



THE GEMS

NEWSLETTER

Cav. PETER CARDELLA
CENTER
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

TONI-ANN GRANDE, CHAIRWOMAN
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

MARCH 2022



"WHERE FLOWERS BLOOM, SO DOES HOPE"
LADY BIRD JOHNSON



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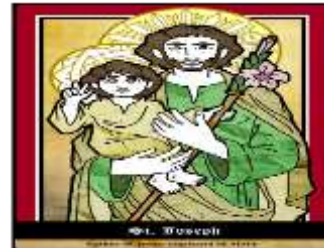
*** THE DUTIES OF THE ADVISORY BOARD ARE: TO TAKE COMPLAINTS AND SUGGESTIONS FROM THE GENERAL MEMBERSHIP OF THE CENTER AND ACT AS MEDIATORS BETWEEN SENIORS AND BOARD OF DIRECTORS.**



FEBRUARY 2022

ANNA MARIA BALSAMO, ELAINE MCKEON, WALTER WILMS,
SILVIA GALEATAFIORE, CELESTE FURCA, SALVATORE
STABILE, ULLA SILVA, JOHN SEJDARASI

PRAYER TO ST. JOSEPH



Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God. I place in you all my interests and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

EVENTS

- March 2: Ash Wednesday.
- March 8: International Women's Day.
- March 9: Food Commodity
- March 13: Daylight Saving Clocks are turned forward one hour.
- March 17: St. Patrick's.
- March 19: St Joseph.
- March 20: First day of Spring
- March 29: Advisory Board Mtg.

WALK WITH EASE TO BE ANNOUNCED



International Women's Day, also known as IWD for short grew out of the labor movement to become a recognized annual event by the United Nations. The seeds of it were planted in 1908, when 15,000 women marched through New York City demanding shorter working hours, better pay, and the right to vote.

**March 13
daylight
saving**



St. Patrick was originally celebrated in Ireland with religious services and feasts in honor of St. Patrick, one of Ireland's patron saints. When Irish immigrants brought St. Patrick's Day traditions to the United States, the day evolved into a secular celebration of Irish culture.



Saint Joseph also called the Feast of Saint Joseph or the Solemnity of Saint Joseph, is in Western Christianity the principal feast day Saint Joseph, husband of the Virgin Mary and legal father of Jesus Christ celebrated on 19 March



National Nutrition Month Is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

THE GEMS

PROPOSED MENU FOR THE MONTH OF

MARCH | 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Lunch is served Mon-Fri at Noon. All Meals are served with whole wheat bread, 1% low fat milk, and margarine. 	1-Mar Escarole & White Bean Soup Baked Turkey Breast Baked Sweet Potato Steamed Green Beans	2-Mar Beef Meatballs in Tomato Sauce Pasta Steamed Zucchini	3-Mar Lentil Soup Rosemary Chicken Corn Steamed Broccoli	3-Mar Baked Flounder Brown Rice Steamed Spinach
	Sing-A-Long Music Line Dancing	Ash Wednesday Ceremony Coloring-Yoga What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
7-Mar Butternut Squash Soup Italian Roasted Pork Tenderloin Instant Mashed Potatoes Steamed Red or Green Cabbage	8-Mar Italian Roast Chicken Brown Rice Steamed Spinach	9-Mar Chicken Marsala Egg Noodles Steamed Carrots	10-Mar Vegatbles Soup Roast Beef Baked Potatoes Steamed Broccoli	11-Mar Baked Marinated Cod Pasta with Garlic & Oil Italian Blend Vegeteble
FREE BREAKFAST Mindful Meditation Crochet Class Bingo-Movie	Sing-a-Long Music Line Dancing	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sing-A-Long Music by Emilio	Free Meal Coloring Sit & Be Fit Bingo
14-Mar Vegetable Soup Baked Breaded Chicken Cutlet Corn Steamed Spinach	15-Mar Sausage Pasta Con Sarde(Sicilian Tradition) ST Joseph Bread Broccoli Salad Sfinge	16-Mar Rosemary Chicken Ricew/ Vegetable Carrots	17-Mar Brisket Corned Beef Carrots Potatoes Green Cabbage	18-Mar Baked Flounder Pasta W/ Oil & Garlic Steamed Broccoli & Cauliflower
FREE BREAKFAST Mindful meditation Crochet Bingo-Movie	ST JOSEPH PARTY Sing-A-Long Music by Emilio	Fire Safety Press. Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sin-A-Long Music By Emilio	Free Meal Coloring Sit & Be Fit Bingo
21-Mar Split Pea Soup Baked Turkey Breast Baked Sweet Potato Brussels Sprouts	22-Mar Italian Roast Chicken Instant Mashed Potatoes Steamed Kale	23-Mar Escarole & White Beans Soup Roast Beef Brown Gravy Egg Noodles Steamed Green Beans	24-Mar Chicken Marsala Yellow Rice Steamed Broccoli	25-Mar Baked Fish w/ Garlic Sauce Pasta w/Garlic & Oil Steamed Spinach
FREE BREAKFAST Mindful meditation Crochet Bingo-Movie	Medicare Press. Sing-A-Long Music Line Dancing	Yoga Coloring What's in the Paper Movie-Bingo	Blood Pressure Sin-A-Long Music By Emilio	Free Meal Coloring Sit & Be Fit Bingo
28-Mar Vegetable Chicken Soup Garlic Chicken Pasta Tomato sauce Garden Salad	29-Mar Beef Stew Polenta Steamed Red & Green Cabbage	30-Mar Baked Breaded Chicken Cutlet Baked Red Potato Wedge Steamed Broccoli	31-Mar Lentil Soup Italian Style Pork Loin Instan Mashed Potatoes Steamed Red or Green Cabbage Birthday Cake	Cell Phone 101 ClassWeds 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
FREE BREAKFAST Mindful Meditation Crochet Class Bingo-Movie	Sing-A-Long Music Line Dancing Advisory Board Mtg	Yoga Coloring What's in the Paper Movie-Bingo	Birthday Party Blood Pressure Sin-A-Long 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 March

