



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

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

MAY 2022



**"TO THE WORLD YOU MAY BE JUST ONE PERSON, BUT TO ONE
PERSON YOU MAY BE THE WORLD"**

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DISHWASHER - MARICELA LOPEZ

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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.



APRIL 2022

MARIA MALVIZZO, FRANCESCO GULISANO, TONY MIELE,
PIETRO ROPPOLO, BARBARA TOSCANO

A Mother's Love

by Michael O. Adesanya

There are times only when a Mother's love
Can understand our tears,
Can soothe our disappointments
And calm all our fears.

There are times when only a Mother's Love
Can share the joy we feel
When something we've dreamed about
Quite suddenly is real.

There are times when only a Mother's faith
Can help on life's way
And inspire in us the confidence
We need from day to day.

For a Mother's heart and a Mother's faith
And a Mother's steadfast love
Were fashioned by the Angels
And sent from God above...



EVENTS

May 5: Cinco de Mayo

May 8: Mother's Day

May 30: Memorial Day




Mother's Day

Mother's Day celebrates motherhood and is a day to make an extra special effort to recognize and appreciate mothers' roles in our lives. Often this day is extended to generations of mothers, grandmothers, great-grandmothers and stepmothers.



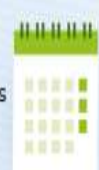
Many celebrate the long **Memorial Day** weekend with barbecues and family get-togethers, but Memorial Day is so much more than a chance to kick off the summer months. At its heart, Memorial Day is a day to solemnly honor all men and women who have died in U.S. military service.

Health Benefits of Physical Activity for Adults



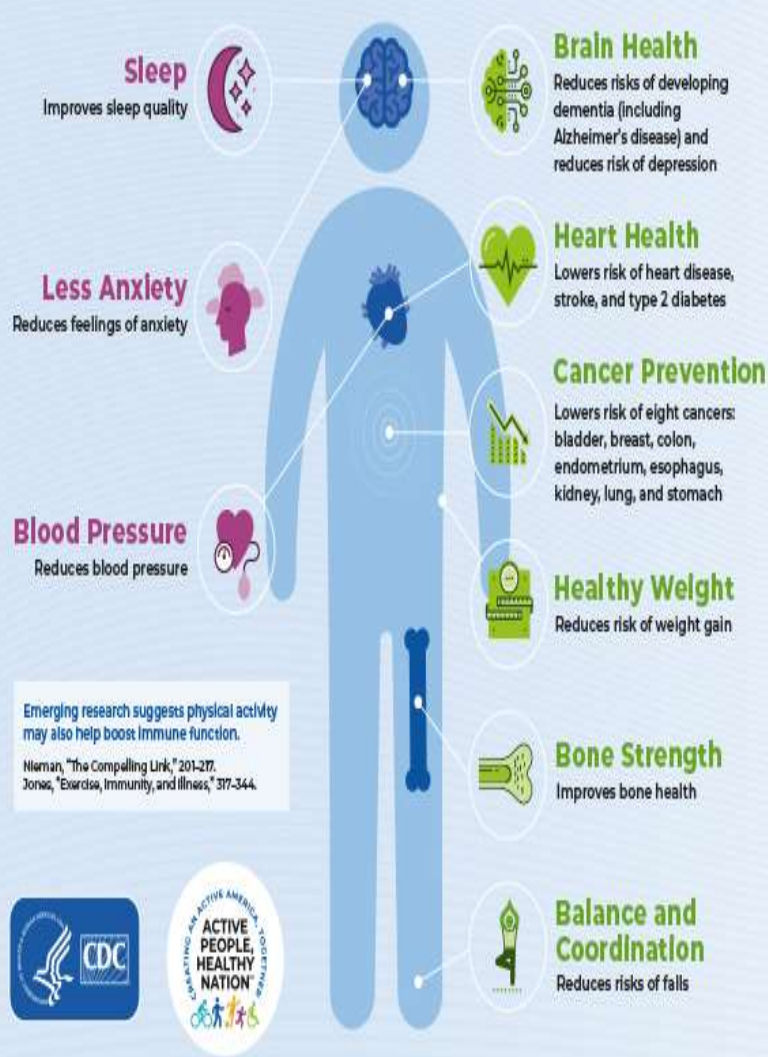
IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.





LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



- Sleep**
Improves sleep quality
- Less Anxiety**
Reduces feelings of anxiety
- Blood Pressure**
Reduces blood pressure
- Brain Health**
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
- Heart Health**
Lowers risk of heart disease, stroke, and type 2 diabetes
- Cancer Prevention**
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Healthy Weight**
Reduces risk of weight gain
- Bone Strength**
Improves bone health
- Balance and Coordination**
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.
Nieman, "The Compelling Link," 201-277.
 Jonas, "Exercise, Immunity, and Illness," 377-344.

