



# ***THE GEMS***

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

## ***NEWSLETTER***

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Ridgewood, N.Y. 11385  
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TONIANN GRANDE, CHAIRWOMAN  
IGNATIUS GRANDE, SECRETARY  
JOHN CHRIST, TREASURER

BARBARA TOSCANO, EXECUTIVE DIRECTOR

[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

**JANUARY** **2023**



**"KINDNESS IS LIKE SNOW IT BEAUTIFIES, EVERYTHING IT COVERS"**

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**PROGRAM ASSISTANT / CASE ASSISTANT**

JOSEPHINE SPATOLA - TEL. # 718-497-2908

**MEALS ON WHEELS COORDINATOR**

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

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JOAN TOURANGEAU

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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.**



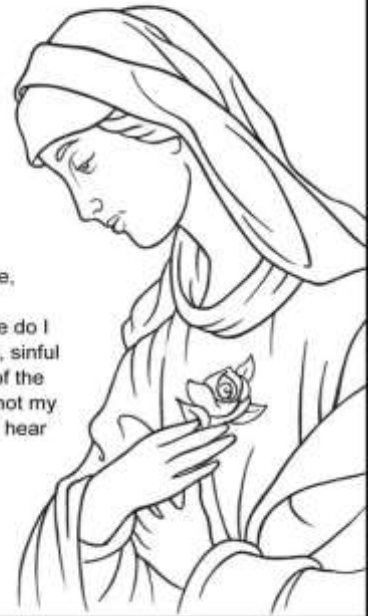
**January Prayer**

**The Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.



The Memorare Prayer - © TheCatholicKid.com



**DECEMBER BIRTHDAY**

GANDOLFO MUSCA, BENEDETTA RUBINO, LI YUEH YU, PURA ANDERSON, ANNE MARIE STARNES, ALEXANDRU COJANY, JOSEPHINE CABIBI, COOKIE GARCIA, CAROLLE MAGLOIRE, ANICA ROSANDA

## EVENTS

**January 1:** New Year Day.

**January 2:** Closed Day After NYD.

**January 6:** Three King Day.

**January 11:** Food Commodity.

**January 16:** Closed Martin Luther King Day.



### HISTORY OF THREE KINGS DAY

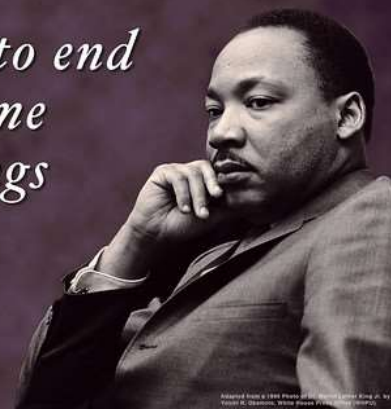
In Mexico and many other Latin American countries, Santa Claus isn't as popular as he is in the United States. Rather, it is the Three Wise Men who are the bearers of gifts and leave presents in or near the shoes of small children. The holiday is also known by the name Epiphany and dates back to the 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 occurs each year on February 2.

*Our lives begin to end  
the day we become  
silent about things  
that matter.*

