



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

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

CAV. 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



2024



"APRIL IS THE MONTH OF DREAMS COME TRUE"

BOARD OF DIRECTORS:

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

BOARD MEMBERS

MARIE ELENA CARDELLA
MADELINE CARDELLA GORRA
GIOVANNI MISTRETTA
ERNEST POSPISCHIL
ROSEANN ROSADO

ELECTED BOARD MEMBERS

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

ADVISORY BOARD MEMBERS*

AMPARO GARCIA - CHAIRMAN
ANNAMARIA BALSAMO
MARIA D'ANGELO
MARION LACKO
MARIA MUSCA
PINA OGNIBENE
JOSEPHINE PECORARO

HMDL DRIVERS

ALEXANDER ALBAN
SHANNON CARRASCO
BENITO LEON
CHRISTIAN LOPEZ
LUIS MACANELA
PABLO MACANELA
VERONICA SALAZAR
CARINA SALTOS
ANA VELASTEQUI
ALI WADY

EXECUTIVE DIRECTOR

BARBARA TOSCANO

PROGRAM COORDINATOR

BARBARA SANTANA

ADMINISTRATIVE ASSISTANT

JEANNE BRESCIANI

PROGRAM ASSISTANT / CASE ASSISTANT

JOSEPHINE SPATOLA - TEL. # 718-497-2908

MEALS ON WHEELS COORDINATOR

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

COOK: ENZA TRAPANI

ASSISTANT COOK - GUISEPPINA TARDUGNO

KITCHEN AIDES - TINA DIBENEDETTO, CONNIE VENEZIA

DISHWASHER- ALFONSO BOMMARITO

CUSTODIANS - PAOLA BOMMARITO & ARTHUR BALLIU

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.**



MARCH BIRTHDAY

MARIA SEPE, ROBERT TOFANI, MIKE CORSO, ANNA KORNITZER,
HANNA DUDZIC, MARIA MUSSO, JOSEPH WIRSCHINIG, DORA
ORIFICI

ARBOR DAY
by Lenore Hetrick

Arbor Day makes me think of forests,
And a green tent spreading overhead.
Arbor Day makes me think of boughs
Where the wee brown birds are put to bed.

I think, too, of the cool deep shadows
With violets in wet black soil.
Arbor Day makes me think of travelers
Resting after a day of toil.

©Wool.com. All Rights Reserved.

THE GEMS

EVENTS

April 1: CENTER CLOSED

April 22: Earth Day

April 24: Food Commodity

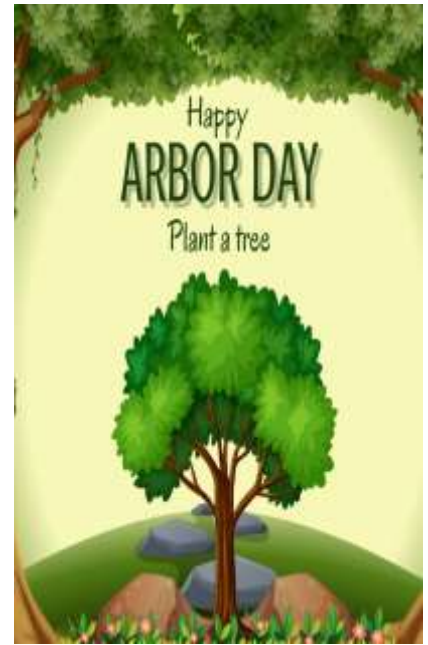
April 26: National Arbor Day

April 30: Advisory Board Mtg.



In 1990, Hayes organized a global **Earth Day**, with more than 200 million participants in more than 140 countries. Earth Day now brings together citizens and activists from around the world to raise awareness and take action regarding such environmental concerns as global warming and renewable energy. Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

Arbor Day is a national observance that celebrates the role of trees in our lives and promotes tree planting and care. First celebrated in 1872, it was established as a way to encourage farmers and homesteaders to plant trees that would provide shade, shelter, food, fuel and beauty to open areas.



What is the meaning of the Passover?

Passover, in Judaism, holiday commemorating the Hebrews' liberation from slavery in Egypt and the "passing over" of the forces of destruction, or the sparing of the firstborn of the Israelites, when the Lord "smote the land of Egypt" on the eve of the Exodus.

