



# ***THE GEMS***

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

## ***NEWSLETTER***

68-52 Fresh Pond Road  
Ridgewood, N.Y. 11385  
718-497-2908 / 718-497-2589 HMDL

TONIANN GRANDE, ESQ., CHAIRWOMAN  
IGNATIUS GRANDE, SECRETARY  
JOHN CHRIST, ESQ., 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

## **November 2022**



**"SO VERY THANKFUL, INCREDIBLY GRATEFUL, UNBELIEVABLY  
BLESSED"**

**BOARD OF DIRECTORS:**

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JOHN CHRIST, TREASURER  
IGNATIUS GRANDE, ESQ., SECRETARY

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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

**ASSISTANT COOK - GUISEPPINA TARDUGNO**

**KITCHEN AIDES** - TINA DIBENEDETTO, CONNIE VENEZIA & 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.**



**OCTOBER 2022**

MARTHA HERLING, MARIE ELSNER, ERIKA PULLARA,  
BARBARA BARRIS, NEREIDA VARGAS, MARLITA CRUZ,  
ANTONINO CALANDRONE, FRANE SOLAR, JOSPEH  
HELFRICH, MARIA DYRCZ



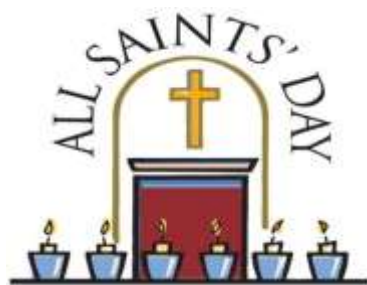
**HALLOWEEN PARTY**



# THE GEMS

## EVENTS

- Nov 1: All Saints' Day
- Nov 2: All Souls' Day
- Nov 6: Daylight Saving (clock fall back 1 hour)
- Nov 8: Election Day
- Nov 9: Food Commodity
- Nov 11: Veteran's Day
- Nov 16: Board of Director Mtg.
- Nov 24: Thanksgiving Day (City Meals sponsor by reservation only)
- Nov 25: Center Closed
- Nov 29: Advisory Board Meeting
- Zumba & Silver Sneakers Program to be announced



### What is the Story of All Saints Day?

The Christian celebration of All Saints' Day and All Souls' Day stems from a belief that there is a powerful spiritual bond between those in heaven (the "Church triumphant"), and the living (the "Church militant"). In Catholic theology, the day commemorates all those who have attained the beatific vision in Heaven.



**All Souls' Day**, also known as the Commemoration of All the Faithful Departed and the Day of the Dead, is a day of prayer and remembrance for the faithful departed, which is observed by Roman Catholics and other Christian denominations annually on 2 November.



**Thanksgiving Day** is a national holiday in the United States, and Thanksgiving 2022 occurs on Thursday, November 24. In 1621, the Plymouth colonists and the Wampanoag shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a nation



When do we turn back clocks to end **Daylight Saving Time**? Everyone outside of Arizona and Hawaii — two states where seasonal time shifts don't occur, and haven't since the 1960s — will turn their clocks back by one hour at 2 a.m. on Sunday, November 6, 2022.



Veterans Day, in the United States, national holiday (November 11) honouring veterans of the armed forces and those killed in the country's wars. The observance originated in 1919 on the first anniversary of the 1918 armistice that ended World War I and was known as Armistice Day.

