



**Joseph and Mercedes Chaparro show off their masks at the Mesa Downtown Senior Center Mardi Gras event!**

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# MARCH MENU

Meals are ready for pick-up between 11:00 am - 12:00 pm. 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mt).

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

1	2	3	4	5
<b>MONDAY</b> <ul style="list-style-type: none"> <li>- Beef Stroganoff w/ Bowtie Pasta</li> <li>- Edamame</li> <li>- Sweet Corn</li> <li>- Whole Grain Bread</li> <li>- Blueberries</li> </ul>	<b>TUESDAY</b> <ul style="list-style-type: none"> <li>- Creamy Vegetable Chicken</li> <li>- Normandy Blend</li> <li>- Asparagus</li> <li>- Brown Rice</li> <li>- Whole Wheat Roll</li> <li>- Pears</li> </ul>	<b>WEDNESDAY</b> <ul style="list-style-type: none"> <li>- Pulled Pork Sandwich**</li> <li>- Peas</li> <li>- German Potato Salad</li> <li>- Seasonal Fruit</li> </ul>	<b>THURSDAY</b> <ul style="list-style-type: none"> <li>- Salisbury Steak with Gravy</li> <li>- Mashed Potatoes</li> <li>- Succotash</li> <li>- Whole Grain Roll</li> <li>- Sliced Peaches</li> </ul>	<b>FRIDAY</b> <ul style="list-style-type: none"> <li>- Pork Roast with Gravy**</li> <li>- Green Beans</li> <li>- Tri Color Cauliflower</li> <li>- Whole Wheat Biscuit</li> <li>- Blackberries</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>- Chicken Piccata</li> <li>- Garden Salad</li> <li>- Rosemary Potatoes</li> <li>- Whole Grain Roll</li> <li>- Banana</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>- Turkey Salad Sandwich</li> <li>- Pea Salad</li> <li>- Beets</li> <li>- Whole Grain Bun</li> <li>- Oranges</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>- BBQ Beef</li> <li>- Whole Grain Bun</li> <li>- Collard Greens</li> <li>- Parsnips</li> <li>- Apricots</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>- Beer Battered Fish</li> <li>- Chef Blend Vegetables</li> <li>- Spinach</li> <li>- Whole Grain Roll</li> <li>- Strawberries</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>- Grilled Chicken Strips</li> <li>- Coleslaw</li> <li>- Grilled Vegetables</li> <li>- Whole Grain Roll</li> <li>- Fresh Fruit Mix</li> </ul>
<b>15</b> <ul style="list-style-type: none"> <li>- Pub Pork Chop**</li> <li>- Succotash</li> <li>- Baked Potato</li> <li>- Whole Grain Roll</li> <li>- Applesauce</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>- Pot Roast w/ Onion and Celery</li> <li>- Caramelized Carrots</li> <li>- Peas</li> <li>- Corn Bread</li> <li>- Mangos</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>- Corned Beef with Cabbage</li> <li>- Steamed Red Potatoes</li> <li>- Sliced Carrots</li> <li>- Rye Bread</li> <li>- Leprechaun Cake</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>- Cold Salad Plate: Egg, Beets &amp; 3 Bean</li> <li>- Whole Wheat Crackers</li> <li>- Fresh Pear</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>- Meatloaf w/ Gravy</li> <li>- Green Beans</li> <li>- Cheesy Potatoes</li> <li>- Whole Grain Roll</li> <li>- Grapes</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>- Salmon with Rosemary &amp; Garlic</li> <li>- 4-Way Vegetables</li> <li>- Cauliflower</li> <li>- Whole Grain Roll</li> <li>- Orange</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>- Chicken Cobbler</li> <li>- Fresh Baked Biscuit</li> <li>- Brussel Sprouts</li> <li>- Apricots</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>- Vegetable Lasagna</li> <li>- Asparagus</li> <li>- Belgium Vegetables</li> <li>- Bread Stick</li> <li>- Banana</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>- Teriyaki Riblets**</li> <li>- Asian Blend Vegetables</li> <li>- Coleslaw</li> <li>- Graham Crackers</li> <li>- Pineapple</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>- Butternut Ravioli with Chicken</li> <li>- Peas &amp; Carrots</li> <li>- Garden Salad</li> <li>- Whole Grain Roll</li> <li>- Fruited Gelatin</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>- Hamburger</li> <li>- Lettuce and Tomato</li> <li>- Sweet Potato Fries</li> <li>- Apple Slices</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>- Honey Glazed Ham**</li> <li>- Green Bean Casserole</li> <li>- Roasted Red Potatoes</li> <li>- Whole Grain Roll</li> <li>- Fresh Cantaloupe</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>- Deli Turkey Sandwich w/ Lettuce &amp; Tomato</li> <li>- Broccoli Salad</li> <li>- Macaroni Veggie Salad</li> <li>- Cookie</li> <li>- Grapes</li> </ul>	<div style="background-color: #0056b3; color: white; padding: 5px;"><b>Pick-Up &amp; Go Meals</b></div> <ul style="list-style-type: none"> <li>• For community members age 60 and up</li> <li>• Daily hot meals or frozen meals for a week</li> <li>• Suggested contribution of \$3.50 per meal</li> <li>• Reserve by 2:00 pm the prior day</li> </ul>	



