



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

December 2021



Dear Seniors,

Once again the holiday season is upon us. I would like to take this opportunity to personally wish each and every one of you a blessed Christmas, Happy Hanukkah, and a New Year filled with joyful tidings, good health, and peace. May God bless you, and may 2022 be a wonderful year for all of us. Merry Christmas and Happy New Year!

Fondly,

Your Director, Barbara Toscano

BOARD OF DIRECTORS:

TONI-ANN GRANDE, CHAIRWOMAN
JOHN CHRIST, TREASURER
IGNATIUS GRANDE, ESQ., SECRETARY

ADVISORY BOARD MEMBERS*

AMPARO GARCIA - CHAIRMAN
ANNAMARIA BALSAMO
MARIA D'ANGELO
MARION LACKO
PINA OGNIBENE
JOSEPHINE PECORARO

EXECUTIVE DIRECTOR

BARBARA TOSCANO

PROGRAM - DIRECTOR

BARBARA SANTANA

BOARD MEMBERS

MARIE ELENA CARDELLA
MADELINE CARDELLA GORRA
GIOVANNI MISTRETTA
ERNEST POSPISCHIL
ROSEANN ROSADO

HMDL DRIVERS

ALEXANDER ALBAN
LUZ CASTILLO
JOSE CHICAIZA
LUZ ECHEVERRY
BENITO LEON
LUIS MACANELA
PABLO MACANELA
LUCIA MARTIR
IRALDA SALGADO
VERONICA SALAZAR
CARINA SALTOS
ANA VELASTEQUI

ADMINISTRATIVE ASSISTANT

JEANNE BRESCIANI

PROGRAM ASSISTANT / CASE ASSISTANT

JOSEPHINE SPATOLA - TEL. # 718-497-2908

MEALS ON WHEELS COORDINATOR

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

ELECTED BOARD MEMBERS

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

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.



NOVEMBER BIRTHDAYS

CHARLES DISPENSIERI
VIOREL PASKU

December Prayer



**7 Prayers
for DECEMBER**

1. May your health improve.
2. May your friends be blessed.
3. May your family be loved.
4. May your finances multiply.
5. May your pains be less.
6. May your worries disappear.
7. May you be blessed.

Amen

EVENTS

Dec. 7: Pearl Harbor Day.

Dec. 8: The Solemnity of the Immaculate Conception.

Dec. 21; First Day of Winter.

Dec. 24: Christsmas Eve Center Closed.

Dec. 25: CHRISTMAS DAY.

Dec. 28: Advisory Board Meating.

Dec. 31: New Year Eve Center Closed.



Pearl Harbor On the morning of December 7, 1941, Japan attacked the US naval base at Pearl Harbor, Hawaii. The surprise attack by some 350 Japanese aircraft sunk or badly damaged eighteen US naval vessels, including eight battleships, destroyed or damaged 300 US aircraft, and killed 2,403 men.



Hanukkah, also known as the Festival of Lights, is a Jewish festival commemorating the recovery of Jerusalem and subsequent rededication of the Second Temple at the beginning of the Maccabean revolt against the Seleucid Empire in the 2nd century BCE.



Christsmas December 25th-Christmas Spirit

While for so many people this holiday season is about rampant commercialism, keeping up with the Joneses and rushing to keep up with a hectic schedule, we should all jump off the speed train and take time to not only appreciate the true meaning of Christsmas but also to embrace the true spirit of Christmas.

Emotionally this is a difficult time of the year for so many. Depression and anger drive up the rates of suicide and domestic violence. Stress builds upon stress to destroy the holiday cheer of many.

The underlying problem for so many people is that they focus all their energy on what they do not have rather than embracing what they do have --that is what Christmas spirit is all about.

