



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

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

APRIL 2022



100% **CAPACITY**
NEW MEMBERS WELCOME



"APRIL DRESSED IN ALL ITS TRIM, HATH PUT A SPIRIT OF YOUTH
IN EVERYTHING"

BOARD OF DIRECTORS:

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JOHN CHRIST, TREASURER
IGNATIUS GRANDE, ESQ., SECRETARY

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MADELINE CARDELLA GORRA
GIOVANNI MISTRETTA
ERNEST POSPISCHIL
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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.**



MARCH 2022

JOANNE MILAZZO, CONCETTA PISCIOTTA, MARIA SEPE,
GIOVANNA DARIGO, JOE MOSSA



THE GEMS

PROPOSED MENU FOR THE MONTH OF

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p>    				<p>1-Apr</p> <p>Eggplant Parmigiano Pasta Zucchini</p>
<p>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</p> 				<p>Free Meal Coloring Sit & Be Fit Bingo</p>
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
Hamburgers Lettuce & Tomato Hamburger Bun Plain Baked Red Potato Wedges Cole Slaw	Baked Breaded Chicken Cutlet Corn Steamed Spinach	Italian Style Pork Loin Baked Potatoes Steamed Red Or Green Cabbage	Garden Chili White Rice Escarole & Fennel Salad Steamed Green Beans	Fish with Tomatoes & Herbs CousCous Steamed Broccoli
FREE BREAKFAST Mindful Meditation Crochet Class Bingo-Movie	Sing-a-Long Music by Emilio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class Sing-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr
Part Skim Ricotta Cheese Pasta Tomato Sauce Arugula Salad with Balsamic Vinegar Steamed Peas	Chicken Cordon Bleu Penne-A-La Vodka Asparagus Tossed Salad Easter Goodies Grain Pie	Beef Meatballs in Tomato Sauce Pasta Garden Salad Steamed Cauliflower	Chicken Marsala Egg Noodles Steamed Broccoli	Scramble Eggw/Onions & Pepper French Toast Platter Of Cheese & Fruit Small Yogurt Danish, Hot Coco
FREE BREAKFAST Mindful meditation Cooking Class Crochet Bingo-Movie	EASTER PARTY Sing-A-Long Medicare Pres. Nutrition Pre. Music by Emilio	Yoga Food Commodity Coloring What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class Sin-A-Long Music by Ray Reggio	Free Meal Coloring Sit & Be Fit Good Friday Ceremony Bingo
18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
CENTER CLOSED	Roast Beef Baked Potatoes Steamed Green Beans	Baked Breaded Fish Fillets Yellow Rice Garden Salad Peas with Mushrooms	BBQ Chicken Baked Beans Cole Slaw	Ham Swiss Cheese, Dinner Roll Beet Salad Lettuce & Tomato Potato Salad
CENTER CLOSED	Sing-A-Long Music by Ray Reggio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Jewelry Class Sin-A-Long Music By Emilio	Free Meal Coloring Sit & Be Fit Bingo
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr
Italian Style Pork 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 Steamed Spinach	Hard Boiled Egg Pasta tomato Sauce Garden Salad Steamed Broccoli
FREE BREAKFAST Mindful Meditation Cooking Class Crochet Bingo-Movie	Sing-A-Long Music by Emilio	Yoga Coloring What's in the Paper Movie-Bingo	BirthDay Party Blood Pressure Jewelry Class Sin-A-Long Music	Free Meal Coloring Sit & Be Fit Bingo

THE GEMS

EVENTS

- April 3: Ramadan.
- April 10: Palm Sunday
- April 13: Food Commodity.
- April 15: Good Friday Ceremony Center Open.
- Passover Begins.
- April 17: Easter Sunday.
- April 18: CENTER CLOSED.
- April 22: Earth Day.
- April 29: Arbor Day.
- Su Casa Art Class: Start Date to be announced



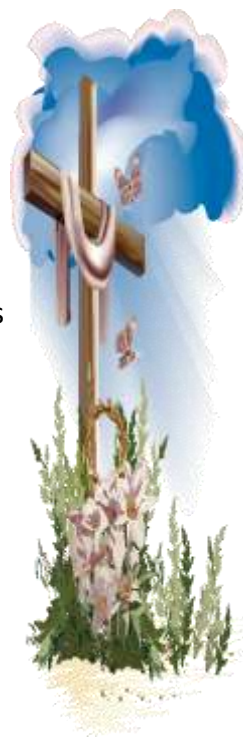
Palm Sunday is a Christian moveable feast that falls on the Sunday before Easter. The feast commemorates Jesus' triumphal entry into Jerusalem, an event mentioned in each of the four canonical Gospels. Palm Sunday marks the first day of Holy Week. For adherents of Nicene Christianity, it is the last week of the Christian solemn season of Lent that precedes the arrival of Eastertide.



