



Dear Members:

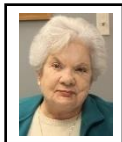


As we welcome the New Year, I extend my heartfelt gratitude to the Seniors of the Sandel club. Your wisdom and friendship have enriched our lives and brought many moments of joy throughout the past year.

Socialization and friendship play crucial roles in the well-being of Seniors, especially in the New Year. Maintaining social connections helps combat loneliness, contributes to mental and emotional health, and provides a support system. Engaging in activities with friends fosters a sense of belonging and purpose, contributing to a fulfilling and enriched life. As we step into the New Year, let's prioritize these connections, recognizing the value they bring to our overall happiness and quality of life.

I hope the coming year brings you cherished moments with friends and loved ones. I am grateful for the joyous moments we've celebrated together and the anticipation of many more to come. Wishing you all a New Year filled with happiness, good health, and the continued warmth of enduring friendship.

Love,  
Nancy



## The Men's Club at Sandel

By Dolores Filandro

When asked to describe the purpose of the Men's Club, Jim Gallagher, the President of the club replied, "The purpose is to get the men at Sandel to chat, discuss the news, and go to places that they enjoy visiting." Jim said their club is assisted by the cheerful efforts of Vice President, Marty Adler, the Recording Secretary, Jim Neitz, and the Treasurer, Andrew Cavaciutti.

The club has 15 members who pay dues. Other men join them at the Sandel Center for parties and special occasions. On November 8<sup>th</sup>, the Men's Club sponsored a special celebration at Sandel in honor of Veteran's Day. The club meets twice a month and the agenda usually includes planning for their favorite activities like more visits to the Air Museum to look at vintage aircraft, visiting the Air Power Museum in Suffolk County, and enjoying boat trips to Fire Island. Twice a year they enjoy going to the baseball games played by the Long Island Ducks in East Islip and Brooklyn Cyclones in Coney Island. Who can forget those hot dogs at Nathan's after the games?

Jim said that all of their activities are supported by their staff liaison, Kristine Tolan. Jim said that new ideas are always welcome and so are new members. Jim looks forward to more good times in good company at Sandel.



From left: Mike Betzag, Frank Hogan, Cass Pena, Jim Gallagher, Joe Rescigno, Marty Adler, Fred Caputo at the Sandel Halloween party.



From left: Jim Gallagher and Fred Caputo at the Veteran's Day luncheon. Bob Becchina, Joe Rescigno and Kevin O'Brien prepare burgers for the annual Men's Club barbecue.





# Valentine's Day

By Linda Sanatar

It's Valentine's Day, when lovers and those looking for love express their feelings with greeting cards and gifts in the hopes of receiving some form of affection in return. Whether one receives hugs and kisses, flowers or candy we know that the spirit of love is all around on February 14. One wonders when did this special day become a celebration of romance and love all over the world?

The origins of Valentine's Day vary when researched. Some believe it began as a Christian feast day honoring a martyr named Valentine who achieved sainthood. Some believe it began at the wine filled pagan love festival of Lupercalia. We know Chaucer and Shakespeare both promoted romance while writing about their yearnings for love and the hope of finding it. It has been recorded that the tradition of making handmade paper cards began in the Middle Ages as love tokens and then paved the way for factory-made cards during the Industrial Revolution. Hallmark of Kansas City, Missouri began mass producing Valentine's Day cards in 1913 resulting in the ultimate in card giving. The progression of these events have a common thread tying them together. Step by step the Valentine's Day we know today was created.

How is Valentine's Day celebrated around the world? In the U.S. poems are written, dinner dates are scheduled and flowers and candy are gifted. In Japan men are given chocolates by ladies and on March 14 men return the favor and give the ladies white chocolate in return. In the U.K. Valentine's Day has been celebrated since the Victorian era when anonymous notes were sent out because signing a note meant bad luck in love. Red roses are now the preferred gift in the U.K. and they are believed to be the favorite flower of Venus, the goddess of love. Finland celebrates Friend's day on February 14 where gifts are given to friends and neighbors. In Peru, Orchids are the preferred gift and in Denmark special handmade cards are given out with a pressed flower inside while young Danes give out white flowers called Snowdrops.

