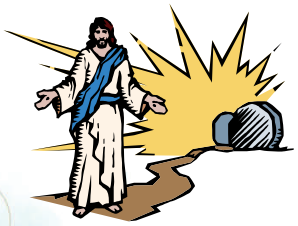
Wisdom People

St. Daniel's Senior Citizen's Group

April 2018 Issue

Easter Sunday



Just as they were telling about it Jesus himself was suddenly standing there among them and said, "Peace be with you."

May this Easter season renew your hope
in the Risen Christ!
Many blessings to you and your loved ones!

Happy Easter!

The next Wisdom People meeting will be **Friday, May 4, 2018** following the 12:10 mass**.** Please call Hospitality Chairperson, ***Angela Murphy*** at **315-455-5042** for reservations by **Friday, April 27th**. The entertainment will be the *Lyncourt School Concert Band*, *Jazz Band* and *Middle School Chorus* under the direction of ***Marian Hayden***.

Please Note: No one will be allowed in the building until 12:00 noon.

Wisdom People Contacts:

Hospitality Chairperson is ***Angela Murphy***. Please call Angela at **315-455-5042** for reservations. The next meeting will be on **Friday, May 4, 2018**. Please call by **Friday, April 27, 2018**.

Our Sunshine Chairperson is ***Helen Lynch***. If any member is sick, in the hospital or nursing home, please call the rectory at **315-454-4946** and a message will be given to her.

Our Membership Chairperson is ***Louise Epolito***. Please Note: Membership Dues for 2018 are due.

If you would like to make any suggestions to discuss anything or to cancel reservations, please call ***John L. Denega*** at **315-432-1005**.

Upcoming Events cont'd. from page 8

7. Keep The Date Open: Spring Concert, Thursday, June 7, 2018 at 6:30 p.m. at St. Daniel School Gym. This concert will be dedicated to ***Tony De Angelis*** sponsored by The Wisdom People. Featuring ***The Lyncourt Community Band*** conducted by ***Ray Sturge*** and ***The Harmony Katz***, an all men's barbershop chorus with a long tradition directed by ***Pete Carentz***. Special this year, ***The Katz Meow***, the all-women counterpart of The Harmony Katz. Refreshments will be for sale, doors open at 5:30 p.m. and admission is FREE! Transfiguration Church will also be selling Pierogi.

8. Dance Review: End of Road, June 9th, 2018 at 2:00 p.m.at the St. Daniel School Gym. Louise Epolito will present her dance students in celebration of 63 years of dance. This event is free of charge.

Syracuse winter accolades

- Out of the 53 three years of the Golden Snowball (snow contest between Upstate New York State cities) Syracuse, has won 39 times!

- According to Accuweather.com (2016), Syracuse ties at #5 of the Top 10 Snowiest Major Cities Around the World
  1. Aomori City, Tōhoku, Japan
  2. Sapporo, Hokkaido, Japan
  3. Toyama, Hokuriku, Japan
  4. St. John's, Newfoundland and Labrador, Canada
  5. Syracuse tied with Quebec City, Quebec, Canada

- Syracuse has won the Golden Snowball 14 out of the past 16 consecutive winters (2000-2001 to 2015-2016), with a total of 2,028.6 inches of snow (or 169 feet).

- The snowiest winter Syracuse has had was in 1992-1993 with a total of 192.1 inches of snow. That's 16 feet!

- Snowstorms of over five inches in a day normal occur 5 or 6 times a year in Syracuse. (Buffalo sees these 4 times a year, Rochester sees 3-4 a year and Albany sees about 3 a year.)

- The Syracuse Hancock International Airport has received the Balchen/Post Award for Outstanding Achievement in Airport Snow and Ice Control several times.

Golden Snowball trophy

THE STATS

Syracuse is located at the crossroads of two interstate highway systems, east/west I-90, also known as the New York State Thruway, and north/south I-81.

