



aster

# SCENE



October 2021

A Monthly Newsletter About Our Services

Volume 15, Issue 10



**Jerry Shambrook enjoys some vittles and fun during the Wild West lunch at the Mesa Downtown Senior Center.**

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# OCTOBER MENU

Lunch is served at 11:30 am. Pick-Up & Go meals are available between 11:00 am - 12:00 pm.

For next day reservations, call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

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

## MONDAY

## TUESDAY

## WEDNESDAY

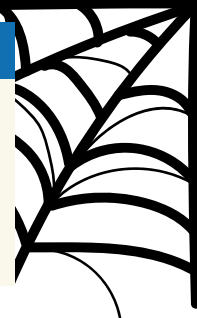
## THURSDAY

## 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



**4**

- Shepherd's Pie w/ Mixed Vegetables & Mashed Potatoes
- Whole Wheat Roll
- Pineapple

**5**

- Scrambled Egg with Spinach & Mushrooms
- O'Brien Potatoes
- Whole Wheat Croissant
- Fresh Fruit

**6**

- Lemon Pepper Trout
- Rice Pilaf
- Peas
- Whole Wheat Roll
- Peaches

**7**

- Beef Burgundy Tips with Noodles
- Scandinavian Vegetables
- Asparagus
- Whole Wheat Roll
- Grapes

**8**

- Baked Ham with Pineapple Glaze\*\*
- Cauliflower
- Stewed Tomatoes
- Whole Wheat Roll
- Fruit Cocktail

**11**

- Shrimp Alfredo
- Fresh Green Beans
- Italian Mixed Vegetables
- Whole Wheat Roll
- Mixed Berries

**12**

- Beef Tacos
- Refried Beans
- Whole Wheat Tortilla
- Banana

**13**

- BBQ Chicken
- Baked Beans
- Grilled Vegetables
- Whole Wheat Roll
- Apple

**14**

- Cheese Ravioli with Tomato Sauce
- Edamame
- Capri Vegetables
- Whole Wheat Garlic Bread
- Fresh Melon

**15**

- Baked Catfish
- Vegetable Rice Pilaf
- Broccoli
- Whole Wheat Roll
- Cinnamon Sliced Peaches

**18**

- Cold Salad Plate: Egg, 3 Bean and Beets
- Whole Wheat Roll
- Pineapple

**19**

- Chicken Parmigiana with Pasta
- Garden Salad
- Spinach
- Vanilla Pudding
- Grapes

**20**

- Brat w/ Sauerkraut\*\*
- Hot German Potato Salad
- Sliced Carrots
- Nutmeg Sliced Pears

**21**

- Meatloaf w/ Gravy
- Mashed Potatoes
- Chuck Wagon Corn
- Whole Wheat Roll
- Sliced Apples
- Birthday Cake

**22**

- Pork Stir Fry with Peppers & Broccoli\*\*
- Bok Choy
- Brown Rice
- Fruit Cup

**25**

- Honey Sesame Chicken
- Carrots
- Green Beans & Tomatoes
- Wheat Roll
- Apricots

**26**

- Lemon Pepper Tilapia
- California Blend Vegetables
- Garden Salad
- Whole Wheat Roll
- Fruit Cocktail

**27**

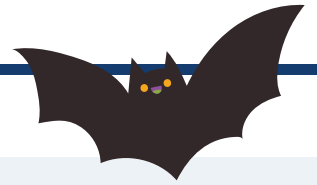
- Turkey Burger with Lettuce & Tomato
- Baked French Fries
- Fresh Fruit Cup

**28**

- Broccoli & Cheese Stuffed Chicken
- Green Beans
- Corn
- Whole Wheat Roll
- Mandarin Oranges

**30**

- Sloppy Jo
- Baked French Fries
- Brussel Sprouts
- Pumpkin Bar
- Orange



## BALANCE YOUR HEALTH

By Dr. Elton Bordenave, A.T. Still University Center for Resilience in Aging

Everyone dreams of remaining active and independent as they age. Maintaining a healthy lifestyle can go a long way in keeping that dream on track. One of the most common reasons that dream comes to an end, however, is falling. Falls are the leading cause of injury, accidental death and premature placement in a nursing home among older adults in the United States.



