



Learn about Adele, volunteer extraordinaire, shown at Mesa Downtown's St. Patrick's Day party, on page 3.

IN THIS ISSUE

Lunch Menu	1
Volunteer!	2
Meet Fran	4
Activities	5
Throwback Photos	7
Vaccine Info	8
Puzzles	10

APRIL 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pick-Up & Go Meals

- For community members age 60 and up
- Pick-up daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reservations are required by 2:00 pm the previous day

5

- Pork Pozole Stew**
- Corn
- Yellow Squash
- Whole Wheat Roll
- Pineapple

6

- Orange Chicken Salad
- Cucumber Salad
- Beets
- Crackers
- Mixed Fruit

7

- Waffle with Eggs
- Sliced Tomatoes
- Chef's Potato
- Yogurt with Fresh Fruit

8

- Fried Chicken
- Greens Beans
- Yams
- Whole Wheat Sweet Roll
- Fruit Cocktail

9

- Sloppy Joe
- Garden Salad
- Potato Wedges
- Whole Wheat Bun
- Watermelon

12

- Beans & Rice with Chicken
- Okra
- Carrots
- Whole Wheat Roll
- Black Forest Cake
- Plum

13

- Meatloaf w/ Gravy
- Peas
- Mashed Potatoes
- Whole Wheat Roll
- Grapes

14

- Tilapia with Hollandaise
- Brussel Sprouts
- Rosemary Potatoes
- Whole Wheat Roll
- Sliced Pears

15

- Beef Tacos w/ Salsa, Lettuce, Tomatoes
- Refried Beans
- Tortilla
- Mandarin Oranges

16

- Pineapple Pork**
- Zucchini
- Cole Slaw
- Whole Wheat Roll
- Mango

19

- Chicken Salad Sandwich
- 3-Bean Salad
- Beets
- Whole Wheat Bun
- Honey Dew

20

- Shrimp Scampi
- Corn
- Roasted Potatoes
- Whole Wheat Roll
- Pineapple

21

- Stuffed Pepper
- Garden Salad
- Peas & Carrots
- Cornbread
- Pecan Pie
- Banana

22

- Ground Pork Stroganoff**
- Cauliflower
- Mixed Vegetables
- Whole Wheat Roll
- Blueberries

23

- Baked Potato with Cheese & Chili
- Broccoli
- Stewed Tomatoes
- Whole Wheat Roll
- Orange

26

- Ham Steak with Gravy**
- Coleslaw
- Mashed Potatoes
- Whole Wheat Roll
- Grapes

27

- Honey Garlic Meatballs
- Green Beans
- Succotash
- Whole Wheat Roll
- Banana

28

- Tuna Salad Plate
- Vegetable Pasta Salad
- Carrot Sticks
- Crackers
- Peach Crisp

29

- Summer Beef Stew
- Collard Greens
- Cornbread
- Cantaloupe

30

- Balsamic Chicken
- Bean Sprouts
- Asparagus
- Whole Wheat Roll
- Grilled Apples

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



LENDING A HAND

April is National Volunteer month. It is a time we take to thank and honor all of the individuals who give of their time, making our work in the community possible!



Volunteers are critical to the success of our mission, helping to empower and support older adults and their families across our communities. Each of our core programs relies upon the expertise and skill of volunteers.

“We would not exist without our volunteers,” smiles Carol Dopudja, Aster’s Program Operations Director. “They embody the heart and commitment to the community, improving lives every day.”

“If you have ever thought of joining our volunteer corps, now is the perfect time,” Carol shares. “We offer a variety of opportunities to fit your unique skills and availability.”

Some of our current volunteer roles include:

- Meals on Wheels** - deliver nutritious meals and smiles to seniors
- Neighbors** - provide companionship and essential transportation
- Senior Centers** - teach a class, serve lunch and more

“We are always looking for dedicated individuals,” states Carol. “Just let us know you want to volunteer and we’ll help you give back.”

To start your rewarding journey, or to learn more about a volunteer opportunity, please visit us at asteraz.org/help/volunteer.html



VOLUNTEERING WITH ASTER

Carol Dopudja

480-964-9014 | cdopudja@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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REBUILDING TOGETHER

Aster is proud to partner with Rebuilding Together Valley of the Sun (RTVOS). Working at the intersection of health and housing, RTVOS provides free critical home repairs, safety modifications and energy-efficient improvements for low-income seniors, families, veterans and individuals who are disabled.