AREA:
Onondaga County.....780 sq. mi.
City of Syracuse.....26.2 sq. mi.
TERRAIN: Rolling hills and flat plains
ALTITUDE: 364 to 681 ft.
ELEVATION: 414 ft.
CLIMATE: Four seasons

CONTINENTAL MEAN AVERAGE TEMPERATURE:
January.....24 degrees
April.....46 degrees
July.....71 degrees
September.....62 degrees

POPULATION:

	City of Syracuse	Onondaga County
1990	163,860	468,973
2000	146,435	458,336
2010	145,170	467,026

More than 136 million people live within a 750-mile radius of Syracuse, including more than 50 percent of the population of Canada and the United States.

MILEAGE FROM MAJOR CITIES:

Albany, NY	136	Buffalo, NY	147
New York, NY	253	Pittsburgh, PA	342
Baltimore, MD	299	Cleveland, OH	330
Niagara Falls, NY	165	Rochester, NY	85
Binghamton, NY	75	Hartford, CT	254
Ottawa, Ontario	194	Montreal, Quebec	248
Boston, MA	299	Toronto, Ont	248
Philadelphia, PA	255	Washington, DC	350

DID YOU KNOW:

- More than 50 state, county and city parks and several nature centers.
- 40 museums and galleries, including the nationally known Everson Museum of Art, designed by I.M. Pei.
- The Carrier Dome, home of Syracuse University athletics, is the only domed stadium in the Northeast.
- NBT Bank Stadium seats 11,000 spectators and is home to the Syracuse Chiefs.
- The New York State Fair, the longest-running state fair in the country, annually attracts nearly 1 million people.

Source: CenterState Corporation for Economic Opportunity

2010 CITY OF SYRACUSE RACE/ETHNIC BREAKDOWN OF POPULATION

White	56.0%
Black/African American	29.5 %
Asian/Pacific Islander	5.5 %
American Indian, Alaska Native	1.1 %
Other	2.7 %
Two or more races	5.1 %
Hispanic Origin (of any race)	8.3 %

Source: U.S. Census Bureau

April birthdays:

Frances Dolly Asterino, Mary Azzolino, Marylin Benedict, Judy Cupoli, Angela Dambroso, Bernie Dranschak, Josephine Fitzpatrick, Rosemary Gotham, Donald Gwynn Richard Gwynn, Joanne Isabell, Julia Loperfido, Celestine (Sissy) Maurillo, Sally Previtire, Lorraine Schadt, Eleanor Vendetti, Myrtle Zacharek.

Rudolph V. "Rudy" Lostumbo

March 9, 2018

Let Us Pray

Eternal rest grant unto him O Lord, and let perpetual light shine upon him. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Wisdom People Memorial Mass June 1st, 2018

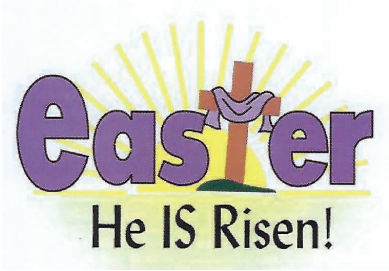
"Have courage for the great sorrows of life
and patience for the small ones;
and when you have laboriously accomplished
your daily task, go to sleep in peace.
God is awake."

Calendar of Events

Flower: Sweet Pea

Birthstone: Diamond

"The generous can forget they have given but the grateful can never forget that they are received."



April 1	Easter Sunday
April 1	All Fool's Day
April 6	Army Day
April 8	Divine Mercy Day
April 8	Craft Fair Lyncourt School
April 12	Syracuse Chiefs Opening Day
April 17	Income Tax Day & Patriot's Day
April 22	Earth Day
April 25	Professional Administrative Day
April 27	National Arbor Day

Upcoming Trips

Join the Scarsciotti's as they travel to:

1. The National Shrine Basilica of Our Lady of Fatima - Monday, May 21, 2018
2. The Divine Mercy Shrine in Stockbridge, MA - Monday, June 18, 2018
3. Sainte-Anne DeBeaupre in Quebec, Canada - Sun., July 15 - Tues., July 17, 2018
4. Bus trip to Merry-Go-Round "Mama Mia." Lunch at Sunset - Friday, June 15, 2018. Leave Big Lots at 11:00 a.m. Cost is $65.00, return after the play.
5. Mackinac Island, Michigan including Frankenmuth and The Upper Peninsula. 6 days, 5 nights Spetember 30-October 5. For more information contact Susan Burton 315-243-1581
6. Non-stop Turning Stone Trips - First Wednesday of every month. Leave from Big Lots at 8:30 a.m. Cost is $18.00, receive $15.00 casino or bingo money and $5.00 food. Call Mary Heindorf at 315-457-2669.
7. Salina Civic Seniors presents "A Taste of Germany" at Blackhead Mountain Lodge, Wednesday, August 8, 2018. Group leader is Angela Murphy 315-455-5042
8. A trip to Lancaster, PA - "Jesus" at Sight & Sound Theater. Also "Swing" at the Dutch Apple Theater w/dinner. August 28-30, 2018. Contact Peg Cole at 315-475-7639.

For booking or other information, please contact:
Mary Scarsciotti 315-437-2360 or John Denega 315-432-1005

Bella Tours & Travel, Inc.
305 Vine Street, Suite 7, Liverpool, NY 13088 315-652-0121

2018 Open Tours...Save The Dates!!!
April 2018 – December 2018

Information flyers for trips are on the information table!

New Parishioner

About an hour after our son Noah was born, and while my parents were getting acquainted with him, our minister stopped by to visit. Noah, who had been quiet until then, cried as soon as the pastor spoke.

"That's odd," the old pastor said, "he should be used to my voice. He's been hearing my sermons for nine months."

"Yes," Dad retorted, "but this is the first chance he's had to comment on them."

Taxes

Everyone has wondered who hit Joe Louis hardest during his ring career. When asked, Joe simply shrugged his shoulders, "That's easy, Uncle Sam!"

Retirement

My wife said, "What are you going to do today?" I said "Nothing." She said, "You did that yesterday." I said, "I wasn't finished."

Small Town Sheriff

The small town's sheriff was also its veterinarian. One night the phone rang and his wife answered. An agitated voice inquired, "Is your husband there?" She asked, "Do you require his services as a sheriff or as a vet?" The caller replied, "Both—we can't get our dog's mouth to open, and there's a burglar in it."

Riddles

What key is the hardest to turn? A donkey.

What did the adding machine say to the cashier? "You can count on me."

What do whales like to chew? Blubber gum.

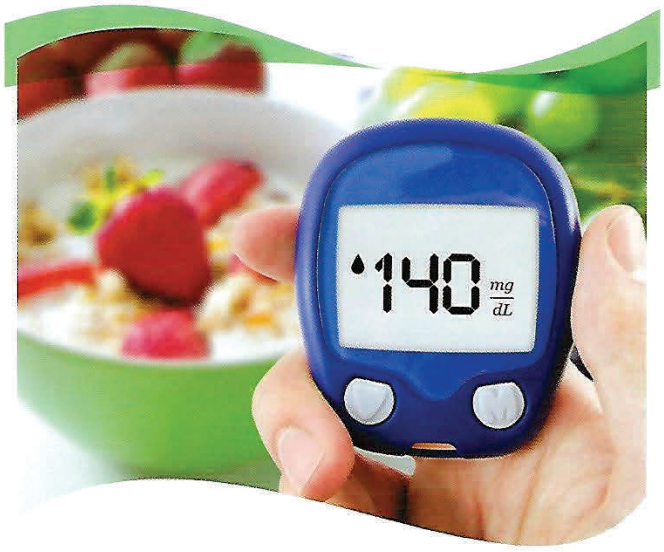
What is the difference between a teacher and a train? A teacher says "Spit out your gum" and a train says "chew, chew."

