



THE GEMS

Gov. 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



October 2021



**"AUTUMN LEAVES SHOWER LIKE GOLD, LIKE RAINBOWS, AS THE
WINDS OF CHANGE BEGIN TO BLOW"**

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JOHN CHRIST, TREASURER
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MEALS ON WHEELS COORDINATOR

GLENDA ALBAN-ORTEGA - Tel. # 718-497-2589

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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.**



SEPTEMBER BIRTHDAYS

MARIANNE SOLAR, ANTONINO PUGLIESE, AGNES GAL, CZESLAWA DYSZKIEWICZ

OCTOBER POEM



Autumn's Caress

the calm brush of a breeze
with the scent of home fires burning.
inviting, the spell of leaves falling
in a swirl, they touch your face
and provoke a smile.

the gentle caress of autumn
steals the sultry heat of summer
precludes the melancholy of winter;
a careful lover, he whispers in your ear
promises of evenings spent
enthralled within his arms
as he teases you with nature's kisses.

within the change of seasons
comes the promise of his visit
and within his embrace, the promise
your heart will be kept warm
and your soul lulled into rest
before the chill of winter steals
his caress away from you.



EVENTS

**October 11: Columbus day
Center Closed.**

**October 28: STREET RENAMED AFTER
CAV. PETER CARDELLA (OUT-DOOR EVENT)**

October 31: Halloween



Halloween

Halloween evolved from the ancient Celtic holiday of Samhain. Over the centuries, Halloween transitioned from a pagan ritual to a day of parties, costumes, jack-o-lanterns and trick-or-treating for kids and adults.

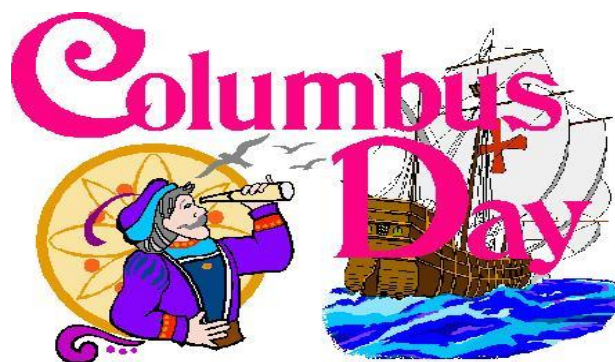


ITALIAN-AMERICAN HERITAGE

This October, marks Italian-American Heritage Month, by recognizing the contributions and achievements of Italian-Americans.

Over 26 millions Americans of Italian descent currently reside in the U.S- making up America's seventh largest ethnic group.

The heritage month in October to coincide with Columbus Day- the national holiday celebrated on the second Monday of the month. Italian-American Heritage Month celebrates the distinguished cultural contributions of the Americans with the Italian lineage.



OCTOBER 11

Columbus Day is a U.S holiday that commemorates the landing of Christopher Columbus in the Americas in 1492, and Columbus Day 2021 occurs on Monday, October 11 for many, the holiday is a way of both honoring Columbus' achievements and celebrating Italian-American Heritage.

How to Make Pumpkin Pudding

As I've said already, this pumpkin pudding recipe couldn't be simpler!

1. Add the vanilla pudding mix, evaporated milk, pumpkin puree, and pumpkin pie spice blend to the jar of your blender.
2. Blend until mixed!

Do I Have to Use a Blender?

No, definitely not! You can make the recipe in a mixing bowl with a wire whisk like the instant pudding box instructions tell you to.

That might be a good idea if you don't trust your kids to operate a blender without some sort of pudding explosion happening all over the kitchen (that has definitely happened before in my kitchen!).








This Easy Pumpkin Pudding is the perfect way to welcome October and the fall season. I am definitely glad to see a few cooler fall days in our forecast!



