



THE GEMS

**CAV. PETER CARDELLA
CENTER
SERVING SINCE 1974**

NEWSLETTER

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Ridgewood, N.Y. 11385
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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



"I HAVE A DREAM
THAT ONE DAY
THIS NATION WILL RISE UP
AND LIVE OUT
THE TRUE MEANING
OF IT'S CREED -
WE HOLD THESE TRUTHS
TO BE SELF-EVIDENT:
THAT ALL MEN
ARE CREATED EQUAL."

Martin Luther King Jr.



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MEALS ON WHEELS COORDINATOR

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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.**



DECEMBER BIRTHDAY

GANDOLFO MUSCA, TATJANA ZAJAC, LI YUEH YU, ANNEMARIE STARNES, ANICA ROSANDA, MARIA TURANO, PINA OGNIBENE, TELMA SANTIAGO, EDWARD KAMMEL, DAVID LEE, FRANK STONITSCH, JOSEPH MARSCHER, BENEDETTA RUBINO, ALEXANDRU COJANU

King January

January, wear this crown
Which we present to you!
We have made you king of months,
We feel it is your due!

With your garb of ermine snow,
You're dressed just like a king!
So it is fitting in your honor
Songs of praise we sing!

Now pray ascend the royal throne,
And bend your regal head.
We'll crown you king - and then we'll take
Our frozen toes to bed!

by Lenore Hetrick



THE GEMS

Days

January 1: New Year Day

January 6: Epiphany (3 Kings Day)

January 8: Food Commodity

January 20: Martin Luther King Day

(Center CLOSED)

January 28: Advisory Board mtg.



HISTORY OF THREE KINGS DAY

In Mexico and many other Latin American countries, Santa Claus isn't as popular as he is in the United States. Rather, it is the Three Wise Men who are the bearers of gifts and leave presents in or near the shoes of small children. The holiday is also known by the name Epiphany and dates back to the 4th century. A grand feast would be held on this day to honor the occasion of Jesus' baptism and to pay homage to the Three Wise Men.

Many believe mysterious events preceded Jesus' birth with perhaps the most notable being the appearance of the star in Bethlehem. This new star appeared in the evening sky just prior to the arrival of Jesus. Three wise men, or Magi as they were known, whose names were Caspar, Melchior, and Balthasar, traveled a far distance to pay homage to Christ. They brought with them fine gifts of gold, frankincense, and myrrh.

Three Kings Day, or El Dia de Reyes, remains an important holiday for Catholics. In addition to gift-giving, there is also a culinary treat that is specific to the holiday. Known as Rosca de Reyes (King's Cake), this holiday dessert is a symbolic pastry. Shaped in a circle to signify a king's crown, this sweet bread holds a special surprise. Inside is a small plastic figurine representing the baby Jesus. Whoever finds this token is obligated to host an upcoming party for the occasion Dia de la Condelaria (Candlemas Day) which



Each year on the third Monday of January we observe Martin Luther King Jr. Day and reflect on the work that still needs to be done for racial equality. This January 16, make the holiday more than just a day off and take time to reflect and take action on civil rights issues across the globe.

HISTORY OF MARTIN LUTHER KING JR. DAY

The concept of Martin Luther King Jr. Day as a holiday was promoted by labor unions. After King's death, U.S. Representative John Conyers and U.S. Senator Edward Brooke introduced a bill in Congress to make King's birthday a national holiday. The bill first came to a vote in the U.S. House of Representatives in 1979; however, it fell five votes short of the number needed for passage. Two of the main arguments mentioned by opponents were that a paid holiday for federal employees would be too expensive and that a holiday to honor a private citizen would be contrary to longstanding tradition, as King never held public office. At the time, only two other figures had national holidays honoring them: George Washington and Christopher Columbus.