What is Colorectal Cancer?

Overview

Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early.

Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. Each year, about 150,000 Americans are diagnosed with this disease and more than 50,000 die.

Colorectal cancer may develop without symptoms. If you are 45 or older and at average risk, it's time to **get screened**.

What are the symptoms of colorectal cancer?

Changing bowel habits

Changing bowel habits may include intermittent or constant diarrhea and/or constipation, a change in the consistency of your stool, or stools that are more narrow than usual.

Persistent abdominal discomfort

Abdominal discomfort may present as cramps, gas, or pain. You may also feel full, bloated, or like your bowel is not completely empty. Nausea and vomiting can also be a symptoms.

Rectal bleeding

Blood in or on your stool is a symptom of rectal cancer and colon cancer. The blood can be bright red, or the stool may be black and tarry or brick red.

Weakness and/or fatigue

Weakness and/or fatigue may be a sign of colorectal cancer. Weakness and/or fatigue may be accompanied by anemia or a low red blood cell count.

Unexplained weight loss

A loss of weight for no known reason should always be investigated. Nausea and/or vomiting are also possible symptoms.

What are the treatment options for colon and rectal cancer?

Treatment for colorectal cancer (cancer of the colon or rectum) depends on the location of the tumor and the stage-of-diagnosis.

Treatment for colorectal cancer by stage

Stage describes the extent of the cancer in the body and is one of the most important factors in determining prognosis and treatment options.

The higher stages of cancer require advanced treatment options.

Stage 0 = Earliest stage of colorectal cancer

Stage 4 = Most advanced stage of colorectal cancer

Chronic kidney disease

Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy by filtering wastes from your blood. If kidney disease worsens, wastes can build to high levels in your blood and make you feel sick. You may develop complications like:

high blood pressure
anemia (low blood count)
weak bones
poor nutritional health
nerve damage

KEEPING YOUR KIDNEYS HEALTHY There are steps that you can take to keep your kidneys healthy: • Keep your blood pressure below 140/90, or ask your doctor what is the best blood pressure you should try to maintain. • Stay in your target cholesterol range. • Eat foods lower in salt. • Eat more fruits and vegetables. • Move more, and avoid sitting too much. • If you have diabetes, stay in your target blood sugar range. • When you get a check-up, get your kidneys checked too. • Take your medications, as your doctor recommends.

Kidney disease also increases your risk of having heart and blood vessel disease. These problems may happen slowly over a long time. Early detection and treatment can often keep chronic kidney disease from getting worse. When kidney disease progresses, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

THE GEMS

Donations In Loving Memory

LORETTA MCCARTHY
\$150
IN MEMORY OF
ANTONINO MIRABILE



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.

Honey Garlic Glazed Salmon

INGREDIENTS

- 1/3 c. honey
- 1/4 c. low-sodium soy sauce
- 2 tbsp. lemon juice
- 1 tsp. red pepper flakes
- 3 tbsp. extra-virgin olive oil, divided
- 4 6-oz. salmon fillets, patted dry with a paper towel
- Kosher salt
- Freshly ground black pepper
- 3 cloves garlic, minced
- 1 lemon, sliced into rounds

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GET INGREDIENTS Powered by Chicory

DIRECTIONS

In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.
In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil. Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.
Garnish with sliced lemon and serve.

