



# ***THE GEMS***

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**[www.cardellaseniors.org](http://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**



**2018**



Photo source: pcze.com

**PETER CARDELLA IS A DFTA FUNDED COOLING CENTER**

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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.



# August Birthdays



Helga Rauch  
Sandy Scheidling  
Joe Renz  
Giuseppina Vecchio  
Rose Marie Cores  
Rosa Depergola  
Helen Walter  
Nina Zambiasi  
Maria balcan  
Samantha Calderone  
Connie Martinez  
Josephine Helfrich  
Josephine D'Ambrosio  
Angela Scarpa





# THE GEMS

## EVENTS

- Sept. 3: Labor Day, CENTER CLOSED
- Sept. 10: Rosh Hashanah
- Sept. 19: Yom Kippur
- Sept. 23: First Day of Autumn
- Sept. 27: 44th Anniversary Party
- October 8: Columbus Day Party, **WE ARE OPEN**
- October 10: Yonkers Trip

### *"Echoes from the Heart" by E. Scheidling*

*The time passes so quickly  
We look up to the sky  
Its giant now and birds pass by  
We hear the tears in our hearts  
9/11 cries loudly, never goes away  
Always in our hearts.  
God bless America*

### Remembering 9/11

It was the first multiple hijacking in the United States, and the first in the world in more than 30 years. On September 11, 2001, 19 terrorists boarded four commercial jetliners, all transcontinental flights, carrying a maximum load of 11,400 gallons of jet fuel. Their objective was to take control of the planes once they were airborne and turn them into flying weapons of destruction.

Every year, on the anniversary of 9/11, a ceremony is held at Ground Zero. The names of each and every victim is read aloud, one by one, against a background of quiet that seems impossible for a city the size of New York. And yet, it somehow isn't surprising. Across the entire United States, federal agencies and local organizations stop everything for a moment of silence at exactly 8:46AM in remembrance of the victims of 9/11.

### September 9th: Grandparents Day

The purpose of the holiday, as stated in the preamble to the statute, is "to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer."

According to recent research studies, approximately 90% of adult grandchildren credit their grandparents for shaping their beliefs, values, morals, attitude, and behaviors. Lastly, grandparents are so important because they impart really good advice, based on real experiences.



Hawaiian Day Party Celebration



### September 3rd: Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.



# THE GEMS

PROPOSED MENU FOR THE MONTH OF

## September, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3-Sep</b> <b>CLOSED</b> <b>FOR</b> <b>LABOR</b> <b>DAY</b>	<b>4-Sep</b> Lemon Chicken Spinach Yellow Rice Cantaloupe	<b>5-Sep</b> Tuna Fish Salad Lettuce and Tomato Green Bean Salad Pasta Salad Orange	<b>6-Sep</b> Italian Roast Chicken Baked Potatoes Broccoli Nectarine	<b>7-Sep</b> Fish w/ Garlic Sauce Pasta w/ peas California Vegetables Plum
	<b>Sing-A-Long</b> Music by Ray Reggio	<b>Yoga</b> <b>Eating Healthy</b> <b>Support Group</b> <b>Movie-Bingo</b>	<b>Blood Pressure</b> <b>Sing-A-Long</b> <b>Music by Rich</b> <b>Unclaimed Fund</b>	<b>Oil Painting</b> <b>Exercise</b> <b>Bingo</b>
<b>10-Sep</b> BBQ Chicken Yellow Rice Spinach Orange	<b>11-Sep</b> Pork Loin Mashed Potatoes Cabbage Apple	<b>12-Sep</b> Roast Beef w/ gravy Baked Potatoes Italian Veggies Peach	<b>13-Sep</b> Garlic Chicken Pasta w/ garlic & oil Broccoli Apricots	<b>14-Sep</b> Baked Flounder Brown Rice Mixed green salad Asparagus Cantaloupe
<b>Meditation Class</b> <b>Crochet Class</b> <b>Bingo</b>	<b>Sing-A-Long</b> Music by Emilio 9/11 Ceremony	<b>Yoga</b> <b>Eating Healthy</b> <b>Support Group</b> <b>Movie-Bingo</b>	<b>Blood Pressure</b> <b>Sing-A-Long</b> <b>Music by Rich</b>	<b>Oil Painting</b> <b>Exercise</b> <b>Bingo</b> <b>Flower</b> <b>Arrangement</b>
<b>17-Sep</b> Hamburgers Cole Slaw Oven Fries Orange	<b>18-Sep</b> Chicken Cutlet Corn Spinach Banana	<b>19-Sep</b> Pork Chops Pasta w/ peas Green Salad Apple Apple Juice	<b>20-Sep</b> Roast Beef w/ gravy Baked Potatoes Green Beans Birthday Cake	<b>21-Sep</b> Baked Cod Pasta w/ garlic & oil Broccoli Pineapple
<b>Meditation Class</b> <b>Crochet Class</b> <b>Bingo</b>	<b>Sing-A-Long</b> Music by Emilio Home Care Pres.	<b>Yoga</b> <b>Eating Healthy</b> <b>Support Group</b> <b>Movie-Bingo</b>	<b>Blood Pressure</b> <b>Sing-A-Long</b> <b>Music by Ray Reggio</b>  <b>Birthday Party</b>	<b>Oil Painting</b> <b>Exercise</b> <b>Bingo</b>
<b>24-Sep</b> Baked Ziti w/ meat sauce Garlic Bread Broccoli Grapes	<b>25-Sep</b> Roast Beef w/ gravy Baked Potatoes Green Beans Apple	<b>26-Sep</b> Lentil Soup Rosemary Chicken Yellow Rice Peas and Carrots Cantaloupe	<b>27-Sep</b> Hors D'oeuvres Chicken Parmigiana Pasta Asparagus Cassata Cake	<b>28-Sep</b> Baked Flounder Sweet Potato Broccoli & Cauliflower Pineapple
<b>Meditation Class</b> <b>Crochet Class</b> <b>Bingo</b>	<b>Sing-A-Long</b> Music by Emilio Jokersercise Flu Shots	<b>Yoga</b> <b>Eating Healthy</b> <b>Support Group</b> <b>Movie-Bingo</b>	<b>Blood Pressure</b> <b>Sing-A-Long</b> <b>Music by Ray Reggio</b> <b>Anniversary Party</b> <b>Metrocard Outreach</b>	<b>Oil Painting</b> <b>Exercise</b> <b>Bingo</b>



Lunch is served Mon-Fri at Noon.

All Meals are served with whole wheat  
bread, 1% low fat milk, and margarine.



# 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



\*\*Please see the menu pages for more activities\*\*



## Health Awareness in September

### September is Cholesterol Education Month

#### What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

#### How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

#### How often should you have your cholesterol checked?

The National Cholesterol Education Program (NCEP) recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history

Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol.

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

The following chart shows optimal lipid levels for adults:

#### Desirable Cholesterol Levels

<b>Total cholesterol</b>	Less than 170 mg/dL
<b>Low LDL ("bad") cholesterol</b>	Less than 110 mg/dL
<b>High HDL ("good") cholesterol</b>	35 mg/dL or higher
<b>Triglycerides</b>	Less than 150 mg/dL

#### If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.





# THE GEMS

## Donations

*In Loving Memory* 

### 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.

**Come see Josephine for free expert advice!**

## 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 this qualifications, please refer them to us!

Referrals and information available in our office! Stop in if you have questions regarding entitlements, benefits, or resources!



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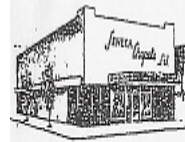
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