Despite the beginnings of Valentine's Day, the religious and cultural meanings have been overpowered by its commercial success. Heart shaped gift boxes of chocolates, special Valentine cards and flowers are the most popular gifts. Currently, 58 million pounds of chocolate, 145 million cards and 250 million roses are sold on Valentine's Day. The numbers are staggering. In the U.S. alone over \$25 Billion dollars in sales was the projected amount to be spent in 2023. Are there that many romantics out there? I think the answer is yes. Let's be honest, doesn't getting a Valentine in whatever form put a smile on your face? I like to think that this special day makes us feel happier, helps us put aside any troubles for a while and lets us have a fun day. Happy Valentine's Day!



## Time for a chuckle

Submitted by Ava Fitzgerald



I asked my wife what women really want. She said "a tent of lovers." Or perhaps it was "attentive lovers" - I wasn't really listening.

One day you'll find someone that is obsessed with you. It's probably going to be a dog, but it is what it is.

Husband: "For the last 38 years, all you've done is find mistakes in anything I say". Wife: "39 years."

Who always has a date on Valentine's Day? A calendar.

Chocolate is clearly God's way of telling us he likes us a little bit chubby.

At our age, music is like candy. You throw the rappers away.

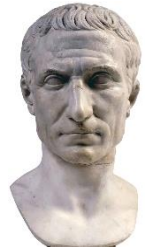


# January

By Sheila Shear

The Romans' method of marking time was based on agriculture. Since neither planting nor harvesting took place in cold weather, this period was unnamed. When the calendar was formed the long cold weather period was called December.

The Roman general and statesman Julius Caesar in 46 BC, is credited for adding January and February to the calendar, breaking December into three months. He named January after the God Janus. The Julian calendar extended the months to bring the calendar to 365 days. Caesar also added the 31<sup>st</sup> day to January. January is the first month of the year, the first of seven months to be 31 days long.



The God Janus was known for the protection of gates and doorways. Janus is depicted with two faces, each back to back symbolizing beginning and ending. Perhaps after looking back to last year, we make resolutions that we plan to carry out in this new year.

January is usually the coldest month of the year in the Northern Hemisphere.



There is a belief that babies born in January are talkative, adventurous, optimistic, and have a great sense of humor.



Couples separate or are divorced more in January than in any other month.

One of the most important events happened in the United States, when on January 1, 1892, Ellis Island opened. Two years before, in 1890, California started its Rose Parade.



There is a tradition mainly in North and South Carolina to welcome the new year with a dish called Hoppin' John. It is believed to have been created by people from Africa. They grew the peas in gardens or rice plantations. It is believed that if cattle grazed on black eyed peas it helped with their nutrition. The peas also helped suppress weeds. The recipe for this dish was printed in a book called "The Carolina Housewife" in 1847. The recipe is made with peas, rice, and meat, mainly bacon or ham. It often includes collard greens and corn bread.



Each day of January is celebrated in a different way. The most common is Martin Luther King Jr Day. Some others are Swiss Cheese Day, National Bird Day and Woman's Rock Day.



January's birthstone, the garnet, displays strength and purity. The carnation is the January flower.

January is Awareness Month. This involves: National Donors Day, Cervical Health Awareness Day, Mental Wellness, Poverty Awareness, Stalking Awareness, Walk your Dog Day, and Braille Literacy Day.

January is a cold but busy month!

## Cranberry Relish

Submitted by Lenore Brown



Since the color red is connected with the heart, it's no wonder that the color red became a powerful symbol of love. On Valentine's Day red colors are everywhere - red roses, red hearts and balloons, and the message is love, love, love.

This dish made with cranberry sauce is a perfect side dish to enjoy on Valentine's Day and any other day of the year and it's so easy to prepare.

- One box red Jello (I prefer black cherry)
- 1 1/2 cup hot water
- 1 large can whole cranberry sauce
- 2-3 stalks celery cut up fine
- 1/2 cup chopped walnuts
- 1 can crushed pineapple, drained

Dissolve jello in hot water. Add other ingredients. Refrigerate overnight.

ENJOY!





Happy 2024 Friends!

I hope this newsletter finds you healthy and happy. Now that the holidays are over, I find myself looking forward to a new year and new activities.

I recently read a social media post from a friend, where she wrote about not making the typical New Year resolutions but instead finding a way to enjoy new things throughout the entire year. So my goal is "24" in 2024! 24 new things that make me happy. What am I thinking? Maybe 24 lunches or walks or coffee chats with new people I meet (or someone I don't know that well yet). Or 24 extra days (or minutes?) of exercise per month. Or 24 new places to visit. You know I love traveling!

