



THE GEMS

Cav. 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

Welcome Back!

July 2021

JULY 4TH
INDEPENDENCE DAY

"MAY WE THINK OF FREEDOM, NOT AS THE RIGHT TO DO AS
WE PLEASE, BUT AS THE OPPORTUNITY TO DO WHAT IS
RIGHT."

BOARD OF DIRECTORS:

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JOHN CHRIST, TREASURER
IGNATIUS GRANDE, ESQ., SECRETARY

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BARBARA TOSCANO

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BARBARA SANTANA

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MADELINE CARDELLA GORRA
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ADMINISTRATIVE ASSISTANT

JEANNE BRESCIANI

PROGRAM ASSISTANT / CASE ASSISTANT

JOSEPHINE SPATOLA - TEL. # 718-497-2908

HMDL DRIVERS

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LUZ CASTILLO
JOSE CHICAIZA
LUZ ECHEVERRY
BENITO LEON
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CARINA SALTOS
ANA VELASTEQUI

MEALS ON WHEELS COORDINATOR

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

ELECTED BOARD MEMBERS

SAL CRIMI
SAL D'ANGELO
ANTONIO MIELE
GANDOLFO MUSCA
YOLANDA PILIEGO
JOAN TOURANGEAU
ENZA BACILE

ASSISTANT COOK - GUISEPPINA TARDUGNO

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.

MESSAGE FROM YOUR DIRECTOR:

After almost 15 months, we are finally open. We are all so happy to have everyone back. We certainly missed you and are ready and able to serve all of your needs to the best of our ability. All of my staff are fully vaccinated. Presently we have to follow Covid-19 protocol for congregate settings as mandated by the Governor and NYC Dept. for the Aging. We can only operate at 25% capacity, must wear masks at all times except when eating, must social distance 6 feet when possible, and either wash hands often or use hand sanitizer provided throughout the center.

Presently, we are only serving registered members. When capacity lifts, new members will be welcome.

Let's navigate this opening together with kindness and compassion. Let me share a poster that my 7 year old grandson, Braden Giovanni, made to mark this occasion. Sometimes we find wisdom in our youth.



"Be Kind, Spread Love, Cause that's the kind of people we like"
May god bless all of us and our beautiful center.

Fondly,
Barbara Toscano

THE GEMS

EVENTS

July 4: INDEPENDENCE DAY

July 5: CLOSED

July 8: Emergency Preparedness Presentation

July 14,15,16 Mobile Vaccine Van

July 14: Bastille day

TO BE ANNOUNCED: STREET RENAMED AFTER
CAV. PETER CARDELLA



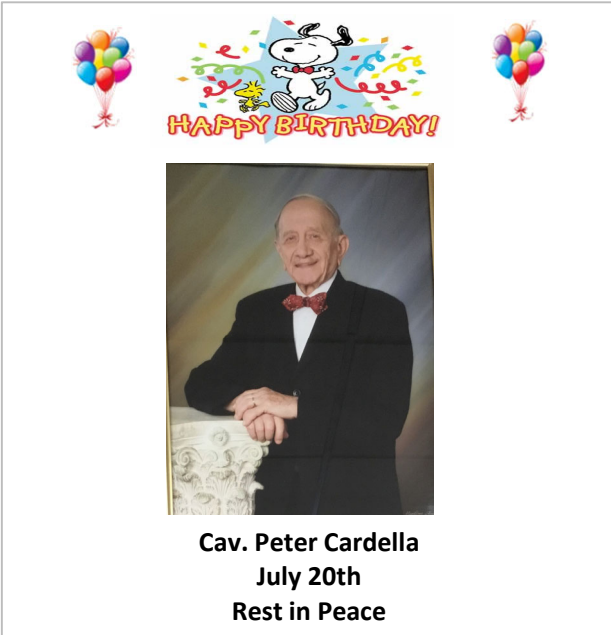
Prayer During The Pandemic:

"Greater Love has no one than This: to Lay down one's life for one's Friends."

Loving Father, It is always in the darkest hour that the light of your love shines brightest. Help me to respond to this global health crisis by spreading "Contagious Love" to everyone in my word. I ask that You protect all those on the front lines of service who risk their health to safeguard the health of others. In His name, please hear my prayers,

BASTILLE DAY

Is a French holiday celebrating the storming of the Bastille a military fortress and prison On July 14, 1789 in a violent uprising that helped usher in the French Revolution.

