal and then come back throughout a person's life.

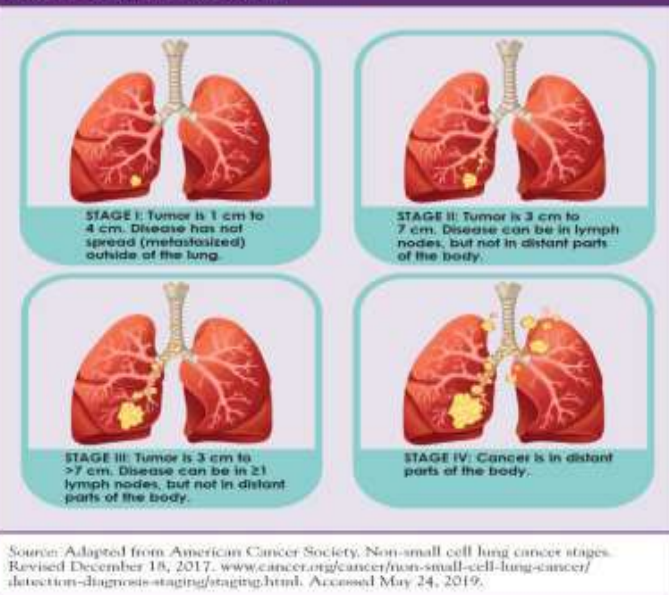


What is lung cancer?

Lung cancer is cancer that forms in tissues of the lung, usually in the cells that line the air passages. It is the leading cause of cancer death in both men and women.

There are two main types: small cell lung cancer and non-small cell lung cancer. These two types grow differently and are treated differently. Non-small cell lung cancer is the more common type.

Figure 1. Stages of Lung Cancer



Common risk factors for lung cancer



Fig. 1.13

COPD, Chronic obstructive pulmonary disease

THE GEMS

Donations

In Loving Memory

Cav. Peter Cardella
from
Joe & Kathy Ferretti
\$1,000

Please remember the Peter Cardella Senior Center in your Will so we can continue to provide important services to others in our community.

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!

Creamy Vegan Corn Chowder

PREP TIME 15 minutes MINUTES

COOK TIME 25 minutes MINUTES

TOTAL TIME 40 minutes MINUTES

Serves SERVES 4

Ingredients

1 tablespoon olive oil

1 medium white onion, chopped

3 garlic cloves, minced

1 poblano pepper, seeded and diced (can also use 1 seeded jalapeno)

4 cups diced yukon gold potatoes

4-5 cups fresh sweet corn (can also use frozen)

1 (15 ounce) can light coconut milk (or regular milk if not vegan)

2 1/2 cups vegetarian broth

Optional if not vegan: 1/4 cup sour cream to give it additional creaminess

1 teaspoon salt, plus more to taste

Freshly ground black pepper

To garnish, if desired: greek yogurt or goat cheese, cilantro and scallions

Instructions

In a large soup pot over medium heat add the olive oil, onion, garlic, poblano, diced potatoes, corn and saute for 6-8 minutes or until potatoes start to soften.

Slowly stir in the milk, vegetarian broth and sour cream, scraping up any bits from the bottom of the pan as you stir. Next stir in salt and pepper. Reduce the heat to low and simmer for 10 to 15 minutes uncovered or until the potatoes are tender and can easily be pierced with a fork.

To give a creamy texture, blend half of the soup (BE CAREFUL WHILE DOING THIS!) then return to the pot. Stir to incorporate and then taste and adjust seasonings as necessary -- adding in more salt and pepper if necessary.

To serve, sprinkle with cilantro, a swirl of sour cream (if not vegan) and scallions. Serve with bread or your favorite crackers. Makes 4 servings.