Whatever I decide to do, I plan to keep track in a journal of "24 in 2024" and will write a little entry about how it made me happy. Wouldn't that be a nice thing to read in December of 2024, so that I can be grateful for all that I learned and experienced during the year. Maybe you can join me! We could write 24 letters or cards or texts to friends throughout the year, or simply say hello to someone new once a week. We can do this!

No matter what your plans are for 2024, I hope they include spending time at the Sandel Center celebrating throughout the year. We always have fun, and I look forward to being with you!

Best Happy New Year wishes to each of you!

With Love,  
Kathy Baxley



## Viva la Fossi!

Las Vegas is coming to the Sandel Senior Center on April 12, 2024! This year's FOSSI fundraiser will be featuring Las Vegas style entertainment and gaming tables. Opening the night will be Frank Sinatra and Dean Martin. Following them, will be none other than Lamar Peters as Elvis Presley. Place your bets at our Casino Tables which include Craps and Blackjack. Dance the night away while honoring the Co-Director of Public Works, Gwynne Feiner and the Superintendent of the Building Department, Pat O'Brien. Mrs. Feiner and Mr. O'Brien are being recognized for their dedication to the Village of Rockville Centre and especially the Department of Senior Services.

Look for tickets on sale and sponsorship opportunities at the FOSSI website, [www.fossirvc.com](http://www.fossirvc.com)

## Save the Date

April 12, 2024  
7pm  
Sandel Senior Center  
50 South Park Avenue



## "My" Friend Helen

I do not know Helen as well as some of the other regulars at Sandel do, but you only have to talk with her a few times to call her your friend! When Helen enters the building, the sun comes out. She is loving and kind and most of all great fun!

Helen loves to laugh, even at herself and is at her best at parties, which are frequent at our club. We all like to sing and dance and after "a wee dram" (Helen is a Scotswoman), she is really in full form. She would ask my husband John to dance, and after a few minutes begin to shake her hips and say "look, but don't touch" and he would pretend to be embarrassed, while enjoying every second.



Top photo: Lamar Peters as Elvis Presely and Helen Gemmell. Bottom photo from left: Carol O'Leary, Edna Gray, Diane Griffin, Colleen Jinks, Helen Gemmell, Marge DePhillips.

During a few quiet moments we had together Helen reflected on hard times she endured in Scotland many years ago. She was never bitter and her concern for others became her life's mission.

We are less without you Lady, please know we all love and miss you!

We are glad you are with your wonderful family and well taken care of but please be advised we will welcome you back with open arms whenever you can be here.

With much love,

Claire Kirkwood

Claire and so many others



## Presidential Visits to Long Island

By Ann Casey



Presidents Day is February 19th. I have discovered many of the Presidents, starting with George Washington, have traveled to out Long Island communities for various reasons, as follows:

In 1790 George Washington traveled by coach 165 miles along Long Island's South and North shores. He stopped in Smithtown, Huntington, Oyster Bay, Roslyn and Flushing. One night he slept at the Oyster Bay home of Daniel Youngs, across the road from a family cemetery where Theodore Roosevelt would later be buried.

In 1791 Thomas Jefferson rode across Suffolk County on horseback to Mastic where he compiled a vocabulary of the ancient language of Unkechaug Indians. He later became the third president. He made the trip with his friend, James Madison, who became our fourth president.

In 1893 two-term president Grover Cleveland came to the Long Island Sound aboard the yacht Oneida in absolute secrecy, where he underwent surgery for cancer of the mouth. Later that same month, he had a second surgery and was fitted with an artificial rubber jaw.

John Quincy Adams bought a home in Deer Park in 1835 and spent many summers there until his death in 1848.

In 1898 William McKinley visited troops who had been quarantined at Camp Wycliffe in Montauk after they served in Cuba during the Spanish American War. Among the soldiers was Col. Theodore Roosevelt who would later succeed McKinley as president.

Theodore Roosevelt, the only president Long Island can call its own, spent most of his time in Washington during his presidency (1901-1909). He returned, however, to Sagamore Hill in Cove Neck each summer.

