



THE GEMS

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

NEWSLETTER

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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



**DARKNESS CANNOT DRIVE OUT DARKNESS; ONLY LIGHT CAN DO THAT.
HATE CANNOT DRIVE OUT HATE; ONLY LOVE CAN DO THAT.**

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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.**



February Prayer



JANUARY BIRTHDAY

MARIA TURANO, FRANCESCA MARRONE,
FRANCESCA STABILE, FLORENCE BAUER, ENZA
GRANA, JOSEPH SERENO

St Valentine's Day Prayer for Love
Heavenly Father, thank you for the wonderful gift of love you have given to mankind and each of us. Thank you for blessing us every day with your love. Without your love for us, we couldn't be who we are. We need your love every day. It's like food for our souls.

Please continue to let us feel your love in our lives. Lord, we give ourselves over to you to perfect in us this gift of love. We want to share it with others. Lord, please teach us to love and make our hearts like yours. In Jesus name, we pray, Amen.

EVENTS

- February 2:** Groundhog Day.
- February 8:** Food Commodity.
- February 14:** Valentine's Day.
- February 20:** President's Day (**Center Closed**)
- February 21:** Advisory Board Meeting.
- February 22:** Ash Wednesday.



Groundhog Day 2023: See if Punxsutawney Phil predicts an early spring or 6 more weeks of winter. On Thursday, the all-knowing Punxsutawney Phil will pop out of his burrow in the ground and let us in on the secret meteorologists have been keeping from us. Punxsutawney Phil will leave his burrow and loo for his shadow for the 137th time, according to The Punxsutawney Groundhog Club. Tradition says Phil seeing his shadow is a sign that the next six weeks will bring wintry weather. If Phil doesn't see his shadow, it means an early spring. If the early weather forecast is any indication, he will predict six more weeks of winter. (Which he usually does.)



Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today. Among the notable figures often spotlighted during Black History Month are Dr. Martin Luther King, Jr., who fought for equal rights for Blacks during the 1950s and '60s; Thurgood Marshall, the first African-American justice appointed to the United States Supreme Court in 1967; Mae Jemison, who became the first female African-American astronaut to travel to space in 1992; and Barack Obama, who was elected the first-ever African-American president of the United States in 2008.

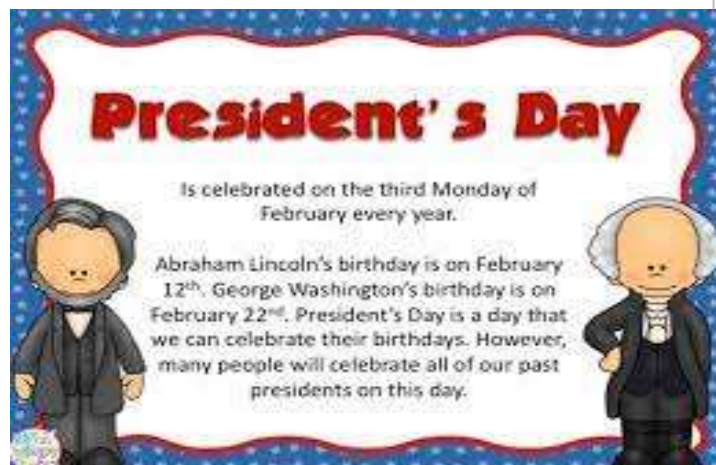


Ash Wednesday (the first day of Lent) Holy day

Description

Ash Wednesday is a holy day of prayer and fasting in many Western Christian denominations. It marks the beginning of the Lenten season in many Christian denominations and takes place 46 days before Easter. The concept behind Ash Wednesday is penance. It is A day to confess sins, ask forgiveness from God, and ponder the transitory nature of our physical bodies.

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. [It originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.



