



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

November 2021



OCTOBER 28TH, 2021
STREET RENAMING IN HONOR OF
CAV. PETER CARDELLA



"WHAT IF TODAY WE
ARE JUST GRATEFUL
FOR EVERYTHING?"

BOARD OF DIRECTORS:

TONI-ANN GRANDE, 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
PINA OGNIBENE
JOSEPHINE PECORARO

HMDL DRIVERS

ALEXANDER ALBAN
LUZ CASTILLO
JOSE CHICAIZA
LUZ ECHEVERRY
BENITO LEON
LUIS MACANELA
PABLO MACANELA
LUCIA MARTIR
IRALDA SALGADO
VERONICA SALAZAR
CARINA SALTOS
ANA VELASTEQUI

EXECUTIVE DIRECTOR

BARBARA TOSCANO

PROGRAM - DIRECTOR

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

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.**



OCTOBER BIRTHDAYS

MARTHA HEALING, MARIE ELSNER, ERIKA PULLARA,
BARBARA ZEESE, KIMSON TSENG, MARIA DYREZ

NOVEMBER POEM

WE THANK THEE

By Ralph Waldo Emerson

For flowers that bloom about our feet,
Father, we thank Thee.
For tender grass so fresh, so sweet,
Father, we thank Thee.
For the song of bird and hum of bee,
For all things fair we hear or see,
Father in heaven, we thank Thee.

For blue of stream and blue of sky,
Father, we thank Thee.
For pleasant shade of branches high,
Father, we thank Thee.
For fragrant air and cooling breeze,
For beauty of the blooming trees,
Father in heaven, we thank Thee.

For this new morning with its light,
Father, we thank Thee.
For rest and shelter of the night,
Father, we thank Thee
For health and food, for love and friends,
For everything Thy goodness sends,
Father in heaven, we thank Thee.



THE GEMS

EVENTS

11/1: ALL SAINTS' DAY

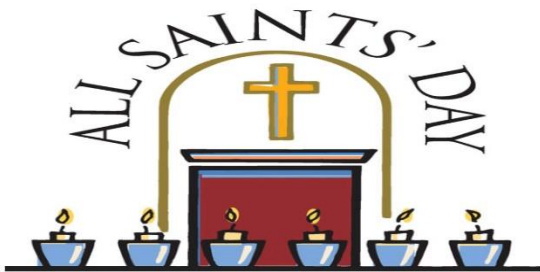
11/2: ALL SOULS' DAY

11/7: DAYLIGHT SAVING TIME (CLOCKS WILL FALL BACK 1 HOUR)

11/11 VETERAN'S DAY

11/25 THANKSGIVING DAY

CENTER OPENED RESERVATION ONLY



All Saints' Day, also called All Hallows' Day, Halloween, or Feast of All Saints, in the Christian church, a day commemorating all the saints of the church, both known and unknown, who have attained heaven. ... In Roman Catholicism, the feast is usually a holy day of obligation.



All Souls' Day, in Roman Catholicism, a day for commemoration of all the faithful departed, those baptized Christians who are believed to be in purgatory because they died with the guilt of lesser sins on their souls. It is observed on November 2.



Street Renaming



Thanksgiving Day, annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism, and the traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. With respect to vehicular travel, the holiday is often the busiest of the year, as family members gather with one another. Thanksgiving Day is celebrated on Thursday, November 25, 2021.