# ASTER AGING

45 West University Drive • Mesa, AZ 85201 • 480-964-9014



## BENEFITING YOU!

The COVID-19 pandemic has impacted all of our lives. It dominates the news, drawing attention from all sides. Meanwhile, our lives, complete with their daily challenges, continue. In fact, many issues we face are harder given the pandemic's effects. One such case is Kim, and her husband James.



Recently, she lost her job due to injuries, and they needed to access AHCCCS and SNAP benefits. "I found the process very confusing especially since my mind is clouded by pain," Kim shares. That's when she called Aster's Outreach & Social Services.

Aster's program is here to help you navigate and access vital social services and health resources. We have trained Outreach Specialists dedicated to empowering and supporting local seniors and family caregivers.

"It was the answer to my prayers!" smiles Kim. "The Specialist was so personable, kind and thoughtful. She made the process so much easier for me!"

Outreach Specialists work with families, providing individualized, confidential support. They conduct a needs assessment, addressing pressing issues and ensuring that you are accessing all qualified services available to you.

"I really can't thank your organization enough for helping people to navigate an often times, confusing system. Bless you!"



### OUTREACH AND SOCIAL SERVICES

Anne McFarland

480-634-1659 | amcfarland@asteraz.org

## PROGRAMS FOR YOU

We support & empower East Valley older adults and their families to remain independent & engaged in our communities through:



### CENTER-BASED SERVICES

Our Centers are currently closed for in-person activity, but we are providing online activities & weekday Pick-Up & Go meals.



### MEALS ON WHEELS

Providing nutritious meals and essential wellness checks, with both short- and long-term plans, to meet your unique needs.



### IN-HOME SUPPORT

Supporting homebound adults with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.



### SOCIAL SERVICES

Helping navigate & access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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## HUMAN'S BEST FRIEND

Amidst a challenging time for seniors across the country, Meals on Wheels America is proud to announce the Meals on Wheels Loves Pets grant program, supported by PetSmart Charities.

This partnership with PetSmart Charities is part of Meals on Wheels America's strategic effort to combat social isolation and loneliness among seniors across the country, ensuring that seniors and their animal companions receive the care they need to age in place together.

Pets are especially important for the 58% of Meals on Wheels clients who live alone, providing a consistent source of comfort. With nearly 7 million seniors living at or below the poverty line, many find it difficult to care for a pet, and will often feed their pet before themselves.

For more information or questions on this program, call Lynn at [480-218-2221](tel:480-218-2221) or email [lfort@asteraz.org](mailto:lfort@asteraz.org).



## GIVING BACK LOVE

Thank you to the staff and volunteers at the City of Mesa and National Junior Honor Society! As this year's non-profit charity for the Community Spirit program, Aster received this massive donation of cards, chocolates, and blankets to help our senior clients celebrate Valentine's Day.



"We are humbled by the generosity of Mesa staff and volunteers," says Dan Lawler, "These groups truly embody the meaning of community and make me proud to live here."



## MORE TAX HELP? OK!

As we shared last issue, due to the pandemic, Aster Aging will not be able to host AARP Tax Preparation services this year. However, we are happy to share these FREE resources available to you here in the East Valley:

The Mesa United Way tax return preparation services, available at: [www.mesaunitedway.org/volunteer-income-tax-assistance/](http://www.mesaunitedway.org/volunteer-income-tax-assistance/) Appointments are required for ALL services and can be made online, by emailing [vita@mesaunitedway.org](mailto:vita@mesaunitedway.org) or by leaving a message at 480-834-2122.

Tempe Community Council is offering two options for FREE IRS-certified volunteer tax preparation service this tax season: 100% Virtual and Drop-Off tax services. Both services are available to all seniors or those with disabilities by appointment only. For more information visit [www.tempecommunitycouncil.org](http://www.tempecommunitycouncil.org) or email [vita@tempecc.org](mailto:vita@tempecc.org).