RTVOS restores independence and dignity, preserves home values and equity, and increases peace of mind and pride of ownership. Through the provision of FREE critical home repairs, installing wheelchair ramps, and making home fall prevention safety modifications, they create safe, comfortable homes allowing individuals to remain in their own homes and age safely in place.

Program eligibility requires clients to be homeowners who are living in the home at the time of service. For more information or to apply for service, visit RTVOS online at www.rtvos.org or call 480-774-0237.



HELPING TO EXERCISE

Let's learn a bit about Adele, exercise instructor extraordinaire! She has been helping Aster participants stay fit and healthy since 1999!



Tell us a bit about your life.

I was born in Franklin Park, Illinois and graduated from Illinois State University in 1960. I first taught high school in Peoria, Illinois before getting married and having 6 children -- so I didn't teach again until 1977. Then I taught and coached all the girls' sports in elementary Catholic school in Rantoul, Illinois.

How long have you lived in AZ?

I moved here in 1986 for my husband to take a new job at Williams Air Force Base. I taught physical education at a Catholic school and started leading exercise classes for adults while there. I was hired at a health club in Mesa in 1987 and have led classes in many different places since then.

What hobbies do you enjoy?

I love playing cards and word games.

How have you stayed busy these past several months?

I've been blessed to be able to play cards, do some crafting and keep going with exercise classes.

Tell us when you first started volunteering at the Senior Center.

I had subbed in the evenings at the senior center through the recreation department, but then a mutual friend of Tom Eells asked me to fill in when he had knee surgery in 1999. I've been doing the morning classes ever since as he decided he enjoyed retirement.

From everyone at Aster, THANK YOU Adele!

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CALLING ON YOU

Next time you're in the Center, take a moment to say hello to Fran, one of our great volunteers!

Fran is a long-time Senior Center volunteer and a member of the Aster Aging advisory board. You have probably seen Fran at the Mesa Downtown front desk, kindly answering questions, assisting with lunch check in, and registering you for the Tuesday dances (oh, how we miss those dances!)



THANK YOU so much for all that you do, Fran!

Where were you born?

I was born in Champaign, Illinois. I've lived in Arizona for 64 years.

What hobbies do you enjoy?

I enjoy reading and gardening.

How have you stayed busy these past several months?

I try to stay as busy as I can be, including making check in calls to the center participants.

Tell us when you first started coming to (or helping at) the Mesa Downtown Center.

I started coming to the center in 2013 and volunteered one day a week. Beginning in 2016, I started volunteering 3 days a week.

Currently, Fran is volunteering by making calls to participants to say hello and check on their needs. If you'd like to join her in this vital work, please contact us at [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mountain).

A HELPFUL JOB

Do you want to work at a place where you can make a positive difference in the lives of seniors every day? Perhaps you are seeking a career change to give back and strengthen our community? Are you looking to be a part of a supportive team? If so, we are looking forward to hearing from you!

Aster Aging, Inc is currently hiring Home Care Aides for our In-Home Support program. Our Home Care Aides assist home bound seniors with non-medical support such as light cleaning, assisting with personal care, and respite assistance.

If you are new to the field, no worries! Aster Aging will pay for the Direct Care Workers Training program, providing you all training and certification needed to start your new career. Home Care Aides work a flexible part-time schedule, competitive wage with Paid Time Off, and - for a short time - a signing bonus.

For more information, or to apply for a position, call 480-964-9014 and ask for Allie.

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MEET YOUR STAFF

John Macgregor

Custodian / Food Service Driver



Birth Month

August

Birthplace

Rochester, NY

Hobbies

Travel and card games

Fun Fact

I always wanted to be a rock star drummer or a semi truck driver

Pets

None

Perfect Vacation

Lake Tahoe, NV

Favorite Movie

"Smokey and the Bandit", "Money Pit", "Fools Rush In", and "Mr. Mom"

Favorite TV Shows

Football and Baseball

Favorite Food

Seafood

Favorite Dessert

Cheesecake

Personal Motto

"Check, check and recheck."



