



**Participants enjoying the 2021 Aster Grill-Out!  
in the Mesa Downtown Senior Center parking lot.**


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# FEBRUARY 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 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
<ul style="list-style-type: none"> <li>- Hamburger</li> <li>- Lettuce and Tomato</li> <li>- Sweet Potato Fries</li> <li>- Apple Slices</li> </ul>	<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>	<ul style="list-style-type: none"> <li>- Deli Turkey Sandwich w/ Lettuce &amp; Tomato</li> <li>- Broccoli Salad</li> <li>- Macaroni Vegetable Salad</li> <li>- Cookie</li> <li>- Grapes</li> </ul>	<ul style="list-style-type: none"> <li>- Fish Sticks</li> <li>- Wax Beans</li> <li>- Vegetable Blend</li> <li>- Rice Pilaf</li> <li>- Mix Berries</li> </ul>	<ul style="list-style-type: none"> <li>- Polish Sausage with Kraut**</li> <li>- Zucchini</li> <li>- 5-Way Vegetable</li> <li>- Whole Grain Bun</li> <li>- Mango</li> </ul>
<ul style="list-style-type: none"> <li>- BBQ Chicken</li> <li>- Carrots</li> <li>- Spinach</li> <li>- Whole Grain Roll</li> <li>- Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>- Biscuits &amp; Sausage Gravy** with Eggs</li> <li>- Roasted Potatoes</li> <li>- V8 Juice</li> <li>- Strawberry Yogurt Parfait</li> </ul>	<ul style="list-style-type: none"> <li>- Tuna Casserole</li> <li>- Roasted Tomatoes</li> <li>- Sunset Vegetables</li> <li>- Whole Grain Roll</li> <li>- Fruit Cocktail</li> </ul>	<ul style="list-style-type: none"> <li>- Beef Baked Bolognese</li> <li>- Caesar Salad</li> <li>- Lima Beans</li> <li>- Whole Grain Roll</li> <li>- Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>- Roasted Turkey with Gravy</li> <li>- Peas</li> <li>- Chef's Vegetables</li> <li>- Cornbread Stuffing</li> <li>- Whole Grain Roll</li> <li>- Red Velvet Cake</li> </ul>
<p><b>15 OFFICES CLOSED</b></p> 	<ul style="list-style-type: none"> <li>- Chicken Fajita</li> <li>- Peppers &amp; Onions</li> <li>- Pinto Beans</li> <li>- Whole Wheat Tortilla</li> <li>- Banana</li> </ul>	<ul style="list-style-type: none"> <li>- Honey Garlic Pork</li> <li>- Meatballs**</li> <li>- Green Beans</li> <li>- Yams</li> <li>- Whole Grain Roll</li> <li>- Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>- Baked Tilapia</li> <li>- Peas and Carrots</li> <li>- Brussel Sprouts</li> <li>- Whole Grain Roll</li> <li>- Grapes</li> </ul>	<ul style="list-style-type: none"> <li>- Ranch Pork Chop**</li> <li>- Winter Blend Vegetables</li> <li>- Corn</li> <li>- Whole Grain Roll</li> <li>- Honeydew</li> <li>- Cookie</li> </ul>
<ul style="list-style-type: none"> <li>- Eggplant Parmesan</li> <li>- Grilled Artichokes</li> <li>- Sugar Snap Peas</li> <li>- Whole Wheat Pasta</li> <li>- Plums</li> </ul>	<ul style="list-style-type: none"> <li>- Corned Beef</li> <li>- Steamed Cabbage</li> <li>- Red Potatoes</li> <li>- Rye Bread</li> <li>- Apples</li> </ul>	<ul style="list-style-type: none"> <li>- Herb Roasted Chicken</li> <li>- Spinach</li> <li>- Baked Beans</li> <li>- Birthday Cake</li> <li>- Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>- Linguine with Meat Sauce</li> <li>- Yellow Squash</li> <li>- Baby Carrots</li> <li>- Garlic Bread</li> <li>- Raisins</li> </ul>	<ul style="list-style-type: none"> <li>- Cold Salad Plate: Tuna Orzo Vegetable Carrot Raisin</li> <li>- Whole Wheat Crackers</li> <li>- Pineapple</li> </ul>

## 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





# ASTER AGING

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



## A COMMITMENT TO YOU

On behalf of the Aster Board of Directors, thank you for your continued support.