Whether or not you are an ardent Christian, if you live in the Western World then you know that the true meaning of Christmas is to celebrate the birth of Christ. The Christ child is a symbol of love, light, hope and peace that makes this such a joyful season for true believers. However, even among the believers, there are some for which this message is not enough to overcome the depression, anger and stress of the season. That is why it's so important to embrace the true meaning of Christmas. You need to reach down within yourself to find the spirit of Christmas. In order to embrace the true Christmas spirit you must be willing to give. Give of yourself, your time and your love, and give of your worldly possessions. Do not think of the gifts you give to others as an obligation or duty, but think of it as a symbol of your love for them. While no gift can accurately reflect the love we feel for those who are near and dear to us, we can show them that they matter by spending time and thought to create or select a gift with meaning.

THE GEMS

PROPOSED MENU FOR THE MONTH OF

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Dec	2-Dec	3-Dec
Cell Phone 101 Class Weds 11:00-11:30 Computer Lab Fri 1:00-2:00 IPAD 101 Class Wed 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.		Roast Beef Baked Potatoes Steamed Green Beans	Vegetables Soup Beef Meatloaf w/ Mushroom Gravy Instant Mashed Potatoes Steamed Broccoli	Baked Flounder Pasta w/ Sweet Peas Baby Carrots w/Parsley
		6-Dec	7-Dec	8-Dec
Beef Salisbury Steak w/ Mushroom Sauce Instant Mashed Potatoes Steamed Peas & Carrots	Escarole & White bean Soup Baked Turkey Breast Baked Sweet Potato Steamed Green Beans	Beef Meatballs in Tomato Sauce Pasta Steamed Zucchini Dinner Roll	Lentil Soup Rosemary Chicken Corn Steamed Broccoli	B Baked Flounder Brown Rice Steamed Spinach
FREE BREAKFAST Mindful Meditation Crochet Class Nutrition Class Bingo-Movie	Sing-a-Long Medicare Pres. Music by Emilio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
Italian Roasted Pork Tenderloin Instant Mashed Potatoes Steamed red or Green Cabbage	Italian Roast Chicken Brown Rice Steamed Spinach	Butternut Squash Soup Baked Marinated Cod Pasta w/ Garlic & Oil Italian Blend Vegetables	Vegetable Soup Roast Beef Baked Potatoes Steamed Broccoli	Chicken Marsala Egg Noodles Steamed Carrots
FREE BREAKFAST Mindful meditation Crochet Bingo-Movie	Sing-a-Long Home Care Pres. Music by Ray Reggio Emilio	Coloring What's in the Paper Movie-Bingo	Blood Pressure Sin-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
Vegetable Soup Baked Breaded Chicken Cutlet Corn Steamed Spinach	Chicken Cutlet Parmigiana Pasta Sauted Asparagus Tossed Salad Sfgliatella	Baked Ziti w/ Meat Sauce Steamed Broccoli	Lentil Soup Rosemary Chicken Rice w/Vegetables Steamed Carrots	CLOSED
FREE BREAKFAST Mindful Meditation Crochet Class Bingo-Movie	Sing-a-Long CHRISTMAS PARTY Music By Ray Reggio Emilio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure BIRTHDAY PARTY Sing-a-Long Music by Ray Reggio	CLOSED
27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
Split Pea Soup Baked Turkey Baked Sweet Potato Brussels Sprouts	Italian Roast Chicken Instant Mashed Potatoes Steamed Kale Dinner Roll	Escarole & White Bean Soup Roast Beef Egg Noodles Steamed Green Beans	Chicken Marsala Yellow Rice Steamed Broccoli	CLOSED
FREE BREAKFAST Mindful Meditation Crochet Class Bingo-Movie	Sing-A-Long Music by Emilio	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-a-Long Music by Reggio	CLOSED

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 December

National Influenza Vaccination

National Influenza Vaccination Week (NIVW) is an annual observance in December to remind everyone 6 months and older that there's still time to get vaccinated against flu. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including people with certain chronic conditions such as asthma, diabetes, and heart disease. In fact, in past flu seasons, 9 out of 10 adults hospitalized for flu had at least one underlying medical condition. Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to prevent flu. Flu vaccines are the only vaccines that protect against flu and are proven to reduce the risk of flu illness, hospitalization, and death.