## BEWARE OF SCAMS

As the country begins to distribute COVID-19 vaccines, scammers are taking advantage of the pandemic. Be vigilant about schemes, with scammers using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.



Con artists may also try to get Medicare Numbers or personal information so they can steal identities and commit Medicare fraud. So, what can you do to help from being a victim of fraud?

Medicare covers the COVID-19 vaccine, so there will be no cost to you. You will need to share your Medicare card with your health care provider or pharmacy when receiving your vaccine, even if you're enrolled in a Medicare Advantage plan. Keep in mind:

- If anyone else asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.
- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails promising access to the vaccine for a fee.

Guard your Medicare card like it's a credit card.

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission.
- Medicare will never call you to sell you anything.
- Medicare will never visit you at your home.

You should regularly review your Medicare claims and Medicare Summary Notices for any services billed to your Medicare Number you don't recognize. Report anything suspicious to Medicare. If you suspect fraud, call 1-800-MEDICARE (1-800-633-4227).

## A NUTRITIOUS CELEBRATION

March is the anniversary of the National Senior Nutrition Program. The program, funded by the Older Americans Act, began in 1972 to meet the nutritional, social, and wellness needs of Older Americans.

Aster receives support to help our Senior Center serve lunches, and during the pandemic, our Pick-up N Go meals.

"This partnership is critical to our mission," states Carol Dopudja, Aster's Program Operations Director. "In addition to serving healthy meals, the program helps create social engagement opportunities, provides us with information on healthy aging, and meaningful roles, all of which contribute to improving peoples health and well-being."

For nearly 50 years, the National Senior Nutrition Program has been helping to keep older Americans healthy and social engaged. It is a great example of your tax dollars effectively at work in our community. Happy anniversary!

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## MEET YOUR STAFF

### Reed Steigerwalt

Director of  
Meals on Wheels



#### Birth Month

February

#### Birthplace

Lehigh, PA

#### Hobbies

Brewing beer of all kinds

#### Hidden Talent

I am a Culinary Gangster

#### Pets

2 Cane Corso's –  
Dharma & Odin  
(brother & sister)



#### Perfect Vacation

Any island beach or  
snowy mountain

#### Favorite Movie

"Remember the Titans"

#### Favorite TV Shows

"The Handmaid's Tale"

#### Favorite Food

Anything good, which does  
not include fast food

#### Personal Motto

"How you do anything is how  
you do everything."



## VIRTUAL ACTIVITIES

We are excited to offer interactive live classes online and over the phone. Each class is **FREE** to attend, but requires pre-registration through our website: [www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)



**Mondays | 10:00 - 11:00 am**

### **MINDFULNESS AND BUILDING RESILIENCE**

Facilitated by EMPACT

A weekly group that focuses on a peaceful daily routine.



**March 4 & 18 | 1:00 - 2:30 pm**

(lines open at 1:00, calling starts at 1:30)

### **PHONE BINGO**

Play your favorite game and win prizes! Registration is required.



**MARCH 10 | 2:00 - 3:00 pm**

### **ASTER'S BOOK CLUB BY PHONE**

Calling all bookworms -- help us make this activity a success!

Join us for our first meeting and give your valuable suggestions.



**March 26 | 10:00 - 11:00 am**

### **VETERANS' RESOURCES**

Facilitated by the AZ Dept of Veterans Services

Providing information for service members and their families.



**March 30 | 10:00 - 11:00 am**

### **BENEFITS ASSISTANCE**

Facilitated by Anne McFarland, Aster Aging

Learn the resources and benefits available to you.



## HERE FOR YOU

**Mesa Downtown  
Senior Center**

247 North Macdonald St  
480-962-5612 p  
cchavez@asteraz.org

**Red Mountain  
Senior Center**

7550 East Adobe St  
480-218-2221 p  
lfort@asteraz.org



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## IN-PERSON ACTIVITIES

We are excited to offer in-person activities at our Senior Centers! Activities are **FREE**, require registration and have **limited capacity**. Activities are outdoors, require face masks, with temps checked.



**Tuesdays, Thursdays, & Fridays | 8:15 - 9:00 am**

### MORNING MOVEMENT

Red Mountain Senior Center - Back Patio

Get your day moving in the right direction with outdoor exercise!



**Tuesdays & Wednesdays | 9:00 - 10:00 am**

### MORNING MOVEMENT

Mesa Downtown Senior Center - Parking Lot

Get your day moving in the right direction with outdoor exercise!



**March 9 & 23 | 10:00 - 11:00 am**

### WALK & TALK

Mesa Downtown Senior Center - Parking Lot

Join our walking group for some exercise and conversation.