Soon after, the King Center looked for support from the corporate community and the general public. The success of this strategy was cemented when musician Stevie Wonder released the single 'Happy Birthday' to popularize the campaign in 1980 and hosted the Rally for Peace Press Conference in 1981. Six million signatures were collected for a petition for Congress to pass the law and is considered the largest petition in favor of an issue in U.S. history. President Reagan originally opposed the holiday, citing cost concerns. But on November 2, 1983, Reagan signed a bill, proposed by Representative Katie Hall, to create a federal holiday honoring King. The bill had passed the Senate by a count of 78 to 22, and the House of Representatives by 338 to 90. The holiday was observed for the first time on January 20, 1986. It's observed on the third Monday of January rather than directly on Martin Luther King, Jr.'s birthday because it follows the guidelines of the Uniform Monday Holiday Act.

THE GEMS

PROPOSED MENU FOR THE MONTH OF

JANUARY 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Dec	3-Dec	1-Jan	2-Jan	3-Jan
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	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	CLOSED	BBQ Chicken Leg Quarters Yellow Rice Sauteed Zucchini	Spring Pasta Fave Beans & Peas Sauteed Escarole & Beans
		CLOSED	Blood Pressure Jewelry Class Sing-A-Long Music by Emilio	Pilates Coloring-Card Playing Movie Bingo
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Baked Breaded Pork Chops Mashed Potatoes Steamed red or Green Cabbage	One-Pan Orecchiette with Chickpeas & Olives Sauteed Broccoli Rabe	Italian Escarole & Bean Soup Chicken Francese Steamed Cauliflower Steamed Peas & Carrots	Roasted Turkey Breast Roasted Sweet Potatoes Steamed Spinach	Baked Ziti with Ricotta Garden Salad Steamed Broccoli
Meditation Class Card Playing Corn Hole Game Bingo	Devotional Song Group Sing-a-Long- D.S.N.Y Compost Pres. Crochet Class Music by Ray	What's in the Paper Food Commodity Yoga-Coloring Corn Hole Game Bingo	Blood Pressure Sing-A-Long Jewelry Class Music by Emilio	Movie Pilates Painting- Bingo Coloring-Card Playing
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Garden Chili Yellow Rice Garden Salad	Baked Breaded Chicken Cutlet Potato Salad & Green Beans Baby Carrots & Parsley	Roast Beef Brown Gravy Baked Potato Steamed Green Beans	Italian Roast Chicken Homemade Tomato Sauce Pasta Mixed Green Salad	Baked Fish Pasta with Garlic and oil Garden Salad Sauteed Asparagus
Meditation Class Card Playing Corn-Hole-Game Bingo	Devotional Song Group Sing-a-Long Crochet Music by Ray	Yoga -Coloring Corn Hole Game What's in the Paper Bingo Nutrition Class	Sin-A-Long Blood Pressure Jewelry Class Music by Emilio	MOVIE Pilates Painting- Bingo Coloring-Card Playing
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
CLOSED	Pasta Fagioli Sauteed Broccoli Rabe	Turkey Meatloaf with Mushroom Gravy Mashed Potatoes Zucchini in Tomato Sauce	Lentil Soup Roasted Turkey Breast Roasted Sweet Potatoes Brussels Sprouts	Baked Salmon Pasta with Sweet Peas Sauteed Asparagus
CLOSED	Devotional Song Group Crochet Class Sin-A-Long JOKERSERCISE Music by Emilio	What's in the Paper Yoga Coloring Corn-Hole-Game Bingo	Blood Pressure Sin-A-Long How do you Live pres. Jewelry Class Music by Emilio	Movie Pilates Painting- Bingo Coloring-Card Playing
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
Beef Hamburger Baked Red Potato Wedges ColeSlaw	Breaded Chicken Cutlet Corn Niblets Steamed Spinach	Italian Roasted Pork Tenderloin Baked Potato Steamed Red or Green Cabbage	Garden Chili White Rice Escarole, Orange and Fennel Salad Steamed Green Beans	Baked Salmon Mashed Potatoes Steamed Broccoli
Meditation Class Card Playing Corn Hole Game Bingo	Devotional Song Group Crochet Class Sin-A-Long Music by Ray	Yoga What's in the Paper Coloring Corn-Hole-Game Bingo	Blood Pressure Birthday Party Sin-A-Long Jewelry Class Music by Ray	Pilates Coloring Card Playing Bingo



Please see the menu pages for more activities



Health Awareness in January

January is Glaucoma Awareness Month

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

What are the types of glaucoma?