Street Renaming



THE GEMS

PROPOSED MENU FOR THE MONTH OF

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
Italian Roasted Pork Tenderloin Instant Mashed Potatoes Steamed Red or Green Cabbage	Italian Roast Chicken Brown Rice Steamed Spinach	Butternut Squash Soup Baked Marinated Cod Pasta w/Garlic & Oil Italian Blend Vegetables	Vegetable Soup Roast Beef Baked Potatoes Steamed Broccoli	Chicken Marsala Egg Noodles Steamed Carrots
FREE BREAKFAST Mindfull Meditation Crochet Class Bingo-Movie	Yoga Sing-A-Long Music by Ray Reggio	Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
Vegetable Soup Baked Breaded Chicken Cutlet Corn Steamed Spinach	Baked Breaded Pork Chops Pasta Fagioli Garden Salad	Baked Ziti with Meat Sauce Steamed Broccoli	Lentil Soup Rosemary Chicken Rice w/Vegetables Steamed Carrots	Baked Flounder Pasta w/ Garlic & Oil Steamed Broccoli &Cauliflower
FREE BREAKFAST Mindfull Meditation Crochet Class Nutrition Class Bingo-Movie	Yoga Sing-a-Long Music by Emilio	Coloring What's in the Paper Movie-Bingo	Blood Pressure Veteran's Day Ceremony Sing-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
Split Pea Soup Baked Turkey Breast Baked Sweet Potato Brussels Sprouts	Italian Roast Chicken Dinner Roll Instant Mashed Potatoes Steamed Kale	Escarole & White Bean Soup Roast Beef Egg Noodles Steamed Green Beans	Chicken Marsala Yellow Rice Steamed Broccoli	Baked Fish with Garlic Sauce Pasta w/ Garlic & Oil Steamed Spinach
FREE BREAKFAST Mindfull meditation Crochet Bingo-Movie	Yoga Sing-a-Long Music by Ray Reggio	Coloring What's in the Paper Movie-Bingo	Blood Pressure Sin-A-Long Birthday Party Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
Vegetables Chicken Soup Garlic Chicken Pasta w/Tomato Sauce Garden Salad	Beef Stew Polenta Steamed Red or Green Cabbage	Baked Breaded Chicken Cutlet Baked Red Potato Wedges Steamed Broccoli	Turkey Breast Stuffin Cranberry Sweet Potatoes Cauliflower Apple Cider Pumpkin Pie w/Whip Cream	CLOSED
FREE BREAKFAST Mindfull Meditation Crochet Class Bingo-Movie	Yoga Sing-a-Long Music By Ray Reggio	Coloring What's in the Paper Movie-Bingo	THANKSGIVING DAY MEAL RESERVATION ONLY	CLOSED
29-Nov	30-Nov	<p>Lunch is served Mon-Fri at Noon.</p> <p>All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p>     		
Eggplant Parmesan Pasta Steamed Cauliflower Tomato Sauce	Split Pea Soup Baked Breaded Chicken Cutlet Yellow Rice Zucchini with Corn & Tomatoes			
FREE BREAKFAST Mindfull Meditation Crochet Class Bingo-Movie	YOGA Sing-A-Long Music by Emilio			
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				

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 November

Lung cancer

is a type of cancer that begins in the lungs. Your lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale.

Lung cancer is the leading cause of cancer deaths worldwide.

People who smoke have the greatest risk of lung cancer, though lung cancer can also occur in people who have never smoked. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer.

Symptoms

Lung cancer typically doesn't cause signs and symptoms in its earliest stages. Signs and symptoms of lung cancer typically occur when the disease is advanced.

Signs and symptoms of lung cancer may include:

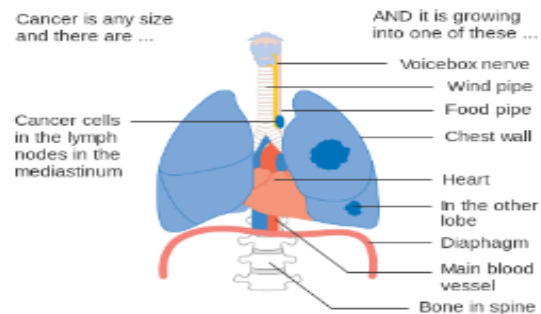
- A new cough that doesn't go away
- Coughing up blood, even a small amount
- Shortness of breath
- Chest pain
- Hoarseness
- Losing weight without trying
- Bone pain
- Headache

Causes

Smoking causes the majority of lung cancers — both in smokers and in people exposed to secondhand smoke. But lung cancer also occurs in people who never smoked and in those who never had prolonged exposure to secondhand smoke. In these cases, there may be no clear cause of lung cancer.