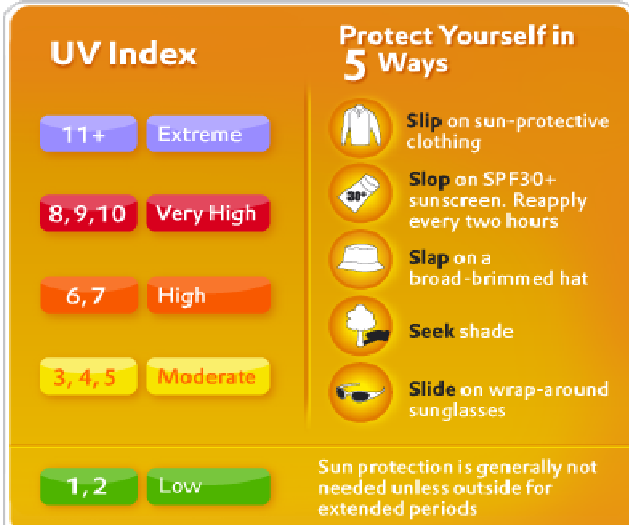


A birthday card for Cav. Peter Cardella. At the top, there are colorful balloons and a cartoon dog with a birthday cake. The text "HAPPY BIRTHDAY!" is written in a playful font. Below this is a portrait of Cav. Peter Cardella, an elderly man in a dark suit and red bow tie. Underneath the portrait, the text reads: "Cav. Peter Cardella", "July 20th", and "Rest in Peace".



AMERICAN INDEPENDENCE DAY

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.

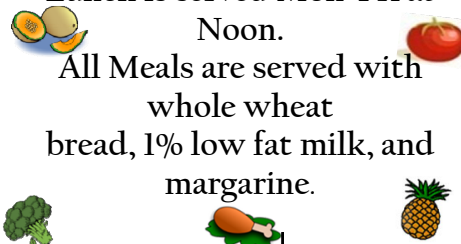


A graphic titled "UV Index" and "Protect Yourself in 5 Ways". The UV Index is shown in a vertical column of colored boxes: 11+ (Extreme, purple), 8,9,10 (Very High, red), 6,7 (High, orange), 3,4,5 (Moderate, yellow), and 1,2 (Low, green). To the right, five icons illustrate sun protection methods: 1. Slip on sun-protective clothing (shirt icon), 2. Slap on SPF30+ sunscreen, Reapply every two hours (sunscreen bottle icon), 3. Slap on a broad-brimmed hat (hat icon), 4. Seek shade (tree icon), 5. Slide on wrap-around sunglasses (sunglasses icon). At the bottom, a note states: "Sun protection is generally not needed unless outside for extended periods".

THE GEMS

PROPOSED MENU FOR THE MONTH OF

JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is served Mon-Fri at Noon.</p> <p>All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p> 		<p>Computer Class Weds 1:30-2:30</p> <p>Computer Lab Weds & Fri 2:00-3:00</p> <p>Cell Phone 101 Class Thurs 11:00-11:30</p> <p>Cards Playing Mon & Fri 1:00-3:00</p>	<p>1-Jul</p> <p>Italian Style Pork Loin Red Bliss Potatoes Steamed Red or Green Cabbage Apple</p>	<p>2-Jul</p> <p>Tuna Fish Salad Whole Wheat Dinner Rolls Cole Slaw & Beet Salad Lettuce & Tomato</p>
5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
<p>INDEPENDENCE DAY CENTER CLOSED</p>	<p>Roast Beef Brown Gravy Instant Mashed Potatoes Steamed Carrots Banana</p>	<p>Baked Fish Fillets Yellow Rice Garden Salad Oil & Vinegar Steamed Cauliflower Apple</p>	<p>BBQ Chicken Leg Quarters Roasted Sweet Potatoes Steamed Spinach Orange</p>	<p>Ham & Swiss Cheese Whole Wheat Dinner roll Corn & Red Peppers Mixed Green Salad Honeydew</p>
	<p>Yoga Sing-a-Long Dancing</p>	<p>Coloring What's in the Paper Movie-Bingo</p>	<p>Emergency Preparedness Pres. Blood Pressure Sing-A-Long Music By Emilio</p>	<p>Free Meal Resume Coloring Sit & Be Fit Bingo</p>
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
<p>Italian Style Pork Loin Instant Mashed Potatoes Steamed Red or Green Cabbage Applesauce</p>	<p>Beef Meatloaf with Mushroom Gravy Egg Noodles Steamed Peas & Carrots Banana</p>	<p>Lemon Chicken Yellow Rice Lettuce Tomato Oil & Vinegar Steamed Spinach Strawberries</p>	<p>Baked Turkey Breast Red Bliss Potatoes Sautéed Asparagus Oranges</p>	<p>Eggplant Parmesan Chickpea Salad With Tomatoes & Parsley Steamed Broccoli Blueberries</p>
<p>Free Breakfast Covid Screening Meditation Class Crochet Class Bingo</p>	<p>Yoga Sing-a-Long Dancing</p>	<p>Mobile Vaccine Van Coloring What's in the Paper Movie-Bingo</p>	<p>Mobile Vaccine Van Blood Pressure Sin-A-Long Music by Ray Reggio</p>	<p>Mobile Vaccine Van Free Meal Coloring Sit & Be Fit Bingo</p>
19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
<p>Tuna Fish Salad Classic Macaroni Salad Beet Salad Orange</p>	<p>Baked Chicken Cutlet Instant Mashed Potatoes Sautéed Zucchini & Stewed Tomatoes Nectarine</p>	<p>Roast Beef Brown Gravy Baked Potatoes Sour Cream Steamed Green Beans Banana</p>	<p>Italian Roast Chicken Corn Mixed Green Salad Steamed Spinach Banana</p>	<p>Baked Fish with Garlic Sauce Pasta with Garlic & Oil California Blend Vegetables Peach</p>
<p>Free Breakfast Covid Screening Meditation Class Crochet Class Bingo</p>	<p>Yoga Sing-a-Long Dancing</p>	<p>Coloring What's in the Paper Movie-Bingo</p>	<p>Blood Pressure Sing-A-Long Music by Emilio</p>	<p>Free Meal Coloring Sit & Be Fit Bingo</p>
26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
<p>Baked Chicken Thighs Sweet & Sour Sauce Brown Rice Oriental Blend Banana</p>	<p>Italian Style Pork Loin Instant Mashed Potatoes Steamed Red or Green Cabbage Apple</p>	<p>Beef Meatballs In Tomato Sauce Spaghetti Italian Blend Vegetables Mixed Green Salad Grape</p>	<p>BBQ Chicken Breast Steamed Spinach Steamed Corn & on The Cob Canned Apricots</p>	<p>Baked Flounder Whole Wheat Pasta Primavera With Cheese Garden Salad Oli & Vinegar Canned Pineapple</p>
<p>Free Breakfast Covid Screening Meditation Class Crochet Class Bingo</p>	<p>Yoga Sing-a-Long Dancing</p>	<p>Coloring What's in the Paper Movie-Bingo</p>	<p>Blood Pressure Sin-A-Long Music by Ray Reggio</p>	<p>free Meal Coloring Sit & Be Fit Bingo</p>