Those of us on the Board are volunteers, just like hundreds of others across Aster. Meals on Wheels Drivers. Office Support. Neighbors Volunteers. Regardless of role, each of us is dedicated to creating a stronger, healthier, and more engaged community.



As a Board, we are here for you. We are working to grow Aster's community partnerships and programs, so we can fulfill our mission: to empower and support East Valley older adults and their families to remain independent and engaged in our communities

This pandemic has been challenging for us all. Yet, in the face of such challenges, I am so proud to see us come together -- Board, staff, community, volunteers -- to find ways to adapt and overcome. Our work provides critical support to individuals and is needed now, in the midst of these trials, more than ever.

Every day, our Board is working to ensure Aster is here for you, today, tomorrow and always. We are providing leadership and oversight, maintaining transparency and confidence in our operations, and ensuring a culture of collaboration and dialogue. And, if this work resonates with you, we are always looking for dedicated individuals to join our Board.

Again, thank you for everything you've done this past year. I am so excited to see what we can do together in the year ahead!

Karen Shreve  
Chair, Board of Directors

## 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.

## A VACCINE PLAN

As part of its continuing response to the COVID-19 pandemic, Maricopa County Public Health is working diligently to distribute and administer the COVID-19 vaccines in Maricopa County.

CDC guidance in the COVID-19 Vaccine Playbook describes a phased approach to distribution. Because of the limited vaccine supply, the CDC is prioritizing groups based on their risk. However, the timeline of delivery depends on many factors.

As more vaccine is available to more groups of people, more locations will open to provide vaccine. Eventually, we will reach a point where COVID-19 vaccine is available through a variety of facilities, similar to the wide availability of the flu shot.

As of this printing, Phase 1A and some 1B individuals are eligible for vaccination. Find the latest information on vaccination and scheduling of appointments at: <https://www.maricopa.gov/5641/COVID-19-Vaccine>



## CENTURY CELEBRATION

This month we celebrate a momentous milestone by one of our Aster family. Join us in celebrating Bob Vitell on his 100th birthday!

### Where Were You Born?

I was born on February 16th in Schenectady, New York

### Tell Us A Little Bit About Your Life.

I graduated from high school at 17. I lived in New York until I was 19, when I got my first job. I worked for a company doing ads for mobile homes. I met my wife at a dance. Dancing was a shared passion of ours. We married in 1942 (when I was 21) and had two wonderful daughters.

### You Were In The Military?

I served from 1943-46 in the Army Air Corps as a B-29 mechanic. I fought in World War II.

### What Did You Do Once You Left Service?

I worked for a finance company for 26 years. When I was 68, I started my own business, selling manufactured homes in Pinetop, AZ. I sold that and have been retired for over 30 years. My wife and I loved to travel. She passed away in 2013 (89 years old). I fell ill in February and when I got out of the hospital, there was a pandemic.

### How Long Have You Been Coming To The Center?

I've been coming for 6-7 years. I miss seeing all my friends and dancing with the ladies. I'm also pretty good at bingo.

### What Piece Of Advice Would You Give Future Generations?

Keep happy, if you can. If you can do things, do things. Stay active. If you have money, buy land. They aren't making anymore.



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## WE HAVE A WINNER!

Congratulations to Sherlene Courville, the winner of the Senior Center Members Quarterly Prize Drawing! Born in Los Angeles, Sherlene has lived in CA then AZ – each for 40 years.



She's been coming to the Center since 2010. She first heard about the center from her friend Burgie of Burgie's Let's Dance Band. They used to play at the center and told Sherlene to come on over and check it out. She's been coming ever since.