THE GEMS

PROPOSED MENU FOR THE MONTH OF

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
CLOSED	Baked Chicken Cutlet Corn Niblets Steamed Spinach	Italian Roasted Pork Loin Baked Potato Steamed Red or Green Cabbage	Garden Chili White Rice Escarole, Orange & Fennel Salad Steamed Green Beans	Baked Salmon Mashed Potatoes Steamed Broccoli
CLOSED	Devotional Song Group Crochet Class Sing-A-Long	What's in the Paper Sail- Coloring Corn-Hole-Game	Blood Pressure Sing-A-Long Jewerley Class Music By Emilio	Trip to Macys Flower Show Coloring-Card Playing Corn Hole Game Painting - Bingo
8-Apr	Music by Emilio	10-Apr	11-Apr	12-Apr
Aromatic Lentil Stew with Carrots & Turnips Brown Rice Sauteed Asparagus	Chicken Cacciatore Chickpeas Roasted Spiced Red Potatoes Mixed Green Salad	Eggplant Penne A La Vodka Garden Salad	Chicken Marsala EggNoodles Steamed Peas & Carrots	Tuna Fish Salad Beet Salad Cole Slaw Lettuce & Tomato
Meditation Class Card Playing Corn Hole Game Bingo	Devotional Song Group Sing-a-Long- Crochet Music by Ray	What's in the Paper Nutrition Class SAIL-Coloring Corn Hole Game Movie-Bingo	Stress Management Blood Pressure Sing-A-Long Jewelry Class Music by Ray Emilio	SAIL Painting- Bingo Coloring-Card Playing Corn Hole Game
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Egg Frittata with Potatoes & Peas Kaiser Roll Sauteed Asparagus Tomato & Cucumber Salad	Beef Meatballs in Tomato Sauce Spaghetti Steamed Cauliflower	Baked Fish Fillets Pasta With Garlic & Oil Steamed Peas Garden Salad	BBQ Chicken Baked Red Potato Wedges Sauteed Zucchini	Spring Pasta with Fava Beans & Peas Sauteed Escarole And Beans Ciabatta Bread
Meditation Class Card Playing Corn Hole Game Bingo	Sing-a-Long Devotional Song Group Crochet Music by Ray	SAIL -Coloring Corn Hole Game What's in the Paper Movie-Bingo	Sing-A-Long Blood Pressure Jewelry Class How to Improve Mental Health Music by Emilio	SAIL Painting- Bingo Coloring-Card Playing Corn Hole Game
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
Baked Prok Chops Mashed Potatoes Steamed Red or Green Cabbage	Lentils of the Southwest White Rice Peppers with Stewed Tomatoes	Chicken Francese Pasta With Garlic Steamed Green Beans Lettuce & Tomato	Roasted Turkey Baked Sweet Potato Steamed Spinach	Baked Ziti with Ricotta Cheese Steamed Peas Steamed Broccoli Garden Salad
Meditation Class Card Playing Corn Hole Game Bingo	Devotional Song Group Sing-a-Long Crochet Music by Emilio	SAIL Coloring-Corn Hole Game What's in the Paper Movie-Bingo FOOD COMMODITY	Blood Pressure Sing-A-Long Birthday Party Jewerly Class Music by Ray	Sail Painting- Bingo Coloring-Card Playing Corn Hole Game
29-Apr	30-Apr			
Pasta Primavera Sauteed Asparagus Garden Salad	Chicken Cutlet Sauteed Zucchini Stewed Tomatoes Summer Corn & Pepper Salad	Card Playing 1:00-2:00 Blood Pressure: 10:30- 11:30 Bingo: 1:00- 2:00 Dancing 1:00-3:00 Corn Hole Game: 11:00- 12:00	Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and butter. FREE BREAKFAST EVERY MONDAY FREE MEAL EVERY FRIDAY	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
Meditation Class Card Playing Cooking Class Corn Hole Game Bingo	Devotional Song Group Sing-A-Long Crochet Class Music by Ray Reggio			

THE GEMS



Please see the menu pages for more activities



Health Awareness in April

Stress Awareness April

Stress can be debilitating, and it can cause and/or aggravate health problems. And since stress is a normal part of human existence — nobody is immune to it — it's important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. (Amazingly, we don't always notice it's happening to us.) Stress Awareness Month happens each April. It's important to learn some strategies for coping with this particular silent scourge. You've come to the right place for that. Let's get started!

HOW TO OBSERVE STRESS AWARENESS MONTH

Practice meditation

One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.

Exercise

Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.

Visit your doctor

They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

4 STRESSFUL FACTS YOU NEED TO KNOW

Stress can help — sometimes

According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations."

It's sickening — literally

People under stress — especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.

Stressed? Here's why

A survey by the American Psychological Association found that the five factors most often cited as a source of stress were money, work, family, economic outlook and relationships.

America's highest and lowest stress states

A report on WalletHub found that the most stressed-out states in America are Louisiana, New Mexico and West Virginia. The least? Minnesota, North Dakota and Utah.

WHY STRESS AWARENESS MONTH IS IMPORTANT

It reminds us to pay attention to our health

According to the official website, "Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society."

It's going strong

Stress Awareness Month has been an ongoing campaign of awareness and education since 1992.

Because we're all feeling it

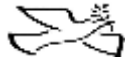
A recent survey found that about two-thirds of U.S. workers report engaging in behavior such as drinking or crying regularly in order to deal with stress.



THE GEMS

In Loving Memory

ERNA KRESNICK



St Patrick's Party



St Joseph Party

Lemon-Herb Roasted Chicken

Ingredients

- 2 (8-ounce) boneless, skinless chicken breasts
- 1/2 teaspoon salt plus 1/8 teaspoon, divided
- 2 tablespoons extra-virgin olive oil
- 1 medium lemon, sliced into 1/8-inch rounds
- 1 tablespoon fresh thyme leaves
- 1 1/2 teaspoons chopped fresh rosemary
- 2 tablespoons lemon juice
- 1/2 teaspoon cracked black pepper
- 2 tablespoons unsalted butter cut into pieces
- 1 tablespoon chopped fresh tarragon



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!

Directions

Preheat oven to 425°F. Pat chicken dry with paper towels; sprinkle with 1/2 teaspoon salt.

Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken; cook, undisturbed, until golden brown on the bottom, 4 to 5 minutes. Flip the chicken and arrange lemon slices around the chicken in the bottom of the pan. Sprinkle with thyme and rosemary.

Transfer to the oven; roast until an instant-read thermometer inserted into the thickest part registers 165°F, about 8 minutes. Transfer the chicken and lemon slices to a cutting board; let rest for 5 minutes. Do not wipe the pan clean.

Heat lemon juice, pepper and the remaining 1/8 teaspoon salt in the pan over low heat. Whisk in butter, 1 piece at a time, until melted and a sauce forms, about 45 seconds to 1 minute. Remove from heat and stir in tarragon. Slice the chicken breasts in half; serve drizzled with the sauce.