



# ***THE GEMS***

## **Cav. PETER CARDELLA C E N T E R**

**SERVING SINCE 1974**

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

**OPEN 9 A.M. - 2 P.M. Temporary Hours due to Covid Restrictions**

## ***NEWSLETTER***

**TONI-ANN 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**

## **August 2021**



**"LIFE IS NOT ABOUT WAITING FOR THE STORM TO PASS BUT  
LEARNING TO DANCE IN THE RAIN"**

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**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.**



# JULY BIRTHDAYS



JOHN SIMONETTI

GUISEPPA PECORARO

ANNA BECK

MARIA D'ANGELO

ANA INCANDELA

PAULA KAMME



# THE GEMS

## EVENTS

**August 10: Fall Prevention Medicare Pres.**

**August 21: National Senior Citizen Day**

**August : 26: Birthday Party**

**TO BE ANNOUNCED: STREET RENAMED AFTER  
CAV. PETER CARDELLA**

## 5 FACTS YOU MAY NOT KNOW ABOUT LUNG CANCER

*Lung cancer is the most common cause of cancer deaths in men and women in the United States.<sup>1</sup>*

- 1 IT'S NOT JUST ONE DISEASE**

Lung cancer is divided into 2 major types<sup>1</sup>

Small Cell Lung Cancer accounts for about 10 to 15 percent of cases

Non-Small Cell Lung Cancer accounts for about 80 to 85 percent of cases
- 2 MANY PEOPLE AREN'T TREATED**

Many Americans diagnosed with metastatic cancer never receive cancer care

68% of these people have lung cancer<sup>2</sup>
- 3 THOSE WHO DO GET TREATED MAY NOW HAVE MORE OPTIONS**

WE BETTER UNDERSTAND HOW TUMORS GROW AND SURVIVE

Advances in biomarker discovery are helping to find the right people.<sup>3,4</sup> In addition to mutations such as ALK, EGFR and ROS1, many people with lung cancer have protein markers such as PD-L1.<sup>5</sup>

EGFR MUTATIONS <sup>6</sup>	ALK MUTATIONS <sup>7</sup>	ROS1 MUTATIONS <sup>8</sup>
10-15%	3-5%	~2%

of Americans with non-small cell lung cancer
- 4 IT CAN AFFECT ANYONE**

> 30,000 AMERICANS living with lung cancer have never smoked!<sup>9</sup>

MORE WOMEN DIE OF LUNG CANCER than of BREAST and OVARIAN UTERINE cancers combined!<sup>10</sup>

MORE COMMON IN PEOPLE ≥65 years old, but genetics can put younger people at risk!<sup>11</sup>
- 5 EARLY DIAGNOSIS IS IMPORTANT**

TALK TO YOUR DOCTOR

**GET SCREENED**  
Learn if you qualify for annual low-dose CT (LDCT) lung cancer screening

**GET TESTED**  
Testing for biomarkers from tissue or blood can determine if a targeted treatment may be appropriate!<sup>6</sup>

**KNOW THE TREATMENT OPTIONS**

  - Surgery
  - Radiofrequency ablation
  - Radiation therapy
  - Chemotherapy
  - Targeted medicines
  - Immunotherapy<sup>11</sup>

### REFERENCES

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www.gene.com

Genentech  
A Member of the Roche Group

Senior Citizens are those who  
Bring out the Best in you and not the  
Stress in you..!

“  
Happy  
Senior  
Citizens  
Day  
”



**AUGUST 21**

National Senior Citizen Day, is the day to let them know how much you care and it's an opportunity to recognize their accomplishments. In 1988, President Ronald Reagan Proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

## No Bake Mini Cheesecake

### Ingredients

#### Filling:

- 1/2 cup heavy whipping cream
- 4 oz cream cheese
- 1/2 teaspoon vanilla extract
- 1/2 cup sugar
- 1/2 teaspoon fresh lemon zest

#### Crust:

- 1/3 cup graham cracker crumbs
- 1 tablespoon butter, melted

#### Toppings:

- Strawberries
- Blueberries
- Anything you'd like!