There are many different types of glaucoma, but the most common type in the United States is called open-angle glaucoma — that's what most people mean when they talk about glaucoma. Other types are less common, like angle-closure glaucoma and congenital glaucoma.

What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it.

Over time, you may slowly lose vision, usually starting with your side (peripheral) vision — especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing at first.

But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment, glaucoma can eventually cause blindness.

Am I at risk for glaucoma?

Anyone can get glaucoma, but some people are at higher risk. You're at higher risk if you:

Are over age 60, especially if you're Hispanic/Latino

Are African American and over age 40

Have a family history of glaucoma

Talk with your doctor about your risk for glaucoma, and ask how often you need to get checked. If you're at higher risk, you need to get a comprehensive dilated eye exam every 1 to 2 years.

What's the treatment for glaucoma?

Doctors use different types of treatment for glaucoma, including medicines (usually eye drops), laser treatment, and surgery.

If you have glaucoma, it's important to start treatment right away. Treatment won't undo any damage to your vision, but it can stop it from getting worse.

Medicines. Prescription eye drops are the most common treatment. They lower the pressure in your eye and prevent damage to your optic nerve.

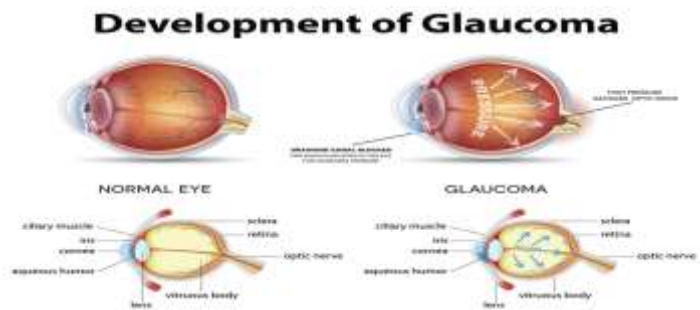
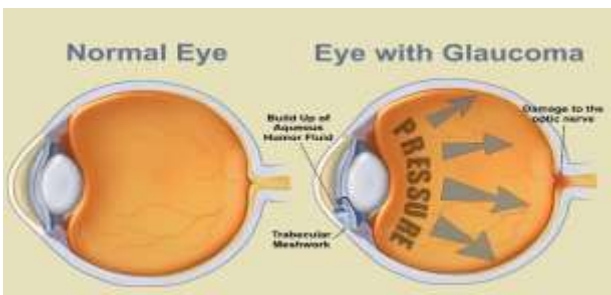
Learn more about glaucoma medicines

Laser treatment. To lower your eye pressure, doctors can use lasers to help the fluid drain out of your eye. It's a simple procedure that your doctor can do in the office.

Learn more about laser treatment for glaucoma

Surgery. If medicines and laser treatment don't work, your doctor might suggest surgery. There are several different types of surgery that can help the fluid drain out of your eye.

Learn more about glaucoma surgery



THE GEMS

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!

Holidays
Parties 2024



Zucchini Crust Pizza

Ingredients

2 cups shredded zucchini (1 to 1-1/2 medium), squeezed dry
1/2 cup egg substitute or 2 large eggs, lightly beaten
1/4 cup all-purpose flour
1/4 teaspoon salt
2 cups shredded part-skim mozzarella cheese, divided
1/2 cup grated Parmesan cheese, divided
2 small tomatoes, halved and sliced
1/2 cup chopped red onion
1/2 cup julienned bell pepper
1 teaspoon dried oregano
1/2 teaspoon dried basil
Chopped fresh basil, optional



Instructions

Directions

Preheat oven to 450°. In a large bowl, combine the first 4 ingredients; stir in 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle. Bake until crust is golden brown, 13-16 minutes. Reduce oven setting to 400°. Sprinkle with remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining Parmesan cheese. Bake until edge is golden brown and cheese is melted, 10-15 minutes. Sprinkle with chopped basil if desired.