THE GEMS

PROPOSED MENU FOR THE MONTH OF

September 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Computer Class Weds 1:30-2:30 Computer Lab Weds & Fri 2:00-300 Cell Phone & IPAD 101 Class Thurs 11:00-11:30 Card Playing Mon & Fri 1:00-3:00 		  		Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.		  		1-Oct Baked Flounder Pasta with Garlic & Oil Steamed Broccoli & Cauliflower Canned Pineapple Free Meal Coloring Sit & Be Fit Bingo	
4-Oct		5-Oct		6-Oct		7-Oct		8-Oct	
Split Pea Soup Baked Wheat Bread Baked Sweet Potato Brussels Sprouts Banana		Italian Roast Chicken WW Dinner Roll Instant Mashed Potatoes Steamed Kale Apple		Escarole & White Bean Soup Roast Beef & Brown Gravy Steamed Green Beans Cantaloupe		Sausage Italian Bread Manicotti Salad Grape		Baked Fish with Garlic Sauce Pasta With Garlic & Oil Steamed Spinach Orange	
FREE BREAKFAST Minfull Meditation Crochet Class Nutrition Class Bingo-Movie		Yoga Sing-a-Long Music by Ray Reggio		Coloring What's in the Paper Medicare Pres. Movie-Bingo		Blood Pressure Sing-A-Long COLUMBUS DAY PARTY Music by Ray Reggio		Free Meal Coloring Sit & Be Fit Bingo	
11-Oct		12-Oct		13-Oct		14-Oct		15-Oct	
Closed		Beef Stew Polenta Steamed Red Or Green Cabbage Canned Apricots		Baked Breaded Chicken Cutlet Baked Red Potato Wedge Steammed Broccoli Banana		Lentil Saoup Italian Style Pork Instant Mashed Potatoes Steamed Red & Green Cabbage Apple		Baked Turkey Breast Roasted Sweet Potatoes Stewed Tomatoes Zucchini Onions & Peppers Fruit Cocktail	
CLOSED		Yoga Sing-a-Long Music by Emilio		Coloring Medicare Pre. What's in the Paper Movie-Bingo		Blood Pressure Sin-A-Long Music by Ray Reggio		Free Meal Coloring Sit & Be Fit Bingo	
18-Oct		19-Oct		20-Oct		21-Oct		22-Oct	
Eggplant Parmesan Pasta Steamed Cauliflower Tomato Sauce Canned Pineapple		Split Pea soup Baked Breaded Chicken Cutlet Yellow Rice Zucchini With Corn & Tomatoes Canned Apricots		Roast Beef & Brown Gravy Baked Potatoes Steamed Green Beans Pear		Vegetable Soup Beef Meatloaf/ Mushroom Gravy Instant Mashed Potatoes Steamed Broccoli Cantaloupe		Baked Flounder Pasta with Sweet Peas Baby Carrots with Parsley Orange	
FREE BREAKFAST Minfull Meditation Crochet Class Bingo-Movie		Yoga Sing-a-Long Music By Ray Reggio		Coloring Medicare pres. What's in the Paper Movie-Bingo		Blood Pressure Sing-A-Long Music by Emilio		Free Meal Coloring Sit & Be Fit Bingo	
25-Oct		26-Oct		27-Oct		28-Oct		29-Oct	
Beef Salisbury Steak with Mushroom Sauce Instant Mashed Potatoes Steamed Peas & Carrots Orange		Escarole & White bean Soup Baked Turkey Breast Baked Sweet Potato Steamed Green Beans Birthday Cake		Beef Meatballs In Tomato Sauce Pasta Dinner Roll Steamed Zuchii		To Be Announced		Baked Flounder Brown Rice Steamed Spinach Canned Pineapple	
FREE BREAKFAST Minfull Meditation Crochet Class Bingo-Movie		YOGA Sing-A-Long Birthday Party Music Ray Reggio		Grapes Coloring What's in the Paper Movie-Bingo		Blood Pressure Sing-A-Long Street Rename Ceremony Music by Ernilo		Free Meal Coloring Sit & Be Sit Bingo	

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 October

Basic Information About Breast Cancer

Cancer is a disease in which cells in the body grow out of control. Except for skin cancer, breast cancer is the most common cancer in women in the United States. Deaths from breast cancer have declined over time, but breast cancer remains the second leading cause of cancer death among women overall and the leading cause of cancer death among Hispanic women. Each year in the United States, about 255,000 cases of breast cancer are diagnosed in women and about 2,300 in men. About 42,000 women and 500 men in the U.S. die each year from breast cancer. Black women have a higher rate of death from breast cancer than White women.

What Is Breast Cancer?

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer.

What Are the Symptoms of Breast Cancer?

Different people have different symptoms of breast cancer. Some people do not have symptoms at all. (See picture below)

What Are the Risk Factors for Breast Cancer?

Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older.

What Can I Do to Reduce My Risk of Breast Cancer?

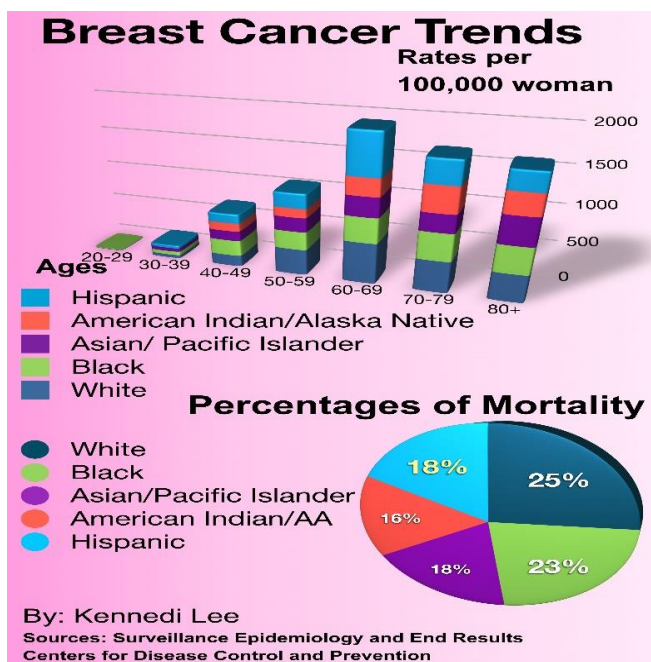
Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health.

What Is Breast Cancer Screening?

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. All women need to be informed by their health care provider about the best screening options for them.

What Is a Mammogram?

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. **Regular mammograms are the best tests doctors have to find breast cancer early.**



THE GEMS

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.

OPEN ENROLLMENT OCTOBER 15 TO DECEMBER 7

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 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!



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,