### instructions

In a bowl with an electric mixer beat the heavy whipping cream until whipped cream forms. Set aside  
In another bowl add the cream cheese, sugar, vanilla extract, and lemon zest. Using the same beaters beat the mixture until light and fluffy  
Add the whipped cream to the cream cheese and mix to combine

In a small bowl combine the graham cracker crumbs and melted butter. Add the crumbs to the bottom of 2 short glasses (yes- this recipe only makes 2!)  
Spoon in the cheesecake mixture evenly to both glasses

Top with sliced strawberries and blueberries for a delicious patriotic theme.



# THE GEMS

## PROPOSED MENU FOR THE MONTH OF

# August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2-Aug</b>	<b>3-Aug</b>	<b>4-Aug</b>	<b>5-Aug</b>	<b>6-Aug</b>
Hamburgers & Bun Baked Fries Cole Slaw Orange	Baked Breaded Chicken Cutlet Corn Steamed Spinach Fruited Jello	Baked Breaded Pork Chops Pasta with Sweet Peas Mixed Green Salad Applesauce	Brown Gravy Roast Beef Baked Potatoes Garden Salad Steamed Green Beans Honeydew	Baked Marinated Cod Pasta w/Garlic & Oil Sauteed Zucchini Bananna
<b>FREE BREAKFAST</b> Minfull Meditation Crochet Class Bingo-Movie	<b>Yoga</b> Sing-A-Long Music by Emilio	<b>Coloring</b> What's in the Paper Bingo-Movie	<b>BloodPressure</b> Sing-A-Long Music by Ray Reggio	<b>Free Meal</b> Coloring Sit & Be Fit Bingo
<b>9-Aug</b>	<b>10-Aug</b>	<b>11-Aug</b>	<b>12-Aug</b>	<b>13-Aug</b>
Stuffed Shells w/Cheese Tomato SauceGarlic Bread Mixed Green Salad Steamed Broccoli Cantaloupe	Italian Roast Chicken Garlic & Roasemary Roasted Potatoes Sauteed Zucchini Orange	Eggplant Parmesan Lettuce & tomato Oil & Vinegar Steamed Cauliflower Grapes	Italian Style Pork Loin Red Bliss Potatoes Steamed Red or Green Cabbage Apple	Tuna Fish Salad Whole Wheat Dinner Rooll Beet Salad Cole Slaw Lettuce & Tomato
<b>FREE BREAKFAST</b> Minfull Meditation Crochet Class Bingo-Movie	<b>Yoga</b> Sin-A-Long Fall Prevention Medicare Pres. Music by Ray Reggio	<b>Coloring</b> What's in the Paper Movie-Bingo	<b>Blood Pressure</b> Sing-A-Long Music By Emilio	<b>Free Meal</b> Coloring Sit & Be Fit Bingo
<b>16-Aug</b>	<b>17-Aug</b>	<b>18-Aug</b>	<b>19-Aug</b>	<b>20-Aug</b>
Egg Frittatt w/Patatoes& Peas Mixed Green Salad Sauteed Asparagus Blueberries/ Strawberries	Roast Beef Brown Gravy Instant Mashed Potatoes Steamed Carrots Banana	Baked Fish Fillets Yellow Rice Garden Salad Steamed Cauliflower Apple	BBQ Chicken Leg Quarters Roasted Sweet Potatoes Steamed Spinach Orange	Ham Swiss Cheese Corn & Red Peppers Mixed Green Salad Honeydew
<b>FREE BREAKFAST</b> Minfull Meditation Crochet Class Bingo-Movie	<b>Yoga</b> Sing-a-Long Music by Emilio	<b>Coloring</b> What's in the Paper Movie-Bingo	<b>Blood Pressure</b> Sin-A-Long Music by Ray Reggio	<b>Mobile Vaccine Van</b> Free Meal Coloring Sit & Be Fit Bingo
<b>23-Aug</b>	<b>24-Aug</b>	<b>25-Aug</b>	<b>26-Aug</b>	<b>27-Aug</b>
Italian Style Pork Loin Instant Mashed Potatoes Steamed Red Or Green Cabbage Applesauce	Beef Meaatloaf with Mushroom Gravy Egg Noodles Steamed Peas & Carrots Banana	Lemon Chicken Yellow Rice Lettuce & Tomato Steamed Spinach Strawberries	Baked Turkey Breast Red Bliss Potatoes Sauteed Asparagus Orange	Eggplant Parmesan Chickpea Salad with Tomatoes & Parsely Steamed Broccoli Blueberries/Strawberries
<b>FREE BREAKFAST</b> Minfull Meditation Crochet Class Bingo-Movie	<b>Yoga</b> Sing-a-Long Music By Emilio	<b>Coloring</b> What's in the Paper Movie-Bingo	<b>Blood Pressure</b> Sing-A-Long <b>BIRTHDAY PARTY</b> Music by Emilio	<b>Free Meal</b> Coloring Sit & Be Fit Bingo
<b>30-Aug</b>	<b>31-Aug</b>	Computer Class Weds 1:30-2:30 Computer Lab Weds & Fri 2:00-3:00 Cell Phone & IPAD 101 Class Thurs 11:00-11:30 Cards Playing Mon & Fri 1:00-3:00 		
Tuna Fish Salad Classic Macaroni Salad Beet Salad Orange	Baked Breaded Chicken cuttlet Instatnt Mashed Potatoes Sauteed Zucchini Stewed Tomatoes Nectarine			
<b>FREE BREAKFAST</b> Minfull Meditation Crochet Class Bingo-Movie	<b>YOGA</b> Sing-A-Long Music by Emilio	Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine.		

