



THE GEMS

CAV. 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

FEBRUARY 2022



**"YOU CAN'T GO BACK AND CHANGE THE BEGINNING, BUT YOU
CAN START WHERE YOU ARE AND CHANGE THE ENDING"**

BOARD OF DIRECTORS:

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JOHN CHRIST, TREASURER
IGNATIUS GRANDE, ESQ., SECRETARY

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MADELINE CARDELLA GORRA
GIOVANNI MISTRETTA
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ROSEANN ROSADO

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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

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.**



DECEMBER 2021

**ANICA ROSANDA, MARIA TURANO,
GANDOLFO MUSCA, LIYUEH YU**



JANUARY 2022

**FRANCESCA STABILE, FLORENCE BAYER, JOE SERENO,
GIOVANNI MISTRETTA, PAUL HINCHCLIFFE**

THE GEMS

EVENTS

- Feb. 1: Black History Month.
Chinese New Year.
- Feb. 2: Groundhog Day.
- Feb. 13: Super Bowl Sunday.
- Feb. 14: Valentine Day.
- Feb. 21: Washignton's Birthday
(CENTER CLOSED)
- Feb 22: Advisory Board Meating at 11 AM



MESSAGE FROM OUR DIRECTOR

A NEW YEAR IS UPON US, AND YES, WE SURVIVED THE HIGHLY CONTAGIOUS OMICRON VARIANT OVER THE CHRISTMAS SEASON. GOING FORWARD, WE LOOK FORWARD TO GETTING BACK TO BUSINESS AS USUAL WITH ALL OF YOU EVEN THOUGH WE ARE STILL LIMITED TO 25% CAPACITY, WE PROVIDE SAFE AND INNOVATIVE PROGRAMING FOR ALL OF YOU IN A CLEAN, REGULARY DISINFECTED FACILITY. JUST CONTINUE TO DO YOUR PART. PLEASE WEAR A MASK, WASH HANDS REGULARY OR USE SANITIZER, CONTINUE SOCIAL DISTANCING, AND STAY HOME IF YOU FEEL SICK. TOGETHER LET'S HAVE A GREAT 2022!!!
GOD BLESS YOU ALL,
BARBARA TOSCANO,
EXECUTIVE DIRECTOR



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 .



CHINESE NEW YEAR

The start of the holiday coincides with the date of new moon in Asia, which falls on February 1 at 05:46 UTC or 12:46 am EST. The Lunar New Year is a time to honor deities and ancestors and to be with family. An animal represents each of the 12 years in the Chinese zodiac. In 2022, it's the Year of the Tiger.



GROUNDHOG DAY

February 2, when the groundhog is said to come out of its hole at the end of hibernation. If the animal sees its shadow—i.e., if the weather is sunny—it is said to portend six weeks

Valentine's Day is a holiday when lovers express their affection with greetings and gifts. It is also called St. Valentine's Day. The holiday has expanded to express affection between relatives and friends.




Presidents' Day, officially Washington's Birthday, in the United States, holiday (third Monday in February) popularly recognized as honouring George Washington and Abraham Lincoln. The day is sometimes understood as a celebration of the birthdays and lives of all U.S. presidents.