Together, we can use NIVW as a nationwide call to action to encourage everyone 6 months and older to get their annual flu shot, especially those at higher risk. The more people vaccinated against flu, the more people are protected from flu. National Influenza Vaccination Week is here! If you haven't received a flu shot yet, there's still time. People with certain chronic conditions are more likely to develop serious flu complications. Together, we can all #FightFlu. Protect yourself and your loved ones by getting a flu shot.

National Influenza Vaccination Week is here! If you haven't received a #flu shot yet, there's still time. People with certain chronic conditions are more likely to develop serious flu complications. Protect yourself and your loved ones by getting a flu shot. #FightFlu

It's National Influenza Vaccination Week, and there's still time to get a #flu shot. In past flu seasons, 9 out of 10 adults hospitalized with flu had one or more of chronic conditions. Protect yourself and get a flu shot today

It's National Influenza Vaccination Week, and there's still time to get a #flu shot. In past flu seasons, 9 out of 10 adults hospitalized with flu had one or more of chronic conditions. Protect yourself and get a flu shot today.

National Handwashing Awareness Week
December 2-8, 2012

Please share www.henrythehand.com with ALL your family, friends, class mates and coworkers to help them stay healthier one handwash at a time. Share with them how practicing the **4 Principles of Hand Awareness** will help them to remain healthy, in spite of the flu or bird flu scares. **It is the BEST way to prevent epidemics or pandemics!**

Following the 4 Principles of Hand Awareness you will be in virtual isolation regardless of the people around you. Direct contamination (inoculation) of your mucus membranes (eyes, nose or mouth) is how infectious disease enters your body. It is not wafting through the ventilation system in the building. Let's work together to minimize the fear factor of infectious disease pandemics or seasonal. **Only you are responsible for giving yourself the flu or flu-like illness!**

National Handwashing Awareness Week is the first full week of December each year.
Henry The Hand

Yes, the power is in your hands to prevent COVID-19 and the Flu! 1. Do Not Touch the T Zone 2. Handwash regularly 3. Wear a full face shield to protect yourself and others Imagine how great it would be if you or your family were never sick again from a respiratory infection! What diseases are these you ask? For example: Flu, u-like illness, adeno virus, RSV, common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus, Pneumococcus, TB and more. The T Zone is the only portal of entry into the human body for ALL respiratory infections! Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well". Imagine never having the flu or COVID-19 ! Thank you for helping to "Spread the word not the germs"! Will Sawyer, MD Henry the Hand Foundation dr.will@henrythehand.org The 4 Principles of Hand Awareness: 1. WASH your hands when they are dirty and BEFORE eating. 2. DO NOT cough into your hands. 3. DO NOT sneeze into your hands. 4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

THE GEMS

Donations In Loving Memory

Kathy & Joe Ferretti
\$2,000 in memory of
Providenza Cardella



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!

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!

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,

Apple Pie Crisp

Ingredients:

If you like the warm and sweet flavors of a homemade apple pie, try this healthy alternative to a holiday classic.

Ingredients:

- * 1/3 cup graham cracker crumbs
- * 1/3 cup oats
- * 2 tablespoons brown sugar
- * 1 teaspoon cinnamon
- * 2 pounds apple (about 6 medium-sized apples)
- * 1/2 cup water (room Temperature water)
- * 1 tablespoon butter

Directions:

In a small bowl, mix graham cracker crumbs, oats, and brown sugar. Wash & peel apples. Quarter them, cut out the core & seeds. Slice apple quarters. Spread apples in a 12x8 inch baking pan. Add 1/2 cup water to the pan. Sprinkle cinnamon and topping mixture over apples. Dot with butter. Bake at 375 degrees Fahrenheit for 45 minutes, or until apples are soft and topping is browned.