# THE GEMS

PROPOSED MENU FOR THE MONTH OF

## November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.</p> 	<p><b>1-Nov</b></p> <p>Roasted Turkey Breast Roasted Sweet Potatoes Steamed Kale</p>	<p><b>2-Nov</b></p> <p>Italian Roasted Pork Tenderloin Pasta Fagioli Mixed Green Salad</p>	<p><b>3-Nov</b></p> <p>Lentil Soup Beef Meatloaf with Mushroom Gravy Mashed Potatoes Steamed Peas &amp; Carrots</p>	<p><b>4-Nov</b></p> <p>Baked Marinated Fish Brown Rice Steamed Spinach</p>
	<p><b>Devotional Singing Group</b> <b>Sin-A-Long</b> Music by <b>Ray Reggio</b></p>	<p><b>Emergency Prep. Pres.</b> <b>Yoga-Coloring</b> <b>What's in the Paper</b> Bingo-Movie</p>	<p><b>Blood Pressure</b> <b>Jewelry Class</b> <b>STAYWELL Exercise</b> Music by Emilio</p>	<p><b>Free Meal</b> <b>Coloring-Painting Class</b> <b>Sit &amp; Be Fit</b> <b>BINGO</b></p>
<p><b>7-Nov</b></p> <p>Minestrone Soup Pasta Primavera Mixed Green Salad</p>	<p><b>8-Nov</b></p> <p>Italian Roast Chicken Brown Rice Steamed Spinach</p>	<p><b>9-Nov</b></p> <p>Baked Marinated Fish Pasta with Garlic &amp; Oil Steamed Peas</p>	<p><b>10-Nov</b></p> <p>Chiekn Tortellini Soup Rasted Beef Brown Gravy Baked Potato Steamed Broccoli</p>	<p><b>11-Nov</b></p> <p>Chicken Cacciatore Yellow Rice Sauteed Zucchini</p>
<p><b>Free Breakfast</b> <b>Crochet Class</b> <b>Meditation Class</b> <b>Bingo-Movie</b></p>	<p><b>Senior Safety Pres.</b> <b>Devotional Singing Group</b> Sing-A-long <b>Music by Emilio</b></p>	<p><b>Food Commodity</b> <b>Yoga</b> <b>Coloring</b> <b>What's in the Paper</b> <b>Movie- Bingo</b></p>	<p><b>Blood Pressure</b> <b>Jewelry Class</b> <b>Sing-A-Long</b> <b>STAYWELL Exercise</b> <b>Music by Ray Reggio</b></p>	<p><b>Free Meal</b> <b>Medicare Pres.</b> <b>Coloring</b> <b>Sit &amp; Be Fit</b> <b>Bingo</b></p>
<p><b>14-Nov</b></p> <p>Baked Breaded Pork Chops Mashed Potatoes Steamed Red or Green Cabbage</p>	<p><b>15-Nov</b></p> <p>Vegetable Soup Baked Breaded Chiekn Cutlet Corn Nible Steamed Spinach</p>	<p><b>16-Nov</b></p> <p>Baked Ziti with Cheese Mixed Green Salad</p>	<p><b>17-Nov</b></p> <p>Chiekn w/ Broccoli Cramberry Sauce Roasted Sweet Potatoes Stuffing Cauliflower</p>	<p><b>18-Nov</b></p> <p>Baked Flounder Pasta w/Garlic &amp; Oil Steamed Broccoli &amp; Cauliflower</p>
<p><b>Free Breakfast</b> <b>Meditation Class</b> <b>Crochet</b> <b>Bingo-Movie</b></p>	<p><b>Devotional Singing Group</b> <b>Sing-A-Long</b> <b>Nutrition Class</b> <b>Musi by Ray Reggio</b></p>	<p><b>Yoga</b> <b>Coloring</b> <b>What's in the Paper</b> <b>Movie-Bingo</b></p>	<p><b>Blood Pressure</b> <b>Jewelry Class</b> <b>STAYWELL Exercise</b> <b>Thanksgiving Party</b> <b>Music by Remilio</b></p>	<p><b>Free Meal</b>  <b>Coloring</b> <b>Sit &amp; Be Fit</b> <b>Bingo</b></p>
<p><b>21-Nov</b></p> <p>Split Pea Soup Roasted Turkey Breast Baked Sweet Potato Brussels Sprouts</p>	<p><b>22-Nov</b></p> <p>Italian Roast Chicken Mashed Potatoes Steamed Kale</p>	<p><b>23-Nov</b></p> <p>Garden Chili White Rice Lettuce &amp; Tomato Sauteed Asparagus</p>	<p><b>24-Nov</b></p> <p>Thanksgiving Meal</p>	<p><b>25-Nov</b></p> <p><b>CLOSED</b></p>
<p><b>Free Breakfast</b> <b>Meditation Class</b> <b>Crochet</b> <b>Bingo-Movie</b> <b>Cooking Class</b></p>	<p><b>Devotional Singing Group</b> <b>Sing-A-Long</b> <b>Music by Ray Reggio</b></p>	<p><b>Yoga</b> <b>Coloring</b> <b>What's in the Paper</b> <b>Movie-Bingo</b></p>	<p><b>Meal sponser by City Meals</b> <b>Please sign in at the office to reserve</b></p>	<p><b>CLOSED</b></p>
<p><b>28-Nov</b></p> <p>Lentil Soup Eggplant Parmesan Tomato Sauce Pasta Garden Salad</p>	<p><b>29-Nov</b></p> <p>Beef Stew Polenta Roasted Beets</p>	<p><b>30-Nov</b></p> <p>Chicken Tornellini Soup Chicken Garlic Baked Red Potato Wedge Steamed Broccoli</p>	<p>Cooking Class Every other Monday 9:30 - 10:30 Jewelry Class Thursday 10:00- 11:00 Cell Phone 101 Class Weds 11:00-11:30 Computer Lab Fri 1:00-2:00 IPAD 101 Class Wed 11:00-11:30</p>  	
<p><b>Free Breakfast</b> <b>Meditation Class</b> <b>Crochet</b> <b>Bingo-Movie</b> <b>Cooking Class</b></p>	<p><b>Birthday Party</b> <b>Pedestrian Safety Pes.</b> <b>Devotional Singing Group</b> <b>Sing-A-Long</b> <b>Music by Rey Reggio</b></p> 	<p><b>Yoga</b> <b>Coloring</b> <b>Whats's in the paper</b> <b>Bingo-Movie</b></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 November