Prevention

- Don't smoke.
- Stop smoking.
- Eat a diet full of fruits and vegetables.
- Exercise most days of the week.



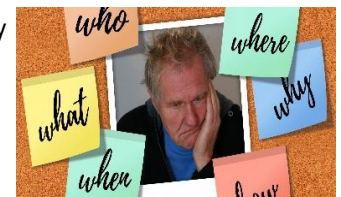
Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities.

AD begins slowly. It first involves the parts of the brain that control thought, memory and language. People with AD may have trouble remembering things that happened recently or names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than normal for people of the same age. Many, but not all, people with MCI will develop AD.

In AD, over time, symptoms get worse. People may not recognize family members. They may have trouble speaking, reading or writing. They may forget how to brush their teeth or comb their hair. Later on, they may become anxious or aggressive, or wander away from home. Eventually, they need total care. This can cause great stress for family members who must care for them.

AD usually begins after age 60. The risk goes up as you get older. Your risk is also higher if a family member has had the disease.

No treatment can stop the disease. However, some drugs may help keep symptoms from getting worse for a limited time.



THE GEMS

Donations

\$500 DONATION FROM MARIE CARDELLA
IN MEMORY OF CAV. PETER CARDELLA



In Loving Memory

Nov. 26th will be the 7 Year Anniversary of
Cav. Peter Cardella's Passing.
REST IN PEACE



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!

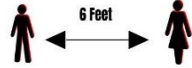
PETER CARDELLA SENIOR CENTER IS AN OFFICIAL HIICAP SITE

We offer accurate and objective information, counseling, and assistance on private health insurance, Medicare, & related health coverage plans.

OPEN ENROLLMENT OCTOBER 15 TO DECEMBER 7

Come see Josephine for free expert advice!

PLEASE REMEMBER



Pfizer booster doses are now available for certain groups of people who received the Pfizer vaccine at least six months ago. Those groups are:

- People who are 65 or older
- People who are 18 or older with an underlying medical condition, or
- People who are 18 or older and live in a nursing home or other long term care facility.
- People who are 18 or older at higher risk of COVID-19 exposure due to occupational (e.g. healthcare workers) or institutional setting (e.g. people who live in shelters).

Eligible New Yorkers can access booster shots starting today (9/24) and will need to attest to their eligibility. Please visit nyc.gov/covidvaccine for additional information and to find a vaccination location.

Separately, there has been no change to the August guidelines about third doses for people with underlying conditions. Adults who received the Pfizer OR Moderna vaccine at least 28 days ago, and are moderately to severely immunocompromised, are still eligible for a third dose of the Pfizer or Moderna vaccine, as part of their initial vaccination series. Eligible New Yorkers can access third doses citywide, and need to attest to their eligibility.

People who received the J&J vaccine are not eligible for additional doses of the vaccine at this time.

Monitor the CDC's Website and nyc.gov/covidvaccine for updates as additional guidance is released from the federal government.

Thank you,

Cranberry Apple Compote Recipe

INGREDIENTS

- 1 cup of cranberries (thawed if frozen)
- 2 diced and peeled apples
- 1 orange worth of juice and zest
- ½ tsp cinnamon
- 3 tbsps maple syrup

DIRECTIONS

Heat a saucepan over medium heat, add all the ingredients except maple syrup. Bring to a gentle boil and simmer for 10-15 minutes. Or until the apples have a tender (applesauce consistency). Mix intermittently. Remove from heat, and mix in maple syrup. Place in the fridge and let it cool for about 2 hours to thicken. Serve by itself or as a topping.

