



# ***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

BARBARA TOSCANO, EXECUTIVE DIRECTOR

[www.cardellaseniors.org](http://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

## **July 2022**

*Happy Independence Day*



**"WHERE LIBERTY DWELLS, THERE IS MY COUNTRY"**

**BOARD OF DIRECTORS:**

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JOHN CHRIST, TREASURER  
IGNATIUS GRANDE, ESQ., SECRETARY

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BARBARA SANTANA

**ADMINISTRATIVE ASSISTANT**

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**PROGRAM ASSISTANT / CASE ASSISTANT**

JOSEPHINE SPATOLA - TEL. # 718-497-2908

**MEALS ON WHEELS COORDINATOR**

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

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**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.



**JUNE 2022**

**GIUSEPPA PECORARO, MIKE DI PIAZZA, ELSIE LAYANA, LEE ARELENE, ANTONI KOTRYS**



## EVENTS

**July 4:** Independence Day Center Closed

**July 13:** Food Commodity Distribution

**July 14:** 4th of July Party

**July 14:** Bastille Day



### AMERICAN INDEPENDENCE DAY

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776 as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.



### Bastille Day

Is a French holiday celebrating the storming of the Bastille a military fortress and prison On July 14, 1789 in a violent uprising that helped usher in the French Revolution.



**CAV. PETER CARDELLA**

**JULY 20th**

## Seniors can beat the heat

**Keep cool.** If you don't have air conditioning, head to a cool shopping center, senior center, library, movie theater, or place of worship.

**Cool baths or showers, ice bags and wet towels** can provide relief.

**Beware of dehydration;** drink plenty of water even if you're not thirsty.

**Curtail physical activity** during extremely hot weather. Activity adds to heat load.

**Avoid heavy meals and alcohol.**

**Limit salt use.**

**Wear loose fitting, lightweight clothing.** Wear a hat or carry an umbrella when you are outdoors.

**Dizziness, rapid heartbeat, diarrhea, nausea, headache, chest pain, mental changes or breathing problems** are warning signs to seek immediate medical attention.

Sources: George E. Taffet, M.D., Professor in Medicine, Robert J. Luchi, M.D. Chair in Geriatric Medicine



# THE GEMS

PROPOSED MENU FOR THE MONTH OF

## July 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-Jul  Free Meal Stay Well Exercise Coloring Sit & Be Fit BINGO
 Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.				  
4-Jul	5-Jul	6-Jul	7-Jul	8-Jul
CENTER CLOSED	Chicken Cacciatore Instant Mashed Potatoes Mixed Green Salad	Beef Meatballs in Tomato Sauce Pasta Steamed Cauliflower Garden Salad	Chicken Marsala Egg Noodles Steamed Broccoli	Tuna Fish Beet Salad Cole Slaw Dinner Roll Lettuce & Tomato
CENTER CLOSED	<b>Sing-A-Long</b> <b>Staywell Exercise</b> Music by <b>Ray Reggio</b>	<b>YOGA</b> <b>Coloring</b> <b>What's in the Paper</b> <b>Movie-Bingo</b>	<b>Blood Pressure</b> <b>Jewelry Class</b> <b>Sing-A-Long</b> <b>Music by Emilio</b>	<b>Free Meal</b> <b>Staywell Exercise</b> <b>Coloring</b> <b>Sit &amp; Be Fit</b> <b>Bingo</b>
11-Jul	12-Jul	13-Jul	14-Jul	15-Jul
Egg Frittata w/Potatoes & Peas Sauteed Asparagus	Roast Beef Baked Potatoes Steamed Green Beans	Baked Breaded Fish Fillets Yellow Rice Peas with Mushrooms Garden Salad Food Distribution	Hamburger/ Hot Dog Potatoes Salad Mini Corn On Cob Hamburger Bun Watermelon/ Ice Cream Cone	Ham Swiss Cheese Dinner Roll Beet Salad/ Potato Salad Lettuce & Tomato
<b>Free Breakfast</b> <b>Mindful Meditation</b> <b>Crochet</b> <b>Bingo-Movie</b> <b>Cookin Class</b>	<b>Sing-A-Long</b> <b>Staywell Exercise</b> Music by <b>Emilio</b>	<b>Yoga</b> <b>Coloring</b> <b>What's in the Paper</b> <b>Movie-Bingo</b>	<b>Blood Pressure</b> <b>Independence Day Party</b> <b>Sing-A-Long/ Care Pres</b> <b>Jewelry Class</b> <b>Music by Reggio</b>	<b>Free Meal</b> <b>Staywell Exercise</b> <b>Coloring</b> <b>Sit &amp; Be Fit</b> <b>Bingo</b>
18-Jul	19-Jul	20-Jul	21-Jul	22-Jul
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 Steammed Spinach	Hard Boiled Egg Pasta Garden Salad Steamed Broccoli
<b>Free Breakfast</b> <b>Meditation Class</b> <b>Crochet</b> <b>Bingo-Movie</b>	<b>Sing-A-Long</b> <b>Staywell Exercise</b> Music by Emilio <b>Hurricane Season Pres.</b>	<b>Yoga</b> <b>Coloring</b> <b>What's in the Paper</b> <b>Movie-Bingo</b>	<b>Blood Pressure</b> <b>Beacon Home Care Pres.</b> Sing-A-Long Music by Ray Reggio	<b>Free Meal</b> <b>Staywell Exercise</b> <b>Coloring</b> <b>Sit &amp; Be Fit</b> <b>Bingo</b>
25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
Vegetarian Lasagna Sauteed Asparagus	Baked Breaded Chicken Cutlet Corn Sauteed Zucchini Stewed Tomatoes	Roast Beef Baked Potatoes Steamed Green Beans	Italian Roast Chicken Mixed Green Salad Steamed Corn on The Cob	Baked Fish Garlic Sauce Pasta with Garlic & Oil Escarole and Fennel Salad
<b>Free Breakfast</b> <b>Mindful Meditation</b> <b>Crochet</b> <b>Bingo-Movie</b> <b>Cookin Class</b>	<b>Sing-A-Long</b> <b>Staywell Exercise</b> Music by Reggio	<b>What's in the Paper</b> <b>Yoga</b> <b>Coloring</b> <b>Movie-Bingo</b>	<b>BirthDay Party</b> <b>Blood Pressure</b> <b>Sing-A-Long</b>	<b>Free Meal</b> <b>Staywell Exercise</b> <b>Coloring</b> <b>Sit &amp; Be Fit</b> <b>Bingo</b>