In 1953 President Dwight D. Eisenhower came to Long Island with former President Herbert Hoover to open Theodore Roosevelt's Sagamore Hill as a national shrine.

In 1972 Richard Nixon spent a day campaigning for re-election on Long Island. He made a speech before 16,000 people at the Nassau Coliseum in Uniondale.

In June 1984 President Ronald Reagan opened the International Games for the disabled at Nassau County's new Mitchel Park.

In 1998 President Bill Clinton traveled to the Hamptons causing traffic nightmares and road closures. His motorcade consisted of 12 motorcycles, 30 cars, 2 limousines, and 1 ambulance.



# Fitness at Sandel

**Fun & Fit** - A combination class that offers various movements to improve all aspects of physical fitness. This heart healthy workout set to great music will be a mixture of dance, free weights, resistance balls, and bands. It is designed to improve balance and stability while developing muscle awareness to aid in preventing slips and falls. Tuesdays and Thursdays at 10:30am with Nancy.



Sandel Members enjoying their morning workout.

**Cardio** - Join this invigorating group exercise class as you are lead through a variety of movements utilizing large muscle groups while incorporating balls, bands and light weights for resistance training. Mondays at 10am with Sheila.



**Pilates** - This method of core training which includes abdominal, back and hip muscles with additional muscle conditioning workout. Wednesdays at 10:30am with Mary.

**Balance** - This class teaches exercises designed to help you maximize balance, strength, and proper gait so that you can prevent the devastating effect of falls. Fridays at 10:30 with Megan.

**Yoga** - Enhance your range of motion, utilizing stretching and relaxation movements through basic yoga-like techniques. Mondays at 11am with Lucia.



Monday morning cardio class working hard.



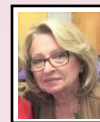
## Helen and John

By Pat Noonan

"God has been very good to us, Helen. I hope and pray that we will always be happy together. This has been five wonderful years for me and I hope for you also. I will always love you. John" This was the note my father wrote to my mother on a card for their 5<sup>th</sup> Anniversary on 4/9/39. In those five years, they had four children. I was born in 1940, my sister Peg was born in 1941 and twin brothers, Daniel and John were born in 1942.

You would think that a man and a woman who felt like that about each other would be good parents and you would be right. I never heard my parents fight or say something sarcastic to each other. What I did hear was my mother saying something funny and my father (her best audience) laughing out loud. I think that humor was a big part of their marriage. They were very serious about raising good kids but didn't take themselves too seriously.

We had a woman who came weekly to help my mom and she would say she worried that the four of us wouldn't be prepared for the real world once we left the security of that home. There is probably some truth in what she said. But even now, all in our 80s, we are very close and there for each other in good times and in bad. My mother and father gave us wonderful memories, memories we will always treasure.



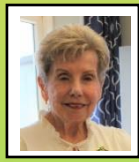
## Love Story

By Lee Schmidt

Mom and Dad were married on New Year's Eve in 1937. Fifty years later we celebrated Mom and Dad's Anniversary. My sister asked Dad "So, what do you attribute your marriage lasting 50 years?". Dad replied, "I don't know about that, but if there is such a thing as reincarnation, I would come back here and search the world over until I found your mother and I would marry her all over again. And that is LOVE.







## The Mask

By Claire Kirkwood

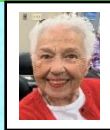
John loves African art and spent a bit of time with it in the Metropolitan Museum of Art in the city. We also studied the pharaohs and Greek masks. Over the years we have seen examples of death masks in every culture. Usually, the masks were commissioned because the person was accomplished in some manner and photography had not been developed.

We became fascinated with methods of creating masks and John donated his “mug” as the subject, directing me as the “helper”? We studied the steps and prepared carefully.

We took heavy but flexible cardboard and traced it around the perimeter of his face excluding hair and ears. It was a tight fit when we pushed his face through. A wooden frame gave us a form and would restrict any plaster overflow. I covered his face with Vaseline (I thought liberally) and brushed the almost liquid plaster on in layers. It was warm and got heavy. John had two rubber tubes in his nose to keep his passageways clear. I remember saying, “Wiggle your fingers if your breathing is ok”. Don’t know what I would have done if he stopped “wiggling”. When the time was up, at a signal I was to pull the negative that would become the mold for the mask off his head...