Sherlene says she misses the caregivers that she used to be in support group with and she misses Bingo but it's the people she misses the most. She's made a lot of friends through the years and can't wait to see everyone again!

Sherlene shares with everyone: "Try to keep a positive outlook whenever you can".



## IT TAKES A VILLAGE...

Have you thought about how the ongoing pandemic has impacted Aster's ability to help our growing community? One of our most effective ways of reaching new participants is when our participants bring individuals along to the Center. However, with the Centers closed, you can't bring guests with you to activities.

Yet, you can still spread the word! Tell your friends about our services, virtual activities, and in-person events. Pass along this newsletter or forward the eNewsletter to them. By sharing your positive experiences, you are spreading joy and making our community a stronger place for us all.

## A LITTLE TAX HELP

Due to the ongoing 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 Volunteer Income Tax Assistance (VITA) program offers tax return preparation services at multiple locations. Find a list of them at: [www.mesaunitedway.org/volunteer-income-tax-assistance/](http://www.mesaunitedway.org/volunteer-income-tax-assistance/)

Appointments Required for ALL services. There are three ways to schedule an appointment:

- Schedule it at one of the VITA sites on the MUW website
- Email [vita@mesaunitedway.org](mailto:vita@mesaunitedway.org)
- Call 480-834-2122  
(Leave only one message)

Your call/email will be returned as soon as possible. It may be one or two days. As a reminder, multiple safety procedures will be in place during appointments (such as facial masks, and physical distancing) to prevent the spread of the coronavirus.

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## MEET YOUR STAFF

### Carol Dopudja

Program  
Operations  
Director



#### Birth Month

May

#### Birthplace

Minnesota

#### Hobbies

Golf, Reading, and  
Watching Football

#### Hidden Talent

Despite burning large quantities  
of chicken in the kitchen at the  
Downtown Senior Center,  
I really can cook

#### Pets

None

#### Favorite Movies

"Raiders of the Lost Ark"  
"Evita"

#### Favorite TV Shows

"The Blacklist"  
"The Crown"

#### Favorite Food

Anything that isn't good for you

#### Favorite Dessert

Rhubarb Dessert, it's a MN thing

#### Personal Motto

"Just let it go."



## 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.



**Wednesdays | 10:30 - 11:30 am**

### **DANCE FUSION!**

Facilitated by a Michelle Dionisio

Jazz, Pop, and R&B rhythms to basic dance movements.



**February 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.



**February 23 | 10:00 - 11:00 am**

### **BENEFITS ASSISTANCE**

Facilitated by Anne McFarland, Aster Aging

Learn the resources and benefits available to you.



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

### **VETERANS' RESOURCES**

Facilitated by the AZ Dept of Veterans Services

Providing information for service members and their families.



## 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.



**Tuesday, Thursday, 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!



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

### WALK & TALK

Mesa Downtown Senior Center - Parking Lot

Join our walking group for some exercise and conversation.



**February 11 | 11:30 am - 1:00 pm**

### MARDI GRAS CELEBRATION

Red Mountain Senior Center - Parking Lot

A festive, physically distanced celebration with a Cajun flair!



**February 16 | 11:30 am - 1:00 pm**

### FAT TUESDAY CELEBRATION

Mesa Downtown Senior Center - Parking Lot

A festive, physically distanced celebration with a Cajun flair!

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)



## SEEING YOU IN ACTION!



The Morning Movement class at Red Mountain.

## MEET YOUR STAFF

### Anne McFarland

Director of Social Services



#### Birth Month

August

#### Birthplace

Arizona

#### Hobbies

Visual Arts, Reading, Learning

#### Hidden Talent

Activity Planner

#### Pets

Dixie, Olive, Stella, and Choyo all adopted pups

#### Favorite Movie

Suspense Movies

#### Favorite TV Show

Travel, HGTV

#### Favorite Food

Popcorn

#### Fun Fact

I am an Arizona native!