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



Mondays | 10:00 - 11:00 am

MINDFULNESS AND BUILDING RESILIENCE

Facilitated by EMPACT

A weekly group that focuses on a peaceful daily routine.



April 1 & 15 | 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.



April 14 | 2:00 - 3:00 pm

ASTER'S BOOK CLUB BY PHONE

Discuss "The Girl in the Blue Beret" by Bobbie Ann Mason.



April 23 | 10:00 - 11:00 am

VETERANS' RESOURCES

Facilitated by the AZ Dept of Veterans Services

Providing information for service members and their families.



April 27 | 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 very excited to offer in-person activities at our Senior Centers! Each activity is **FREE** to attend, requires pre-registration and has **limited capacity**. Activities take place outdoors, require face masks, with attendees' temperatures checked on-site.



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!



April 6 & 20 | 10:00 - 11:00 am | Mesa Downtown
April 21 | 9:00 - 10:00 am | Red Mountain
WALK & TALK

Join our walking group for some exercise and conversation.



April 7 | 8:00 - 9:30 am | Red Mountain
April 9 | 8:00 - 9:30 am | Mesa Downtown
SPRING FLING!

Join us for good company as you enjoy a continental style breakfast in our Center parking lot.



April 12 & 26 | 8:30 - 9:30 am | Mesa Downtown
April 14 | 8:30 - 9:30 am | Red Mountain
VETERANS DONUTS & COFFEE

Hang out and chat with your fellow service members.

For the latest information about in-person activities, visit our online calendar at www.asteraz.org/news/calendar.html

MEET YOUR STAFF

Meb Hagos

Custodian /
Maint. Specialist



Birth Month

April

Birthplace

Asmara, Eritrea

Hobbies

Backyard BBQs

Pets

One cat, one dog

Favorite Movie

Comedies – not any one in particular

Favorite TV Show

Friends

Favorite Food

Lasagna

Perfect Vacation

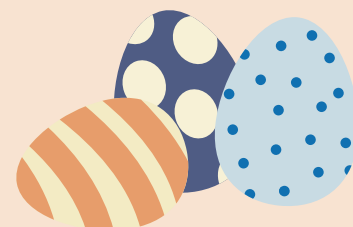
San Diego, CA

Favorite Dessert

I don't eat desserts

Personal Motto

Family first



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VOLUNTEER BENEFITS

Excerpted from the Mayo Clinic

Volunteers make a positive difference in the lives of others. But did you know that it can benefit your own health as well? Research has shown volunteering offers many health benefits, especially for older adults:

Decreased Depression Risk

Volunteering increases social interaction and helps build a support system based on common interests.

A Sense of Purpose

The work volunteers provide is essential to everyday processes, giving them a sense of purpose.

Staying Active

Volunteer activities get you moving and thinking at the same time. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result.

Reduce Stress Levels

Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease.



THROWBACK PHOTOS

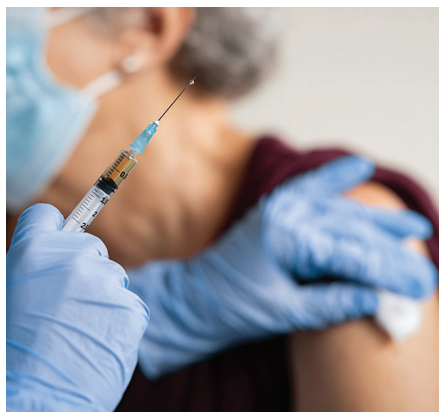
Volunteers have long been key to the success and growth of our programs, as you see in these photos throughout the years.





A HEALTHY FUTURE

As the COVID-19 vaccine becomes available, you may be concerned about getting vaccinated. While vaccines are developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority.



Vaccination is an important tool to help us get back to normal. Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines work with your immune system so it will be ready to fight the virus if you are exposed.

The vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes two weeks after vaccination for the body to build protection (immunity) against the virus. That means it is possible a person could still get COVID-19 before or just after vaccination and then get sick because the vaccine didn't have enough time to provide protection.

You should keep using all the tools available to protect yourself and others even after you are fully vaccinated. Keep taking precautions in public places, like wearing a mask, staying 6 feet apart from others, avoiding crowds and poorly ventilated spaces, and washing your hands often.

