



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, CHAIRWOMAN
IGNATIUS GRANDE, SECRETARY
JOHN CHRIST, TREASURER

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

July 2023

Happy Independence Day



"LAND OF THE FREE BECAUSE OF THE BRAVE"

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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.**



JULY BIRTHDAY

FLORENTINA CALANDRONE, HUGO EGAS, JANETH LOURIDO, TERESA TEREPA,
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EVENTS

July 4: Independence Day (CLOSED)

July 12: Alantic City Trip

July 14: Bastille Day

July 26: Food Commodity

No Advisory Board Meeting until September.



Bastille Day

One of the revolutionary days in Paris and now a national holiday, the 14th of July ("Bastille Day") is celebrated with a mixture of solemn military parades and easygoing dancing and fireworks. The storming of the Bastille on July 14, 1789 has been commemorated in France for more than a century.



Cav. Peter Cardella
July 20th

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other."

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.



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



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PROPOSED MENU FOR THE MONTH OF

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
Garden Chili White Rice Sauteed Asparagus	CLOSED	Beef Meatballs in Tomato Sauce Pasta Sauteed String Beans	Chikken Marsala Egg Noodles Steamed Broccoli	Tuna Fish Salad Beet Salad Coleslaw Lettuce & Tomato
Free Breakfast Meditation Class Crochet Class-Cards Playing Bingo-Movie	CLOSED	Yoga What's in the Paper Coloring Bingo-Movie	Blood Pressure Sing-A-Long- Jewelry Class Wellness Group Music by Emilio	Free Meal Coloring-Card Playing Sit & Be Fit Painting-Bingo
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
Rotini w/ Spinach, Chickpeas & Garlic Steamed Kale	Hamburger Hot Dog Potatoes Salad Cole Slaw-Mini Corn on Cob Hamburger Bun	Chicken Francese Baked Red Potatato Wedge Steamed Green Beans	Roasted Turkey Breast Baked Sweet Potato Arugula Salad with Balsamic Vinaigrette	Baked Salmon Pasta w/ Garlic & Oil Steamed Broccoli
FREE BREAKFAST Meditation Class Crochet Class Card Playing Bingo-Movie	Devotional Song Group Sing-a-Long- Silver Sneaker Excercise Indepence Day Party Music by Ray Reggio	Yoga Coloring What's in the Paper Atlantic City Bingo- Movie	Blood Pressure Sing-A-Long Jewelry Class Music by Emilio	Free Meal Coloring-Painting Class Sit & Be Fit Wellness Group Bingo- Card Playing
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
Eggplant Parmesan Pasta- Tomato Sauce Steamed Cauliflower Arugula Salad Balsamic Vinaigrette	Escarole & White Bean Soup Baked Chicken Quarters Roasted Sweet Potatoes Peppers w/ Stewed Tomatoes	Italian Roasted Pork Tenderloin Baked Red Potato Wedges Steamed Red or Green Cabbage	Pasta Fagioli Mixed Green Salad Steamed Kale	Baked Fish with Garlic Sauce Pasta with Brocoli & Pesto Escarole, Orange & Fennel Salad
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie	Sing-a-Long Devotional Song Group Silver Sneaker Excercise Music by Ray Reggio	Yoga What's in the Paper Movie-Bingo Coloring	Sing-A-Long Blood Pressure Jewelry Class Wellness Group Music by Emilio	Free Meal Sit & Be Fit Coloring-Card Playing Painting Bingo
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
Potato Spinach Fritta Baby Carrots with Parsley Sauteed Asparagus	Roast Beef Baked Potato Roasted Broccoli	Baked Breaded Fish Fillets Yellow Rice Garden Salad Peas with Mushrooms	BBQ Chicken Leg Quarters Baked Beans Sautted Zucchini	Garden Chili Brown Rice Roasted Butternut Squash
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie	Devotional Song Group Sing-a-Long Silver Sneaker Excercise Jokersercise Music by Emilio	Yoga Food Commodity What's in the Paper Movie-Bingo What's in the Paper	Blood Pressure-Jewelry Class Wellness Group Birthday Party Sing-A-Long Music by Emilio	Free Meal Painting Coloring-Card Playing Sail Class Bingo
31-Jul				
Homemade Hamburger French Fries Tomato & Cucumber Hamburger Bun	 <p>Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p>  			
FREE BREAKFAST Crochet Class Meditation Class Card Playing Bingo-Movie	<p>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 Card Playing 1:00-2:00</p>			

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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.

Viral Hepatitis - Overview					
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



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**MAYOR ERIC ADAMS VIST TO OUR
PETER CARDELLA SENIOR CENTER**