Source: Physical Activity Guidelines for Americans, 2nd edition
 To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

THE GEMS

PROPOSED MENU FOR THE MONTH OF

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-May	3-May	4-May	5-May	6-May
Vegetarian Lasagna Sauteed Asparagus	Baked Breaded Chicken Cutlet Corn Sauteed Zucchini Stewed Tomatoes	Roast Beef Baked Potatoes Steamed Green Beans	Chicken Pamigiana Pasta Asparagus Fruit Tart Pastry	Baked Fish with Garlic Sauce Pasta with Garlic & Oil Scarole & Fennel Salad
Free Breakfast Mindful Meditation Crochet Bingo-Movie	Sing A Long Music by Ray Reggio	Yoga Coloring Su-Casa Class What's in the Paper/ Movie-Bingo	Blood Pressure Mother's Day Party Music by Emilio Sing a Long/ Mariachi Food Commodity	Free Meal Coloring Sit & Be Fit Bingo
9-May	10-May	11-May	12-May	13-May
Sweet & Sour Chicken Thighs Yellow Rice Sauteed Bok Choy	Beef Meatloaf with Mushroom Gravy Instant Mashed Potatoes Steamed Carrots	Pork Sausage Link Pasta Garden Salad	One-Pan Orecchiette with Chickpeas & Olives Sauteed Broccoli Rabe	Tuna Fish Salad Pasta Salad Dinner Roll Beet Salad
FREE BREAKFAST Mindful Meditation Crochet Class Cooking Class Bingo-Movie	Sing-a-Long Staywell Exercise Elderly Abuse Pres. Music By Ray Reggio	Yoga Coloring Su-Casa Class What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class Project Hope Pres. Sing A Long Music by Emilio	Free Meal Stay Well Exercise Coloring Sit & Be Fit Bingo
16-May	17-May	18-May	19-May	20-May
Hamburger Lettuce & Tomato Hamburger Bun Baked Red Potato Wedge Cole Slaw	Baked Breaded Chicken Cutlet Corn Steamed Spinach	Italian Style Pork Loin Baked Potatoes Steamed Red or Green Cabbage	Garden Chili White Rice Scarole & Fennel Salad Steamed Green Beans	Fish With Tomatoes & Herbs Cous Cous Steamed Broccoli
FREE BREAKFAST Mindful meditation Nutrition Class Crochet Bingo-Movie	Sinf A Long Staywell Exercise Jokesercise Elvis Preformance Music by Ray Reggio	Yoga Coloring Su-Casa Class What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class Sin-A-Long Birthday Party Musci by Emilio	Free Meal Coloring Sit & Be Fit Bingo
23-May	24-May	25-May	BBQ Chicken	27-May
Park Skim Ricotta Cheese Pasta Arugua Salad w/Balsamic Vinegar Steamed Peas	Chicken Cutlet Cacciatore Instant Mashed Mixed Green Salad	Beef Meatbals in Tomato Sauce Pasta Steamed Cauliflower Garden Salad	& Hot Dog Hot dog Bun Macaroni Salad Corn Salsa Ice Cream	Tuna Fish Salad Dinner Roll Beet Salad Cole Slaw Lettuce & Tomato
Free Meal Mindful Meditation Crochet Cooking Class Bingo- Movie	Sing-A-Long Staywell Exercise Music by Emilio	Yoga Coloring Su-Casa Class What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class Sin-A-Long Memorial day Paty & Ceremony Music By Ray Reggio	Free Meal Staywell Exercise Coloring Sit & Be Fit Movie
30-May	31-May			
CENTER	Roast Beef Baked Potatoes Steamed Green Beans	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		
CLOSED	Sin A Long Staywell Exercise Music by Emilio	Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and		



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 May

What is Osteoporosis?

5 Signs of Osteoporosis

One in two women and up to one in four men will break a bone in their lifetime as the result of osteoporosis, says the National Osteoporosis Foundation.

"Osteoporosis is often called a silent disease because you can't feel your bones getting weaker until it's too late," says rheumatologist Marie Kuchynski, MD.

"That's why people at risk for the disease, particularly woman older than age 45, should be attentive about taking preventative measures and getting tested for early signs of osteoporosis," she says. The disease now affects approximately 10 million Americans.

Osteoporosis is a disease in which bone density and quality are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased.



What's a stroke?

A stroke is when blood flow to a part of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood, they die. Stroke is a medical emergency. It's important to get care as soon as possible. Some treatments for stroke work only if given the first three hours after symptoms start. A delay in care can raise the risk of permanent brain damage or death.



May is Mental Health Awareness Month. Observed since 1949, the event help to promote mental health education and support with the goal of decreasing the stigma that is so often associated with mental illness. The COVID-19 pandemic has taken a toll on the mental health of many Americans. With the number of vaccinations

slowly rising and a push to return to some sense of "normalcy" there still remains a lingering feeling of anxiety for many. In any given year, one in five adults in the United States experience a mental health condition. Approximately 46.6 million adults in the United States face the reality of managing a mental illness every day. According to the Centers for Disease Control and Prevention, mental health conditions like anxiety and depression have only increased during the pandemic. A recent survey from the American Psychological Association found that 49 percent of adults reported feeling uncomfortable about returning to in-person interactions when the pandemic ends; Even 48 percent of those who have received the COVID-19 vaccine reported concerns.

THE GEMS

Donations

In Loving Memory



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.

Flower Show Trip



Simple Stuffed Peppers

Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- Salt (to taste, optional)

Directions

- Preheat the oven to 400°F.
- Cook brown rice according to package directions.
- Wash the peppers under running water.
- Cut the tops off the peppers and spoon out the seeds.
- Drain and rinse the black beans.
- Combine the beans, rice, salsa and salt (optional).
- Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
- Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
- Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.