1. St. Francis Bingo in Bridgeport reopens on April 5th at the St. Francis Assisi Parish Center, Rte 298 Bridgeport. Bonus Ball Progressive! 6-on $5 admission. Thursday at 7:00 p.m., doors open at 5:00 p.m.. Pull tabs, food, beverages. Kitchen opens at 5:15 p.m. with new menu! 315-437-8318
2. Gaelic and Garlic Celebration at St. Daniel School Gym on Saturday, April 7, 2018 from 5:00-7:00 p.m. Shepard's pie, meatball subs, Irish soda bread, salad, cookies and beverages. Irish and Italian entertainment including step dancers. Raffle baskets and 50/50 raffles. Cost is $15.00 per person or two people for $25.00. Children under 10 is just $5.00, under 3 is free of charge. Proceeds to benefit Franciscan Northside Ministries and the Povello Clinic.
3. Lyncourt School Parent/Teacher Organization's 1st Annual Craft Fair and Sale, Sunday, April 8th, 2018 from 9:00 a.m. - 3:00 p.m. Lyncourt School's large gymnasium, 2707 Court Street. Local vendors showcasing jewelry, arts, and other handmade products. Food - Shopping - Raffles - Crafts - Sweet Treats

4. Syracuse Chiefs Opening Day: The Syracuse Chiefs open their 2018 International League season on Thursday, April 12th! Game time is 2:05 p.m. Syracuse Chiefs vs Norfort visits NBT Bank Stadium.
5. The Centerville Court Seniors Association is holding a garage sale and bake sale on April 14 starting at 9:30 a.m. until 2:00 p.m. Located at Sandra Lane in North Syracuse (across from Geddes Bakery, end of street). The proceeds benefit the senior association activities.
6. Senior Information Fair located at Cicero Northern Onondaga Public Library on Wednesday, April 18, 2018 from noon-2:00 p.m.

St. Daniel's Wisdom People Health Ministry

Regular Screenings Prevent Diabetes Complications



If you have diabetes, it's important to manage your disease. Getting these tests and screenings regularly can help prevent diabetes complications:

Test Your A1C Blood Sugar: The A1C test gives you a picture of your average blood glucose (blood sugar) control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working. By measuring the percentage of A1C in the blood, you get an overview of your average blood glucose control for the past few months. Your doctor and you can set a target for your A1C level.

Protect Your Kidneys: Diabetes can damage the kidneys and cause them to fail. Failing kidneys lose their ability to filter out waste products, resulting in kidney disease. When kidney disease is diagnosed early, treatment may keep it from getting worse.

Check Your Eyes: Diabetes can damage your vision. Damage to the eyes often shows no symptoms at first. People with diabetes should get an eye exam every year. Cataracts can cause blurry vision, dulling of colors, and increased sensitivity to glare.

Speak with your doctor about getting these tests and screenings, and about the steps you can take to be healthy and better manage your diabetes.

Tips for Managing your Medications

Keeping track of the medications you take is a key to taking good care of your health. Follow these tips to help you keep track of your medications:

- ✔ Take your medication at the same time each day.
- ✔ Take your medication at the same time as something that's already part of your daily routine, such as brushing your teeth or going to bed.
- ✔ Put a reminder note on your calendar a week before the medicine is due to run out, and refill your prescription.
- ✔ On your calendar, track when you take your medication.
- ✔ Put a reminder note on your refrigerator, medicine cabinet, or bathroom mirror.
- ✔ Keep your pills in a weekly pill organizer.

Easy Chicken and Biscuits

Prep	Cook	Ready in
10 m	30 m	40 m

Recipe By: *Campbell's Kitchen*
"A creamy chicken and vegetable casserole is topped with flaky, golden biscuits."

Ingredients

- 1 (10.75 ounce) can Campbell's Condensed Cream of Celery Soup or Campbell's Condensed 98% Fat Free Cream of Celery Soup
- 1 (10.75 ounce) can Campbell's Condensed Cream of Potato Soup
- 1 cup milk
- 1/4 teaspoon dried thyme leaves, crushed
- 1/4 teaspoon ground black pepper
- 4 cups cooked cut-up vegetables*
- 2 cups cubed cooked chicken
- 1 (7 ounce) can refrigerated buttermilk biscuits

Directions

1. Mix soups, milk, thyme, black pepper, vegetables and chicken in 3-quart shallow baking dish.
2. Bake at 400 degrees F for 15 minutes. Stir.
3. Cut each biscuit into quarters.
4. Arrange cut biscuits over chicken mixture. Bake 15 minutes or until biscuits are golden.