Good Friday is about the crucifixion and death of Jesus Christ. According to many reports, it was on this day that Christ was arrested and executed. Good Friday is considered holy because on this day, out of his love for everyone, Jesus Christ gave his life as a sacrifice while suffering for the sins of people.

Easter is the single most important holy day throughout Christianity. It Celebrates the resurrection of Jesus Christ- a central belief for Christians worldwide and the focal point of their faith. Religious scholars believe the event occurred three days after the Romans crucified Jesus in Roughly 30 AD. Christians therefore derive hope that they too will experience a resurrection in heaven.

Many Christians celebrate Easter Sunday as the day of Jesus Christ's resurrection, which is written in the New Testament of the Christian bible. According to the Gospel of John in the New Testament, Mary Magdalene came to the tomb where Jesus was buried and found it empty. An angel told her that Jesus had risen.



Earth Day Was founded in 1970 as a day of education about enviromental issues, and Earth Day 2022 will occur on Friday April 2022. The holiday is now a global celebration that's sometimes extended into Earth Week, a full seven days of events focused on green living. The brainchild of Senator Gaylord Nelson and inspired by the protests of the 1960s, Eath Day began as a "national teach-in on the enviroment' and was held on April 22 to maximize the number of students that could be reached on university campuses. By raising public awareness of pollution, Nelson hoped to bring environmental causes into national spotlight.



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 April

What is IBS?

Irritable bowel syndrome (IBS) is a chronic condition of the large intestines. It affects about 10-15 percent of people worldwide. It occurs more often in women and people under the age of 50.

Some people have IBS with constipation or IBS with diarrhea. Others experience alternating bouts of constipation and diarrhea. Even though IBS affects the intestines, this condition doesn't damage bowel tissue or cause colon cancer.

Understanding why IBS occurs and getting treatment can reduce the frequency of attacks and improve your quality of life. Here's what you need to know about IBS attacks and how to treat them.

Symptoms of an attack

Common symptoms of IBS include:

- stomach pain
- bloating
- gas
- diarrhea
- constipation
- mucus in stool



Some people also experience other symptoms like nausea, indigestion, intestinal spasms, and regurgitation. Symptoms of IBS may also worsen during the menstrual cycle.

Causes of an attack

The exact cause of IBS is unknown, but certain factors may trigger an attack. One belief is that weak or strong muscle contractions in the intestines bring on symptoms.

If you have strong contractions, food may pass through your digestive tract too fast, resulting in diarrhea. But when contractions slow down or become weak, stools are harder to pass. This can lead to constipation.

IBS may also arise due to:

- inflammation
- an overgrowth of bacteria
- a bacterial infection in the intestines

Poorly coordinated signals between your brain and the nerves in your intestinal tract may also trigger symptoms.

Risk factors that contribute to IBS include anxiety or depression and having a family history of the condition.

Irritable Bowel Syndrome

An intestinal disorder causing pain in the belly, gas, diarrhea, and constipation.

The cause of irritable bowel syndrome isn't well understood. A diagnosis is often made based on symptoms.

Symptoms include abdominal pain, bloating, diarrhea, and constipation.

Some people can control their symptoms by managing diet, lifestyle, and stress. Others will need medication and counseling.

What to Eat for IBS-C

10 FOODS TO EAT... AND 10 TO AVOID

<p>Foods that IBS sufferers find most helpful:</p> <ul style="list-style-type: none"> ● Fish ● Green vegetables ● Non-citrus fruit ● Rice ● Brown bread ● Yogurt ● Cereals ● Pasta ● Bran ● Bananas 	<p>Foods that IBS sufferers avoid most:</p> <ul style="list-style-type: none"> ● Spicy foods ● Citrus fruits ● Cheese ● Onions and leeks ● Chocolate ● Nuts ● Beef ● White bread ● Eggs ● Dairy products
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THE GEMS

Donations

3,000 Anonymous *In Loving Memory*

EMILIA SALAMONE

There will be a mass in memory of Giuseppina Pecoraro's daughter
on April 10, 2022 at 11:45 in Miraculous Medal Church
62-81 60th Place Ridgewood NY 11385
Intention offered by Maria D'Angelo



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.

Cooking Class Pictures



Cream of Asparagus Soup

INGREDIENTS

2 tbsp. butter
1 clove garlic, minced
2 lb. asparagus, ends trimmed, cut into 1" pieces
Kosher salt
Freshly ground black pepper
2 c. low-sodium chicken broth
1/2 c. heavy cream, plus more for garnish
Freshly chopped chives, for garnish
Freshly chopped dill, for garnish



DIRECTIONS

- 1.-In a heavy pot over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute. Add asparagus, season with salt and pepper, and cook until golden, 5 minutes. Add broth and simmer, covered, until asparagus is very tender but still green, 10 to 15 minutes.
- 2.-Using an immersion or regular blender, puree soup. If using a regular blender, be sure to stop and remove lid a few times to avoid overheating the soup. Return to pot, stir in cream, then warm over low heat. Season with salt and pepper to taste.
- 3.-Garnish with more cream and herbs.