The plaster would not budge, what now? Frantically I rocked it back and forth until it loosened a little. John reached up and both of us yanked the plaster off. What was holding the plaster was John’s eyebrows and eyelashes! I hadn’t greased them well enough. Although he looked pretty strange without them, he was philosophical about it, after all it was for art’s sake! It took well over a year for them to grow back.

We later became better at mold making using a product called Moulage. I surprised John one Christmas by taking one of the masks to a foundry in Garden City, to be cast in bronze. It is heavy and the armature is standing in a rock base on one of our bookshelves, a happy memento of some of our creative years (besides having babies). And John is eternally youthful!



## Another Chanukah Miracle

By Lenore Brown

I offered to make dinner for my small family on Friday night, the second night of Chanukah. We were only going to be four people to cook for, not a big deal after the huge family gatherings we used to have. One staple of a Chanukah meal has to include potato pancakes, preferably served with applesauce and/or sour cream, homemade, of course. No frozen pancakes for us. While planning the menu I realized that I would have to grate those onions and potatoes and end up with sore fingers. I suddenly decided that instead of making dinner I would make a reservation.

Even though we had our choice of many of the excellent restaurants in town, I hoped to find one that could produce potato pancakes. Easier said than done. I kind of figured that it would be a problem never having seen potato pancakes on any of their menus. I tried three different restaurants. The first was having a large party that evening and couldn’t seat us until 7:15 pm. Too late. The next two were very polite but sorry that they couldn’t help us. I decided to try one more before giving up.



A nice gentleman took my reservation, and when I asked him if there was any chance that he could provide us with potato pancakes he said “no problem”. I could hardly believe my ears. Then he added that I should bring my own applesauce so I knew I wasn’t dreaming. I was delighted when he said that he likes to make them with a lot of onion. I really hit the jackpot. I did mention that I would like them served as an appetizer. Thinking it over the next day I realized that if we started the meal off with the pancakes we wouldn’t be able to eat dinner. I went over there to change the order from appetizers to part of the dinner instead.

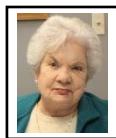
I explained about the change I wanted and the person I was talking to stopped me and said they don’t do potato pancakes at that restaurant. I insisted that someone (whose name I didn’t know) took the reservation without a problem. The manager came over and said there must have been a misunderstanding because they don’t have them on the menu. I asked if they could look up my order to see who I spoke with. The manager did that and said it was the owner himself who took my order. He called the owner just to make certain that there was no misunderstanding. The owner said everything was in order and told the manager to remind me to bring the applesauce. Dodici, one of the finest Italian restaurants in town, came to our rescue.

A wonderful meal with the required potato pancakes was enjoyed by all!



# Movie Review: Anatomy of a Fall

By Dolores Filandro



If you are ever selected to serve on a jury, do you think you will reach a verdict based only on the evidence and the facts? The French movie, with more than half the dialogue in English, will give you second thoughts. "Who dunnit?" It's complicated.

In this movie, a woman is judged "not guilty" of killing her husband by pushing him off a balcony. Her 10-year-old son influences the decision of "not guilty" by saying he did not see her push him. Is this wife innocent? Is the boy telling the truth? In court, the victim's wife describes a happy marriage. And then, a shock. The prosecution presents the husband's secret recording of the accused wife screaming at him that it is not her fault that she is a successful novelist and that he is a failure. That she did not steal his ideas from his drafts for her books. That it's not her fault that he has no time to write his own novel because he does all the housework. The husband questions his wife's relationship with other women.

The "not guilty" verdict at the end of the movie was examined and rejected by the informal jury in the ladies' room in the Malverne Theatre. GUILTY! Was this because we did not like her? Did her son tell the truth when he said he saw nothing? If his mother was found guilty, then he would have no one. What would have happened to him without his mother? When a jury hears all of the facts, is it only the facts that determine their decision?

If you enjoy deciding your own ending for a movie, you will enjoy *Anatomy of a Fall*.



## Correction

My Christmas Celebration by Sheila Shear.

The last sentence of the 6<sup>th</sup> paragraph should have read:  
The back of my jacket however did have **chalk** marks.



**Rockville Centre  
Department of Senior Services**

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**Sandel Center Newsletter**  
Issue # 47

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Sandel Center of Rockville Centre

This is a member newsletter. Letters and photo submissions are encouraged. They should be sent to the Sandel Center or via email:  
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