*Martin Luther King, Jr.*



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 2023

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>2-Jan</b>   | <b>3-Jan</b>   | <b>4-Jan</b>   | <b>5-Jan</b>  | <b>6-Jan</b>   |
| CLOSED   | Italian Roast Chicken<br>Mahsed Potatoes<br>Steamed Kale                               | Garden Chili<br>White Rice<br>Lettuce & Tomato<br>Sauteed Asparagus  | Escarole & White Bean Soup<br>Chicken Marsala<br>Yellow Rice<br>Steamed Swiss Chard                 | Baked Fish<br>Oregata<br>Pasta with Clam Sauce<br>Sauteed Broccoli<br>Rabe   |
| CLOSED   | Devotional Song Group<br>Sing-a-Long<br>Silver Sneaker Exercise<br>Music by Emilio     | Yoga<br>Coloring<br>What's in the Paper<br>Movie-Bingo   | Blood Pressure<br>Sing-A-Long<br>Stay Well Exercise<br>Music by Emilio                              | Free Meal<br>Coloring-Card Playing<br>Sit & Be Fit<br>Painting-Bingo   |
| <b>9-Jan</b>   | <b>10-Jan</b>  | <b>11-Jan</b>  | <b>12-Jan</b>   | <b>13-Jan</b>  |
| Eggplant Parmesa<br>Tomato Sauce<br>Pasta<br>Garden Salad  | Beef Stew<br>Polenta<br>Proasted Beets   | Chicken Tortellini Soup<br>Garlic Chicken<br>Baked Red Potato<br>Steamed Broccoli  | Italian Style Pork Loin<br>Mashed Potatoes<br>Steamed Red or Green Cabbage                          | Lentil Soup<br>Roasted Turkey Breast<br>Roasted Sweet Potatoes<br>Zucchini with Onio & Peepers   |
| FREE BREAKFAST<br>Mindfull Meditation<br>Crochet Class- Card Playing<br>Cooking Class<br>Bingo-Movie | Devotional Song Group<br>Sing-a-Long<br>Silver Sneaker Exercise<br>Music by Ray Reggio | Food Stamps Pres.<br>Yoga- Coloring<br>What's in the Paper<br>Movie-Bingo<br>Food Commodity  | Stay Well Exercise<br>Blood Pressure<br>Sing-A-Long<br>Music by Emilio                              | Free Meal<br>Coloring<br>Sit & Be Fit<br>Bingo-Painting<br>Card Playing  |
| <b>16-Jan</b>  | <b>17-Jan</b>  | <b>18-Jan</b>  | <b>19-Jan</b>   | <b>20-Jan</b>  |
| CLOSED   | Beef Meatballs in Tomato Sauce<br>Dinner Roll<br>Steamed Cauliflower                   | Split Pea Soup<br>Baked Breaded Chicken Cutlet<br>Yellow Rice<br>Sauteed Escarole & Beans  | Roast Beef<br>Brown Gravy<br>Baked Potato<br>Sauteed String Beans                                   | Baked Flounder<br>Pasta with Sweet Peas<br>Baby Carrots with Parsley   |
| CLOSED   | Sing-a-Long<br>Devotional Song Group<br>Silver Sneaker<br>Music by Ray Reggio          | Yoga<br>Coloring<br>What's in the Paper<br>Bingo-Movie   | Sing-A-Long<br>Blood Pressure<br>Stay Well Exercise<br>Music by Emilio                              | Free Meal<br>Painting<br>Coloring-Card Playing<br>Sit & Be Fit<br>Bingo  |
| <b>23-Jan</b>  | <b>24-Jan</b>  | <b>25-Jan</b>  | <b>26-Jan</b>   | <b>27-Jan</b>  |
| Pasta Alla Norma<br>Steamed Broccoli   | Roasted Turkey Breast<br>Roasted Sweet Potatoes<br>Steamed Kale                        | Italian Roasted Pork Tenderloin<br>Pasta Fagioli<br>Mixed Green Salad  | Lentil Soup<br>Beef Metloaf with Mushroom Gravy<br>Imashed Potatoes<br>Steamed Peas & Carrots       | Baked Marinated Fish<br>Brown Rice<br>Steamed Spinach  |
| FREE BREAKFAST<br>Mindfull Meditation<br>Crochet Class<br>Bingo-Movie<br>Card Playing                | Devotional Song Group<br>Sing-a-Long<br>Silver Sneaker Exercise<br>Music by Emilio     | Yoga<br>Coloring<br>What's in the Paper<br>Movie-Bingo   | Blood Pressure<br><b>Birthday Party</b><br>Stay Well Exercise<br>Sing-A-Long<br>Music by Ray Reggio | Free Meal<br>Painting<br>Coloring-Card Playing<br>Sit & Be Fit<br>Bingo  |
| <b>30-Jan</b>  | <b>31-Jan</b>  |  |   |  |
| Pasta Primavera<br>Mixed Green Salad   | Minestrone Soup<br>Italian Roast Chicken<br>Brown Rice<br>Steamed Spinach              |  Computer Lab Fri 1:00-2:00<br> IPAD IOI Class Wed 11:00-11:30<br>Card Playing Mon & Fri 1:00-3:00 |   |  Lunch is served Mon-Fri at Noon.<br>All Meals are served with whole wheat bread, 1% low fat milk, and margarine. |
| FREE BREAKFAST<br>Mindfull Meditation<br>Crochet Class<br>Bingo-Movie<br>Card Playing                | Devotional Song Group<br>Sing-a-Long<br>Silver Sneaker Exercise<br>Music by Emilio     |  |   |  |



# 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 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

## Donations

MARIE ELSNER  
\$500



CHRISTMAS PARTY



NEW YEAR PARTY



## 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!

### Pasta Fagioli Soup

#### Ingredients

- 1/2 pound Italian turkey sausage links, casings removed, crumbled
- 1 small onion, chopped
- 1-1/2 teaspoons canola oil
- 1 garlic clove, minced
- 2 cups water
- 1 can (15-1/2 ounces) great northern beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 3/4 cup uncooked elbow macaroni
- 1/4 teaspoon pepper
- 1 cup fresh spinach leaves, cut as desired
- 5 teaspoons shredded Parmesan cheese



#### Directions

In a large saucepan, cook sausage over medium heat until no longer pink; drain, remove from pan and set aside. In the same pan, saute onion in oil until tender. Add garlic; saute 1 minute longer.  
Add the water, beans, tomatoes, broth, macaroni and pepper; bring to a boil. Cook, uncovered, until macaroni is tender, 8-10 minutes.  
Reduce heat to low; stir in sausage and spinach. Cook until spinach is wilted, 2-3 minutes. Garnish with cheese.