# 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 July

### What is hepatitis?

Hepatitis refers to an inflammatory condition of the liver. It is commonly the result of a viral infection, but there are other possible causes of hepatitis.

These include autoimmune hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins, and alcohol. Autoimmune hepatitis is a disease that occurs when your body makes antibodies against your liver tissue.

The five main viral classifications of hepatitis are hepatitis A, B, C, D, and E. A different virus is responsible for each type of viral hepatitis.

The World Health Organization (WHO) estimates that 354 million Trusted Source people currently live with chronic hepatitis B and C globally.

**Hepatitis A** is the result of an infection with the hepatitis A virus (HAV). This type of hepatitis is an acute, short-term disease.

**The hepatitis B** virus (HBV) causes hepatitis B. This is often an ongoing, chronic condition. The Centers for Disease Control and Prevention (CDC) estimates that around 826,000 Trusted Source people are living with chronic hepatitis B in the United States and around 257 million people worldwide.

**Hepatitis C** comes from the hepatitis C virus (HCV). HCV is among the most common bloodborne viral infections in the United States and typically presents as a long-term condition.

According to the CDC, approximately 2.4 million Americans Trusted Source are currently living with a chronic form of this infection.

**Hepatitis D** This is a rare form of hepatitis that only occurs in conjunction with hepatitis B infection. The hepatitis D virus (HDV) causes liver inflammation like other strains, but a person cannot contract HDV without an existing hepatitis B infection.

Globally, HDV affects almost 5 percent Trusted Source of people with chronic hepatitis B.

**Hepatitis E** is a waterborne disease that results from exposure to the hepatitis E virus (HEV). Hepatitis E is mainly found in areas with poor sanitation and typically results from ingesting fecal matter that contaminates the water supply.

This disease is uncommon Trusted Source in the United States, according to the CDC.

Hepatitis E is usually acute but can be particularly dangerous in pregnant women.

	Type of Hepatitis				
	A	B	C	D	E
Source of virus	feces	blood/ blood-derived body fluids	blood/ blood-derived body fluids	blood/ blood-derived body fluids	feces
Route of transmission	fecal-oral	percutaneous permucosal	percutaneous permucosal	percutaneous permucosal	fecal-oral
Chronic infection	no	yes	yes	yes	no
Prevention	pre/post- exposure immunization	pre/post- exposure immunization	blood donor screening; risk behavior modification	pre/post- exposure immunization; risk behavior modification	ensure safe drinking water



# THE GEMS



## Donations

MARIE CARDELLA  
\$1,000

*IN LOVING MEMORY OF THE*

CARDELLA FAMILY



SENIOR APRECIATION DAY



ELVIS PRESENTATION

SU-CASA ART CLASS



FARM TRIP



## Summer Breeze Smoothie

Servings: 3  
Prep Time: 5 min  
Serving Size: 1 cup

### Ingredients

- 1 cup plain yogurt (non-fat)
- 6 strawberries (medium)
- 1 cup pineapple (crushed, canned in 100% juice)
- 1 banana (medium)
- 1 teaspoon vanilla extract
- 4 ice cubes

### MyPlate Food Groups



Fruits  
Dairy

3/4 cups  
1/4 cups

### Directions

1. Wash hands with soap and water for 20 seconds.
2. Place all ingredients in blender and puree until smooth.
3. Serve in frosted glass.

### Materials

- Blender
- Drinking Glasses
- Teaspoon
- Measuring Cup
- Optional: Straw

### Nutrition Information

Serving Size: 1 cup (252g)

[Show Full Display](#)

Nutrients	Amount
Total Calories	120
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	63 mg
Carbohydrates	24 g
Dietary Fiber	2 g
Total Sugars	18 g
Added Sugars Included	0 g
Protein	4 g
Vitamin D	0 mcg
Calcium	176 mg
Iron	0 mg
Potassium	468 mg



### Virtual Smart Living Initiative

This project was supported in part by grant number 19481-0001 from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20549. Community involvement grants and governmental sponsorship are acknowledged in separate fact sheets. Funding and materials provided are in accordance with the fund's intended purpose and are not intended to constitute an endorsement of any product or service.



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