# 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 August

Psoriasis Awareness/ Psoriasis Action Month 2021

August 1 - August 31

August is Psoriasis Awareness month and is used as an opportunity to educate and inform sufferers on a range of topics varying from treatment, causes, triggers and management of the inflammatory and often irritating disease.

The cause of psoriasis is still unknown but specialists do know that it is largely affected by the immune system and genetics.

Affecting men and women, all races and all ages, the disease can display on a variety of body parts at any given time therefore it is important to understand what you can do about it as and when you are affected by it. Learning to successfully manage treatment can take a long period of time but there are many ways in which the disease can be controlled and treated.

Whether you chose to do this via medication, holistic, complementary and alternative approaches, dietary control or lifestyle choices is down to each individual but there is a huge amount of support and information available enabling you to find the best solution.

An often irritating and sometimes challenging disease, we hope you can find support to manage the symptoms successfully. The National Psoriasis Foundation website has lots of useful information to guide you.

### 4 Way To Improve Your Health This Summer

Do you feel healthier and livelier in the summer months? It's not your imagination. Our immune systems actually vary with the seasons, studies show, and certain condition- heart disease, autoimmune disease, and depression are more prevalent during winter months. That makes summer a perfect time to take advantage of the season's natural boosters.

These boosters will do wonders for your mind and body

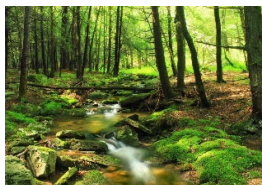


**IT'S A GOOD TIME TO..**

Get better sleep.

### NURTURE WITH NATURE

Something special happens when you're outside.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

### Try a Farmer's Market Diet



Vegetables offer an easy way to eat well.

### WISE CHOICES

#### GET MOVING!

- \*Here are some tips for making your day more active:
- \*Set specific goals for your physical activity. This increases the likelihood that you'll meet them.
- \*Take the stairs instead of the elevator.
- \*Park your car at the far end of the street or parking lot.
- \*Make your screen time more active. Set up your space so you can walk on a treadmill while watching TV or stand when using the computer.
- \*Try an online exercise class to stay active from home.
- \*Set an alarm to go off every hour as a reminder to move around for a minute or two.
- \*Have small weights around your home for doing arm exercises.
- \*Take a walk after your lunch. Or Have "walking meeting" with friends.

# THE GEMS

## Donations

Anthony Salcito.

\$ 2.000

## In Loving Memory

MARIA LASZCZYCH  
JEAN MIELE  
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## 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!