Many people think falling is natural as we age, but falling is not inevitable. Most falls can be prevented. Doing so requires understanding the risks and taking action to address those risks. We don't all have all risk factors. We each have our own risk factors.

The Centers for Disease Control and Prevention recommends focusing on 4 things that you can do to prevent falls:

- Exercise to improve your balance and strength
- Have your doctor or pharmacist review your medicines
- Have your vision checked
- Make your home safer

One way to begin is to participate in A Matter of Balance. It is a group class series made up of 8 weekly 2-hour sessions, including peer discussions, gentle exercise, education, and more. It is also very effective at reducing the anxiety around fear of falling.

Space is limited so sign-up today – your independence is worth it!

## 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 currently provide limited in-person activities, online programs, and weekday in-person & Pick-Up & Go lunch.

### 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.



**October 6th | 9:30 am | Red Mountain**

### **A MATTER OF BALANCE CLASS SERIES**

**presented by A.T. Still University Center for Resilience in Aging**

Star Kempton | [skempton@asteraz.org](mailto:skempton@asteraz.org)

# ASTER AGING

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

## NEIGHBORLY HELP FOR YOU

Have you ever found yourself in need of a ride to your doctor's appointment? Perhaps you need to pickup your prescription at the pharmacy?

Luckily, our Neighbors programs is here to help. Aster Neighbors provides vital transportation and support to older adults in the east valley. Our trained, caring volunteers help you to remain independent with a smile and a helping hand.

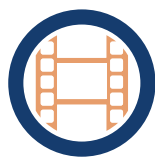
Neighbors provides:

Transportation to medical appointments, grocery stores, and the pharmacy

Companionship Visits with good conversation over a puzzle, game, or coffee

Telephone calls from a friendly volunteer, checking in and sharing stories

To inquire about receiving assistance, contact Meagan at [myu@asteraz.org](mailto:myu@asteraz.org) or 480-962-5612.



## NOW SHOWING

Each Center is hosting **FREE** movies starting at 12:30 pm. Screenings require face masks, pre-registration and have a **limited capacity**.

### MESA DOWNTOWN



**Oct 7 | THE GAME | 1997 | R**

Michael Douglas, Deborah Unger, Sean Penn

A wealthy banker's life is turned upside down when he is gifted the chance to play a mysterious game.



**Oct 14 | ARACHNOPHOBIA | 1990 | PG-13**

Jeff Daniels, Julian Sands, John Goodman

A species of South American killer spider hitchhikes a lift to the U.S. in a coffin and starts to breed and kill.



**Oct 21 | SLEEPY HOLLOW | 1999 | R**

Johnny Depp, Christina Ricci, Miranda Richardson

Ichabod Crane investigates the death of locals, with the culprit seemingly being a Headless Horseman.



**Oct 28 | AN AMERICAN WEREWOLF IN LONDON | 1981 | R**

David Naughton, Jenny Agutter

Two college students on a tour of Britain are attacked by a werewolf that no locals admit exists.

### RED MOUNTAIN



**Oct 4 | A QUIET PLACE | 2018 | PG-13**

Emily Blunt, John Krasinski, Millicent Simmonds

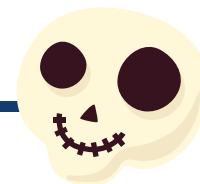
In a post-apocalyptic world, a family lives in silence, hiding from monsters with ultra-sensitive hearing.



**Oct 18 | THE BIRDS | 1963 | PG-13**

Rod Taylor, Tippi Hedren

In a small Northern California town, birds of all kinds suddenly begin to attack people.