THE GEMS

PROPOSED MENU FOR THE MONTH OF

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Feb	2-Feb	3-Feb	4-Feb
	Baked Breaded Pork Chop Pasta Fagioli Garden Salad	Baked Ziti & Meat Sauce Steamed Broccoli	Lentil Soup Rosemary Chicken Rice & Vegetable Steamed Carrots	Baked Flounder Pasta with Garlic & Oil Steamed Broccoli & Cauliflower
	Sing-A-Long Music Line Dancing	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Music Line Dancing	Free Meal Coloring Sit & Be Fit Bingo
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
Split Pea Soup Baked Turkey Breast Baked Sweet Potato Brussels Sprouts	Italian Roast Chicken Potatoes Steamed Kale	Escarole & White Bean Soup Roast Beef Brown Gravy Egg Noodles Steamed Green Beans	Chicken Parmigiana Pasta Tomato Sauce Asparagus Mixed Salad CHEESECAKE	Baked Fish with Garlic Sauce Pasta with Garlic & Oil Steamed Spinach
FREE BREAKFAST Mindfull Meditation Crochet Class Nutrition Class Bingo-Movie	Sing-a-Long Music by Emilio Line Dancing Project Hope Pres.	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long VALENTINE PARTY Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Vegetable Chicken Soup Garlic Chicken Pasta with Tomato Sauce Garden Salad	Beef Stew Polnta Steamed Red or Green Cabbage	Baked Breaded Chicken Cutlet Baked Red Potato Wedges Steamed Broccoli	Lentil Soup Italian Style Pork Lion Instant Mashed Potatoes Steamed Red or Green Cabbage	Baked Turkey Breast Roasted Sweet Potatoes Stewed Tomato Zucchini with Onions & Peppers
FREE BREAKFAST Mindfull meditation Crochet Bingo-Movie	Sing-A-Long Music Line Dancing	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sin-A-Long Music Line Dancing	Free Meal Coloring Sit & Be Fit Bingo
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
Center CLOSED	Split Pea Soup Baked Breaded Chicken Cutlet Yellow Rice Zucchini with Corn & Tomatoes	Roast Beef Baked Potatoes Steamed Green Beans	Vegetables Soup Beef Meatloaf with Mushroom Gravy Instant Mashed Potatoes Steamed Broccoli	Baked Flounder Pasta with Sweet Peas Baby Carrots with Parsley
Presidents' Day CLOSED	Sing-A-Long Music Line Dancing	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure BIRTHDAY PARTY Music Line Dancing	Free Meal Coloring Sit & Be Fit Bingo
28-Feb				
Beef Salisbury Steak with Mushroom Sauce Instant Mashed Potatoes Steamed Peas & Carrots	<p>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</p> 			
FREE BREAKFAST Mindfull Meditation Crochet Class Bingo-Movie	<p>Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p>  			

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 February

AMERICAN HEART MONTH

American Heart Month isn't just for lovers. February also reminds us to take care of our hearts and consider our risk factors. Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable. American Heart Month teaches us how we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol, or diabetes.

HOW TO OBSERVE #AmericanHeartMonth

Visit www.millionhearts.hhs.gov to learn more about the risks and how to prevent heart disease and stroke.

Use #AmericanHeartMonth to share on social media.

Review these signs for heart disease risk:

High blood pressure. Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.

High cholesterol, diabetes, and obesity are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.

Smoking cigarettes. Over 35 million adults in America are smokers, and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.

So, if you want to stay on top of your health and try to avoid the risk of heart disease, there are a few things you can do. First, don't smoke, and if you're already a smoker, do your best to quit. Click here for options for help. The next step you can take is managing any conditions you may have, such as high blood pressure and cholesterol. Take your medication as prescribed by your doctor. Next, make heart-healthy diet decisions. Eat whole foods low in trans-fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Living a sedentary lifestyle will put you at a much greater risk for heart disease. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!

AMERICAN HEART MONTH HISTORY



NATIONAL WEAR RED DAY FRIDAY FEBRUARY 4TH, 2022



Move More for Better Life!

Being physically active can help you better manage chronic conditions such as arthritis, diabetes, and high blood pressure. As you get older, exercise can help boost your health and mood, as well as help you stay independent.

Tips to Keep Moving

1. Find ways to fit exercise into your day. Make a plan that works for you.
2. Do activities you enjoy, such as walking, or dancing which is a fun way to be active.
3. Ask your family and friends to be active with you.
4. If there is a break in your routine, try to get back on track. Start slowly and work toward your previous level activity.
5. Keep track of your progress and reward yourself for meeting your personal goals.

THE GEMS

Donations

Ignatius & ToniAnn Grande
\$1,000

Marie Elsner
\$ 200

In Loving Memory



FRANCESCA MIRABILE
IN MEMORY OF
ANTONINO MIRABILE
\$1,000



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.

THE CREAMIEST NO-BAKE CHEESECAKE CUPS RECIPE

¾ cup graham cracker crumbs
2 tablespoons salted butter, melted
8 oz cream cheese, softened
½ cup granulated sugar
1 teaspoon pure vanilla extract
1 cup heavy whipping cream
Optional toppings: raspberries, strawberries, whipped cream, broken cookies, graham cracker crumbs, etc.

INSTRUCTIONS

In a small bowl, stir together the melted butter and graham cracker crumbs until it's evenly distributed. Put approximately 2-3 tablespoons of the mixture into the bottom of each glass or serving dish.

In a large bowl (or the bowl of your stand mixer), pour the whipped cream in and beat on high until stiff peaks form (around one minute for me).

Scrape the whipped cream into a second bowl, then combine the cream cheese, sugar, and vanilla and mix until completely smooth and creamy.

Gently fold the whipped cream into the cream cheese mixture and stir until completely combined and creamy.

Spoon the mixture into a piping bag (if you like) and pipe it into the cups. Or divide it evenly among your cups and spoon it in.

Top with fresh fruit (optional), cover and chill for at least an hour before serving.