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 July

July is Hepatitis Awareness Month:

Hepatitis Refers To an inflammatory condition of the liver. It's commonly caused by a viral infection, but there are other possible causes of hepatitis. These include autoimmune hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins and alcohol.

Tips to prevent hepatitis

Hygiene: Practicing good hygiene is one key way to avoid contracting hepatitis A and E. If you're traveling to a developing country, you should avoid:

- * Local water and ice.
- * Raw or undercooked shellfish and oysters
- * Raw fruit and vegetables

MOOD BOOSTERS for the TIMES

These post-pandemic must-do will raise your spirits and boost your health.

LISTEN TO MUSIC

'Music is always very calming' it's one thing to listen to music at home, but when you're surrounded by people, dancing and enjoying it—that's the part that we've been missing.

HUG SOMEONE

Cuddling with your pet has been great, but how much have you been craving an old-fashioned hug? Once it's safe and both parties are vaccinated, go ahead and hug someone! "The human touch is soothing and helps release serotonin and dopamine, those feel-good chemicals in the brain" says Alberts. Hugs can strengthen your relationships and even lower your blood pressure.

DO A MENTAL HEALTH CHECKUP

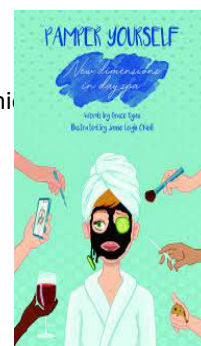
Now, 50 percent of respondents reported feeling more stressed, anxious and/or depressed during the pandemic. It can be helpful to check in with a therapist to discuss everything from those newfound stresses to your unknown future.

PAY ATTENTION TO YOUR SMILE

Smiling is a mood booster. And as the pandemic eases, you'll have more reasons to flash your pearly whites. See your dentist to get your smile looking its best and to check your oral health, especially if you've put off your appointments during the pandemic.

PAMPER YOURSELF

You've been letting your roots grow out and accumulating tension in your shoulders. Once you're fully vaccinated, give yourself some TLC with a visit to a safe spa where practitioners are masked and hygiene protocols are in place. Not only can a massage ease sore muscles, it can also reduce stress, enhance immune function and increase circulation and flexibility.



THE GEMS

Donations

Joe & Kathy Ferratti
\$2,000

in memory of Cav. Peter Cardella
Stop & Shop Glendale location 89-89 Union Turnpike will
donate \$1 to Peter Cardella of the \$ 2.50 reusable bags.

In Loving Memory

of our seniors who died during the pandemic.
Death takes the body. God takes the soul. Our mind holds
the memories. Our hearts keeps the love.



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 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!