**March 10 & 24 | 9:00 - 10:00 am**

### WALK & TALK

Red Mountain Senior Center - Parking Lot

Join our walking group for some exercise and conversation.



**March 15 & 29 | 8:30 - 9:30 am**

### VETERANS DONUTS & COFFEE

Mesa Downtown Senior Center - Parking Lot

Hang out and chat with your fellow service members.



**March 17 | 11:30 am - 1:00 pm**

### ST PADDY'S DAY CELEBRATIONS

Mesa Downtown Senior Center - Parking Lot

Red Mountain Senior Center - Parking Lot

Enjoy a physically distanced, green party with an Irish twist!

For the latest information about in-person activities, visit our online calendar at [www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)

## MEET YOUR STAFF

### Dan Lawler

Director of Development



#### Birth Month

December

#### Birthplace

Oklahoma

#### Hobbies

Drawing, Reading, Watching Movies, Biking, Spending time with my daughter

#### Hidden Talent

I have been known to draw

#### Pets

One doggie, from the pound

#### Favorite Movie

'The Empire Strikes Back', 'Rear Window', 'Unforgiven', 'The Shawshank Redemption', 'Ghost Writer', 'The Game'

#### Favorite TV Show

'Bosch', 'Murder, She Wrote', 'Psych', 'Scrubs', 'Unsolved Mysteries', 'The Mandalorian'

#### Favorite Food

Steak, Breakfast-for-dinner

#### Fun Fact

I love to bake.

#### Personal Motto

"Do or do not, there is no try."

## CELEBRATING WOMEN



## DANCE FOR HEALTH

Excerpted from The Clinical Advisor

Women's History Month honors and celebrates the struggles and achievements of American women throughout the history of the United States. American women have struggled throughout our history to gain rights not simply for themselves but for other under represented and disenfranchised groups.

Women's History Month began as a national celebration in 1981 when Congress requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Over the next five years, Congress continued to pass resolutions designating a week in March as "Women's History Week."

In 1987 after being petitioned by the National Women's History Project, Congress designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month.

Researchers analyzed the results of 7 published studies on dance therapy interventions for older adults. The article concluded that there is a link between participation in senior dance and improved mental and physical function, as well as better adherence to self-care routines and social roles with friends and family.



Encouraging older adults to maintain a healthy lifestyle and providing counseling on innovative strategies to increase activity and exercise has never been more important than during the COVID-19 pandemic. Temporary closures and restrictions on businesses, exercise facilities, and community-based group activities have reduced the availability of resources for older adults to exercise, stay active, and engage socially.

The benefits of daily activity and planned exercise are well established in the literature. Older adults benefit both physically and mentally from regular exercise, showing increased functional abilities, decreased risk of falls, improved mood, motivation, and decreased anxiety and depression.

Senior dance is a specific exercise intervention that when practiced regularly, may enhance functional status, increase stamina, and improve self-reported quality of life. During this time of stay-at-home orders, it is important to try some fun activities at home, such as senior dance.

Check Aster's online calendar for the latest interactive activities, such as dance and exercise classes. View the calendar online at: [www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)





## TALES OF THE IRISH

Excerpted from Activity Connections

Irish folktales and fairy tales have a long oral tradition. It was a point of pride for storytellers to recite the tales with great accuracy, and listeners knew the stories well. The tales changed and expanded over time, with current events and places folded into the ancient stories.



There are many popular supernatural creatures and human heroes and heroines in Irish tales. Fairies feature prominently in Irish tales. These mystical creatures can take many forms but almost always appear as human-like. They are considered to have a hierarchy, including fairy royalty.

Queen Mab or Queen Titania are common names for the Queen of Fairies. The King of Fairies goes by many names, including Finvarra and Midhir. But the most well-known name is Oberon, immortalized in "A Midsummer Night's Dream", who can be summoned by a song. Repeat the song three times during a party, and the Fairy King may appear. He will join in if he likes your party, but if he finds your gathering boring, mayhem may result!

Leprechauns are often associated with the Irish, but they didn't appear in ancient mythological tales; they became popular much later. Before the 20th century, leprechauns were thought to wear red instead of green. They are described as tiny creatures, wearing a jacket, formal hat, and shoes with buckles. Leprechauns are said to have hidden a pot of gold at the end of the rainbow.

Fionn mac Cumhaill, also known as Finn McCool, was a warrior and hunter who was the subject of many folktales. Some stories claim that Fionn was a giant of a man and that he created many of Ireland's most famous geographic features. He is said to have fallen asleep instead of dying and that he will awaken and return in the time of Ireland's greatest need.