Stopping a pandemic requires all of us using all the tools we have available. If you or an older adult you are eligible for a vaccine but has had difficulty accessing an appointment, please contact Aster. Call us at [480-964-9014](tel:480-964-9014) or email info@asteraz.org and we will be happy to assist you.

REEL TALK

A few recommendations of new films on streaming this month.

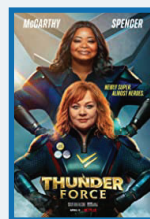


Concrete Cowboy

2021 | R | Apr 2
streams on Netflix

Idris Elba
Caleb McLaughlin

A teenager discovers the world of urban horseback riding when he moves to North Philadelphia.



Thunder Force

2021 | PG-13 | Apr 9
streams on Netflix

Melissa McCarthy
Octavia Spencer

Two estranged childhood friends reunite to protect their city after a serum gives them super powers.

Disney Plus

Treasure Buddies (April 2)
Big Shot (April 16)
Secret of the Whales (April 22)

Amazon Prime

Without Remorse (April 30)

HBO Max

Mortal Kombat (April 16)

Netflix

The Serpent (April 2)
Shadow and Bone (April 23)
Things Heard and Seen (April 30)

THE POWER OF FLOWER

Spring is flower season. A time of growth and renewal, of new animal and plant life.

We chose Aster as our namesake flower because of its history and meaning. The Aster flower is varied and resilient, providing diversity and strength to grow in almost any garden, late into the season when most other blooms are fading. In this spirit, Aster embraces the diversity and strength of our older population.

With over 600 varieties, Asters alone can make a color garden display. The best time to plant Asters is in mid- to late spring. In warmer climates, like Arizona, plant them in areas that avoid the hot mid-day sun. Try to select a site with partial sun.

Asters are known as being drought resistant and are great for desert landscaping. However, always remember to water your plants regularly over the summer.

Through planning and care, your garden should flower and thrive -- just like Aster Aging.



EASTER VARIETIES

Excerpted from The Clinical Advisor

The tradition of Easter festivities began long before Christianity, as the holiday is derived from pagan rituals celebrating the spring equinox. The holiday also has roots in the Jewish holiday of Passover. This crossover of traditions has led to the holiday we know today and helps explain why it is celebrated in so many unique ways around the world.



Guatemala

Antigua, Guatemala, is home to the world's largest Easter festival. Lasting an entire week, the festival includes elaborate parades, complete with massive floats decorated with religious scenes that travel throughout the city. On Easter Sunday, the somberness of the holiday turns jubilant as the resurrection is celebrated.

Poland

On Śmigus-Dyngus (Wet Monday), which is held on the day after Easter, Poles enjoy the tradition of dousing each other with water. The tradition harkens back to ancient fertility rituals. Today, it has become, essentially, one big water fight out in the streets.

Italy

On the island of Sicily, huge, elaborate arches made of bread are used to decorate prominent structures along main streets. In addition to breads, vegetables, herbs, willow, and cereals, are used to build these cathedral-inspired structures.

Sweden

In Sweden, children wear costumes on Easter, similar to how American kids dress up for Halloween. The festivities also include decorating with colorful feathers and feasting with, you guessed it, a smorgasbord laden with eggs.

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PUZZLES

Find each of the items from the categories below.

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

Synonyms of "Garbage"

Green Things

Items You Recycle

Endangered Animals

Unscramble each set of letters to form an Earth Day word. Then use the blue boxes to answer the riddle.

1. Y E R L E C C

2. N I O R G C A

3. A H I T T A B

4. O L O P L N I U T

Why did the sun go to school?

To get _____

Find the two Easter baskets that are exactly alike.



WORD FIND: Litter, Trash, Waste;
 Grass, Leaves, Plants, Trees; Cans,
 Cardboard, Bottles, Paper, Plastic;
 Elephant, Gorilla, Leopard,
 Panda, Rhino, Tiger
 JUMBLE: Recycle, Organic, Habitat,
 Pollution; "To get brighter"
 MATCH: 2 & 6

ANSWERS



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Mesa, AZ 85201-5831

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Sign-up for our eNews 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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Follow us on Instagram [@AsterArizona](#)



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