#### Favorite Dessert

Ice Cream

#### Personal Motto

To thine own self be true

## A SHADOWY HOLIDAY

Excerpted from History.com

There are religious holidays of all types, national holidays that honor heroes, and even silly holidays like National Candy Corn Day. But a day devoted to a chubby rodent that spends a lot of time underground? Now that's a holiday worth discussing.

Most likely German immigrants brought the story of the hedgehog with them when they came to the U.S. While they brought the tradition, they could not bring the animal. Another native hibernating animal — the groundhog — was substituted.

The earliest American reference to anything like Groundhog Day is an entry in a diary dated 1841. According to tradition, on February 2 of each year, the groundhog leaves its hibernation burrow. If the groundhog cannot see its shadow, it is said to remain aboveground, ending its hibernation. However, if it sees its shadow (if the sun is shining), the groundhog returns to its burrow, and we can expect six more weeks of cold weather.



## CELEBRATING HISTORY

Excerpted from Activity Connections

February is Black History Month. Dr. Carter G. Woodson (1875–1950) is credited with creating this event to recognize and reflect on the roles of African Americans in this country. To Name Just a Few...



### Frederick Douglass (1818–1895)

Frederick Douglass, who started life as a slave, became one of the foremost leaders and orators of the abolitionist movement. He was an advisor to President Lincoln during the Civil War. Douglass helped shape and fight for the adoption of constitutional amendments related to voting rights and civil liberties for blacks.

### Harriet Tubman (1820–1913)

Tubman was one of the best-known conductors of the Underground Railroad. She was given the name Moses and made 19 trips to the South over a 10-year period, leading over 300 slaves to freedom.

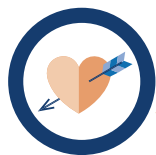
### Martin Luther King Jr. (1929–1968)

During the 1950s, Dr. King became active in the movement for civil rights and racial equality. He participated in the Montgomery bus boycott and other peaceful demonstrations to protest the unfair treatment of African Americans. In 1964, at the age of 35, he became the youngest person ever to win the Nobel Peace Prize. To this day, his words and beliefs live on.

### Rosa Parks (1913–2005)

On December 1, 1955, Rosa Parks refused to give her seat on a Montgomery bus to a white male passenger, and was jailed for it. That single act of defiance sparked a wave of protest throughout the country and catapulted her into the spotlight as the “Mother of the Civil Rights Movement.” Upon her death, Parks lay in state in the rotunda of the U.S. Capitol, the first woman to be so honored.

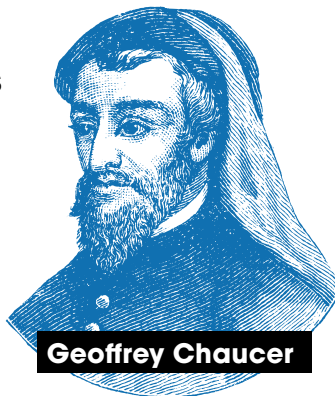




## A DAY OF LOVE

Excerpted from Activity Connections

While Valentine's celebrations have been around for 1500 years, Geoffrey Chaucer is credited with making Valentine's Day a romantic holiday. In a 1375 poem he links courtly love with the feast of St. Valentine. The popularity of Valentine's Day as a romantic holiday soared after his poem became popular.



Geoffrey Chaucer

It wasn't until the 1500s that people started sending romantic or friendly greetings this day, calling them valentines. By the late 1700s, commercially printed cards were available. The Victorians loved Valentine's Day. Their Valentine cards were flat sheets of paper, printed with illustrations and often embossed.

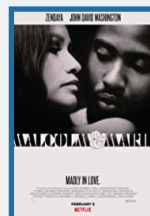
In 1840, Great Britain created Uniform Penny Post, which allowed Valentines to be mailed for just one penny. So many Valentines were sent that postal carriers were given extra money for food and drink to help them make it through their strenuous rounds! In 1841, more than 400,000 valentines were mailed in Great Britain, and by 1871, more than one million cards were processed in London alone.