## A SILENT THREAT

Excerpted from the National Institute on Aging

Feeling down every once in a while is a normal part of life, but if these feelings last a few weeks or months, you may have depression.

Depression is serious. It can affect the way you feel, act, and think. Depression is a common problem among older adults, but **clinical depression** is not a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems than younger people.



How do you know if you or your loved one may have depression? Does depression look different as you age? Depression in older adults may be difficult to recognize because older people may have different symptoms than younger people. For some older adults with depression, sadness is not their main symptom. They could instead be feeling more of a numbness or a lack of interest in activities. They may not be as willing to talk about their feelings.

If you are a family member or friend, watch for clues. Listen carefully if someone says they feel depressed, sad, or empty for long periods of time. That person may really be asking for help.

Depression is serious, and treatments are available. It is important to talk with your doctor today if you think you might have depression. You can also contact our Outreach & Social Service team, who are ready to assist you today.



### OUTREACH & SOCIAL SERVICE

Anne McFarland

480-962-5612 | amcfarland@asteraz.org

## FLU SHOT CLINICS

'Tis the season for flu! While the COVID pandemic dominates the news, it is important to remember Flu season is back,

People 65 years and older are at higher risk of developing serious flu complications. Flu vaccines are updated each season to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against flu.

“The flu shot is the best way to protect against the flu and to prevent serious complications,” said Anne McFarland, Aster’s Director of Social Services. “The shot is quick, easy and free.”

Each Aster Senior Center will offer shots between 9:00 and 11:00 am. Mesa Downtown’s clinic is on Oct 19th with Red Mountain’s on Oct 20th. Shots are available by walk-in or appointment, with priority given to those with appointments.

Call to schedule your shot today!

## MEET YOUR STAFF

### Allie Montes

Human Resources Specialist



#### Birth Month

August

#### Birthplace

Prescott, AZ

#### Hobbies

Travel, garden, cook, play games, ride my bike, volunteer

#### Fun Fact

I met Brad Pitt in 1996

#### Pets

2 Frenchies – Tyrion and Mocha

#### Perfect Vacation

Riding my bike in Amsterdam.

#### Favorite Movie

'The Color Purple'

#### Favorite TV Shows

'Better Call Saul', 'Schitt's Creek'

#### Favorite Book

'A Thousand Splendid Suns'

#### Favorite Food

Rib-eye steak! (Medium Rare)

#### Favorite Dessert

Pistachio Ice Cream

#### Personal Motto

"Show compassion and kindness every chance you get.."



## ACTIVITIES

We are excited to offer a diverse range of classes, in-person, online and over the phone. Activities may have fees, are limited capacity, and require pre-registration. More Info & RSVP at [asteraz.org](http://asteraz.org)

### VIRTUAL ACTIVITIES



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

#### **MINDFULNESS AND BUILDING RESILIENCE**

Facilitated by EMPACT

Join our weekly online group that focuses on creating and maintaining a peaceful daily routine.



**Oct 7 | 1:00 - 2:30 pm**

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

#### **PHONE BINGO**

Join us for telephone bingo and win prizes! Pre-registration is required to ensure you get game cards and materials to play!

### IN-PERSON ACTIVITIES



**Mon, Wed, & Fri | 8:00 - 11:00 am | Red Mountain**

**Daily | 12:00 - 2:00 pm | Mesa Downtown**

#### **BILLIARDS**

Enjoy billiards with your friends every day at our Center!



**Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain**

**Tues & Wed | 8:15 - 9:15 am | Mesa Downtown**

#### **MORNING MOVEMENT**

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



**Mon & Thurs | 8:30 - 9:30 am | Mesa Downtown**

#### **ADVANCED TAI CHI**

Learn to further enhance your health, balance and strength.