THE GEMS

PROPOSED MENU FOR THE MONTH OF

February | 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Feb	2-Feb	3-Feb
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 Card Playing 1:00-2:00		Baked Marinated Fish Pasta with Garlic & Oil Steamed Peas	Chicken Tortellini Soup Roast Beef Baked Potatp Steamed Broccoli	Chicken Cacciatore Yellow Rice Sauteed Zucchini
		Food Stamps Pres. Yoga- Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Stay Well Exercise-Jewerly Class Music by Ray Reggio	Free Meal Coloring-Card Playing Sit & Be Fit Painting-Bingo
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Bked Breaded Pork Chop Mashed Potatoes Stemaed Red or Green Cabbage	Vegetable Soup Baked Breaded Chicken Cutlet Corn Niblets Steamed Spinach	Baked Ziti with Cheese Mixed Green Salad	Lentil Soup Roasemary Chicken Breast Rice with Vegetables Steamed Carrots	Baked Flounder Pasta with Garlic & Oil Steamed Broccoli & Cauliflower
FREE BREAKFAST Mindfull Meditation Crochet Class- Card Playing Nutrition Class Bingo-Movie	Devotional Song Group Sing-a-Long Silver Sneaker Excercise Jokerscise-Belly Dancer Music by Ray Reggio	Food Commodity Yoga- Coloring What's in the Paper Movie-Bingo	Stay Well Exercise Blood Pressure Sing-A-Long Jewelry Class Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo-Painting Card Playing
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Split Pea Soup Roasted Turkey Breast Baked Sweet Potao Brussels Sprouts	Chicken with Broccoli & Cheese Penne A-La-Vodka Aspragus Mixed Salad	Garden Chili White Rice Sauteed Asparagus	Escarole and Whte Beans Soup Chicken Marsala Yellow Rice Steamed Swiss Chard	Baked Fish Oreganata Pasta With Clam Sauce Sauteed Broccoli Rabe
FREE BREAKFAST Crochet Class Mindfull Meditation Card Playing Bingo-Movie	Sing-a-Long Devotional Song Group Silver Sneaker Valentine's Party Music by Emilio	Yoga Coloring What's in the Paper Bingo-Movie	Sing-A-Long Blood Pressure Stay Well Exxercise Jewelry Class Music by Ray Reggio	Free Meal Painting Coloring-Card Playing Sit & Be Fit Bingo
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
CLOSED	Beef Stew Polenta Roasted Beets	Chicken Tortellini Soup Garlic Chicken Baked Red Potato Wedges Steamed Broccoli	Italian Style Pork Loin Mashed Potatoes Steamed Red or Green Cabbage	Lentil Soup Roasted Turkey Breast Roasted Sweet Potatoes Zucchini With Onions and Peppers
CLOSED	Devotional Song Group Sing-a-Long Silver Sneaker Excercise Music by Ray Reggio	Ash Wednesday Ceremony Yoga Coloring Movie-Bingo What's in the Paper	Blood Pressure Birthday Party Stay Well Exercise- Jewerly Class Sing-A-Long Music by EMilio	Free Meal Painting Coloring-Card Playing Sit & Be Fit Bingo
27-Feb	28-Feb	Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.		
Butternut Squash Soup Potato & Red Peppers Fritata Sauteed Asparagus	Beef Meatballs in Tomato Sauce Steamed Cauliflowers			
FREE BREAKFAST Mindfull Meditation Crochet Class Bingo-Movie Card Playing	Devotional Song Group Sing-a-Long Silver Sneaker Excercise 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 February

AMERICAN HEART MONTH

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart. Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we've learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

HOW TO OBSERVE AMERICAN HEART MONTH

Take up a heart-healthy habit

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

Educate yourself

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

Get your cholesterol tested

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

Heart attacks can be silent

One in five heart attacks occurs without the person even knowing they had one.

Heart attacks affect women differently

Women may experience different symptoms than men.

These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.

Young women are at higher risk than men

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

Another reason to hate Mondays

Heart attacks are more likely to occur on

Monday mornings than other days of the week.

Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.

Diet soda raises heart attack risk

If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

5 WAYS TO PREVENT HEART DISEASE & STROKE
By American Heart Association News

- < NUTRITION**
Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.
- EXERCISE >**
Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.
- < TOBACCO**
At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month - and, if so, work with your doctor to create a plan to quit.
- SOCIAL DETERMINANTS >**
Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.
- < ASPIRIN**
Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.

Source: American Heart Association/American College of Cardiology prevention guidelines
PHEA/Health March 12, 2019 | © 2019 American Heart Association, Inc.

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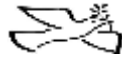
In Loving Memory

FRANCES YANNOTTI

FRANCOIS YARDLEY

ROSE MARIE CORES

ANGELA RANNAZZISI



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!



LUNAR NEW YEAR 2023



These delightful strawberry tartlets are made with fresh berries and puff pastry.

Ingredients

- 1 sheet puff pastry
- 1 pint strawberries
- ¼ cup granulated sugar
- ¼ teaspoon rosewater
- 1 tablespoon powdered sugar
- 1 teaspoon dried crushed rose petals



Instructions

- Preheat the oven to 400 degrees F.
- Slice the strawberries into rounds. Toss them with the granulated sugar and rosewater in a small mixing bowl. Allow them to rest for at least five minutes.
- Cut the pastry into 12 hearts using a 3 ½ inch wide cookie cutter or cut into 10 to 12 rectangles.
- Lay the hearts or rectangles on a parchment-lined baking sheet and top with the cut strawberries. Shake any excess sugar or moisture off the berries. Leave a ¼ inch border on each tart.
- Bake the tarts for 15 to 20 minutes, or until they are golden brown and puffed on the edges.
- Remove the tarts from the oven, allow them to cool for 2 to 3 minutes before dusting with the powdered sugar and dried rose petals.