The tradition came to America in the late 1840s, thanks to a young woman named Esther Howland, who received a British valentine when she was 20. She was enchanted by the card and imported lace and other materials from Britain to create her own designs. Today, she is known as the Mother of the American Valentine.

The oldest known valentine still in existence was written in 1415 by Charles, Duke of Orleans. He wrote a poem to his wife while he was imprisoned in the Tower of London after being captured at the Battle of Agincourt. Perhaps his gesture inspired the English king because, several years later, King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

## REEL TALK

A few recommendations of new films on streaming this month.



### Malcolm & Marie

2021 | R | Feb 5  
streams on Netflix

Zendaya  
John David Washington

A director and his girlfriend's relationship is tested after returning home from his movie premiere and awaiting critics' responses.



### Barb & Star Go to Vista Del Mar

2021 | PG-13 | Feb 12

Kristen Wiig  
Annie Mumolo

A pair of best friends find themselves in over their heads.

### Hulu

Nomadland (Feb 19)  
The US vs Billie Holiday (Feb 26)

### Amazon Prime

Bliss (Feb 5)

### HBO Max

Judas & the Black Messiah (Feb 12)  
Tom & Jerry (Feb 26)

### Netflix

Firefly Lane (Feb 3)  
Red Dot (Feb 11)  
I Care A Lot (Feb 19)

## YEAR OF THE OX

Legend has it that in ancient times Buddha asked all the animals to meet him on Chinese New Year. Twelve animals came, and Buddha named a year after each one. He announced that people born in each animal's year would have some of that animal's personality traits. This year, 2021, is the Year of the Ox.



What does it mean to be an Ox? Oxen are loyal, honest, and sincere. They are restrained and tend to be low profile. They aren't the life of the party, nor do they seek attention. Still, they gain recognition for their hard work and accomplishments. They play by the rules, and want everyone else to do so as well. They think logically and are good leaders.

Famous Oxen include: Barack Obama, Charles Lindbergh, George Clooney, Walt Disney, Princess Diana, Louis Armstrong, Jack Nicholson, Jesse Owens, Morgan Freeman, B.B. King, Malcolm X, Angela Lansbury, and Johnny Carson.



## JOYEUX MARDI GRAS!

Excerpted from History.com

Mardi Gras is a tradition that dates back thousands of years. Mardi is the French word for Tuesday, and gras means "fat." In France, the day before Ash Wednesday came to be known as Mardi Gras, or "Fat Tuesday."



Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard and cheese—that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The first American Mardi Gras took place on March 3, 1699, when French explorers Pierre Le Moyne d'Iberville and Sieur de Bienville landed near present-day New Orleans. They held a small celebration and dubbed their landing spot Point du Mardi Gras..

In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained until Louisiana became a U.S. state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris. Ten years later, the first recorded New Orleans Mardi Gras parade took place, a tradition that continues to this day.

Louisiana is the only state in which Mardi Gras is a legal holiday. However, elaborate carnival festivities draw crowds in other parts of the United States during the Mardi Gras season as well. What traditions do you have to celebrate Mardi Gras?

# ASTER AGING

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## PUZZLES

Find each of the Valentine's items from the categories listed below. Disregard spaces between words.

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

Cupid-related Items

"Love" Words

Types of Flowers

Types of Jewelry

Find the two Mardi Gras masks that are exactly alike.



Fill in the grid so that all six columns down, all six rows across, & all six 2-by-3 boxes contain the letters in **SHADOW**.

A letter appears in each column or row only once.

			D		
H				S	
	A		W		D
D	W	H		A	
		S			W
			A	O	

WORD FIND: Arrow, Baby, Bow, Wings; Adoration, Devotion, Endearment, Fondness; Carnation, Lily, Rose, Tulip; Bracelet, Brooch, Earrings, Necklace

ANSWER

ANSWER

4 & 5





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