## REEL TALK

A few recommendations of new films on streaming this month.



### Coming 2 America

2021 | PG-13 | Mar 5  
streams on Amazon Prime

Eddie Murphy  
Arsenio Hall

An African monarch learns he has a long-lost son in the United States and must return to meet him.



### Yes Day

2021 | PG | Mar 12  
streams on Netflix

Jennifer Garner  
Edgar Ramirez

Two parents decide to give their three kids a "yes day", where for 24 hours the kids make the rules.

### Disney

Raya & the Last Dragon (Mar 5)  
The Falcon & Winter Soldier (Mar 19)

### HBO Max

Zack Snyder's Justice League (Mar 18)  
Godzilla vs Kong (Mar 26)

### Netflix

Biggie: I Got a Story to Tell (Mar 1)  
Moxie (Mar 3)  
Waffles + Mochi (Mar 16)  
Monster (March TBD)

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## TRUTH OR BLARNEY?

**Ireland was the first country in Europe to grow potatoes on a large scale.**

Truth. There was a potato famine in Ireland from 1848 to 1852.

**The true Irish spelling of Patrick is Pádraig.**

Truth. It derives from Latin, meaning “nobly born.”

**In Irish mythology, Tír-Na-nÓg is a place where nothing ages or dies and everyone is happy.**

Truth. According to the legend, a few days in the mystical land would be the equivalent of several years in Ireland.

**“When Irish Eyes Are Smiling” is a traditional Irish folk song.**

Blarney. It was actually written for a Broadway show called ‘The Isle o’ Dreams’ in 1913.



## MINT SHAKE RECIPE

Excerpted from Activity Connections

Springtime is upon us! As the temperature rises, cool down with this refreshing holiday treat.

### INGREDIENTS

- 4 cups vanilla ice cream
- 1 cup milk
- 2 teaspoons mint extract
- 3 drops green food coloring
- Whipped topping
- Fresh mint for garnish

### DIRECTIONS

1. Place ice cream, milk, peppermint extract, and food coloring in a blender. Cover and blend on high until smooth.
  2. Divide into 4 serving glasses and top each with whipped topping and fresh mint. Serve immediately.
- Makes 4 servings



## DO YOU HAVE A FAVORITE RECIPE?

We are looking for delicious recipes! A tasty dessert? A spicy soup? A yummy appetizer? Send us your favorite family recipe and we may feature it in a newsletter or online. Email [dlawler@asteraz.org](mailto:dlawler@asteraz.org)

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## PUZZLES

Unscramble each set of letters to form a St. Patrick's day themed word. Then unscramble the marked letters to answer the riddle below.

1. I H I R S

2. H A C S M K O R

3. P E H L A E C U R N

4. Y N B L A R E

What was the leprechaun's favorite cereal?

\_\_\_\_\_

Find each of the grocery items from the categories listed below.

X E N C R E A M A E Y Y  
 A W G U O R U N P F R O  
 E B E G U P E U R E R G  
 L J A G P K O C I E E U  
 P Y U N C L H E C B B R  
 P L J I A E A B O H W T  
 A E H T E N T N T C A M  
 Y C N S J I A D T A R I  
 L A E G A B B A C N T L  
 C B R O C C O L I I S K  
 G V E N I S O N R P K Z  
 Y E K R U T U B U S O G

- Fruits
- Vegetables
- Dairy
- Meats

Which two butterflies are exactly alike?



RIDDLE: Irish, Shamrock, Leprechaun, Blarney; "Lucky Charms"  
 WORD FIND: Apple, Apricot, Banana, Cantaloupe, Strawberry, Argulia, Broccoli, Cabbage,  
 Eggplant, Spinach; Cheese, Cream, Milk, Yogurt; Beef, Chicken, Turkey, Venison  
 BUTTERFLIES: 1 & 4

## ANSWERS





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Sign-up for our eNews [enews@asteraz.org](mailto:enews@asteraz.org)



## KEEP UP TO DATE

Thank you for reading our newsletter, [The Aster Scene](#). However, to keep up-to-date on the latest news and information, consider visiting our website, signing up for email alerts, and following us on social media.



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## HOW YOU CAN HELP

In times like these, Meals on Wheels' service is more important than ever. Our staff and volunteers provide nutritious meals and critical well visits to seniors across our community. You can ensure the continued delivery of this critical service through a donation. Any amount helps seniors stay safe and healthy!



**DONATE ONLINE TODAY**

[www.asteraz.org/help/donate.html](http://www.asteraz.org/help/donate.html)