### What is Diabetes?

With diabetes, your body either doesn't make enough insulin or can't use it as well as it should.

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help. Other things you can do to help:

Take medicine as prescribed.

Get diabetes self-management education and support.

Make and keep health care appointments.

Diabetes by the Numbers

More than 37 million US adults have diabetes, and 1 in 5 of them don't know they have it.

Diabetes is the seventh leading cause of death in the United States.

Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

#### Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

#### Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as:

Losing weight. Eating healthy food. Being active.

#### Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen and develop type 2 diabetes later in life.

Low Resolution Video

Prediabetes

In the United States, 96 million adults—more than 1 in 3—have prediabetes. More than 8 in 10 of them don't know they have it.

With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. But there's good news. If you have prediabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it.



# THE GEMS

## In Loving Memory



REST IN PEACE

Cav. Peter Cardella  
Nov. 26th

WE MISS YOU!!



*In Loving Memory of*  
CAV. PIERRO CARDELLA  
1917 - 2018

## 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!

## SCHEDULE YOUR AT-HOME COVID-19 VACCINE APPOINTMENT TODAY

COVID-19 vaccines are free, safe and effective. In-home vaccination is available to any New Yorker who requests one.

Get vaccinated against COVID-19 brand.

Call 877-829-4692 to request your first, second or third dose (recommended for people who are moderately to severely immunocompromised) or booster shot, if eligible.



HALLOWEEN PARTY



## SYMPTOM CHECKER COVID-19, Flu, Cold & Allergies

Symptom	COVID-19	Flu	Cold	Allergies
Fever	Common	Common	Rare	No
Cough	Common	Common	Common	Sometimes
New loss of smell/taste	Common	Rare	Sometimes	Sometimes
Shortness of breath	Sometimes	Rare	No	Common
Headaches	Common	Common	Rare	Rare
Muscle aches/pains	Sometimes	Common	Sometimes	No
Sore throat	Common	Common	Common	Sometimes
Fatigue	Common	Common	Sometimes	Sometimes
Chills	Sometimes	Common	Sometimes	No
Diarrhea/vomiting	Sometimes	Sometimes (children)	No	No
Swollen fingers/toes	Rare	No	No	No
Runny nose	Sometimes	Sometimes	Common	Common
Sneezing	Rare	Sometimes	Common	Common
Itchy eyes/nose/mouth	No	No	No	Common
Skin rash	Rare	Rare	Rare	Rare
Chest pain/discomfort	Rare	Common	Common	Rare

Source: COVID Symptom Study, CDC, Pezzi Clinic, NH

If you have concerns about your symptoms, see our Symptom Checker at [bannerhealth.com](https://bannerhealth.com)

Banner Health