**Mon & Thurs | 10:00 - 11:30 am | Mesa Downtown**

#### **TAI CHI FOR BEGINNERS**

Learn to enhance your health, balance and strength.

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## ACTIVITIES (continued)

### IN-PERSON ACTIVITIES (continued)



**Tuesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**DIAMOND PAINTING CLASS - FALL THEME**

Enjoy this unique crafting activity – \$10 for four classes.



**Tuesdays | 8:00 - 9:30 am | Red Mountain**  
**Tuesdays | 9:00 - 10:00 am | Mesa Downtown**  
**STITCH & CHAT**

Enjoy good company while crafting creative pieces.



**Wednesdays | 1:00 - 2:00 pm | Mesa Downtown**  
**GRIEF & LOSS** facilitated by EMPACT

A bereavement support group for seniors.



**Fridays | 8:30 - 9:30 am | Mesa Downtown**  
**MILD EXERCISE**

Stay active with easy movement during this indoor class.



**Fridays | 1:00 - 2:30 pm | Red Mountain**  
**MOVIN' ON** facilitated by EMPACT

A post-bereavement social support group for seniors.



**Oct 8 & 20 | 10:00 - 11:00 am | Mesa Downtown**  
**BOOKSHELF** Facilitated by Mesa Community College New Frontiers  
Oct 8 discuss 'The Secret of Santa Vittoria' by Robert Crichton  
Oct 20 discuss 'Half Broke Horses' by Jeannette Walls



**Oct 14 | 8:30 - 9:30 am | Red Mountain**  
**Oct 4 & 18 | 8:30 - 9:30 am | Mesa Downtown**  
**VETERANS DONUTS & COFFEE**

Hang out and chat with your fellow service members.



**Oct 13 & 27 | 10:00 - 11:00 Am | Mesa Downtown**  
**MAYHEM & MYSTERIES BOOK CLUB**

Facilitated by Mesa Community College New Frontiers

Oct 13 discuss 'Heaven, My Home' by Attica Locke

Oct 27 discuss 'The Concrete Blonde' by Michael Connelly



### LUNCH EVENTS

**Oct 5 & 19 | 12:30 pm**  
**Mesa Downtown**

#### **BIG SCREEN TRIVIA**

Come for lunch, stay for a fun game of trivia!

**Oct 1 & 15 | 12:30 pm**  
**Mesa Downtown**

#### **OLD TIME RADIO - GEORGE & GRACIE**

Enjoy some radio favorites after a delicious lunch.

**Oct 21 | 11:30 am**  
**Both Senior Centers**

#### **SENIOR CENTER BIRTHDAY PARTIES**

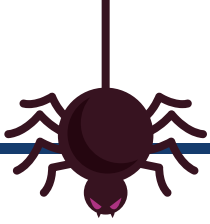
Join us at either Center to celebrate our October birthdays.

**Oct 29 | 11:30 am**  
**Both Senior Centers**

#### **HOWLING HALLOWEEN HOOTENANNY**

Costume Contests: Best Overall, Scariest, Most Original





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## MIND, BODY AND SPIRIT

In partnership with Cigna, Aster is proud to announce our Chair Yoga class! Classes start Oct 7th and are every Thursday at the Mesa Downtown Senior Center beginning at 9:45 am.

Yoga cultivates a mind-body connection, combining stretching and strengthening postures with deep breathing and relaxation. Yoga is an excellent way to keep your body strong and healthy without the joint stress that comes from other activities like jogging.

“We are excited to have Chair Yoga back at the Center,” states Star Kempton, Aster Activity Director, “And we are so thankful to Cigna for their support in offering this class to the community **free of charge!**”



## A BINGO RECORD!

Join us October 22nd for the biggest Bingo Event of the Year! Aster is an official venue for the World Record Bingo event, sponsored by Televeda and Cigna.



Register to come to either Aster Senior Center on Friday, October 22nd, at 10:00 am. Together, we will play bingo with thousands of people across the country, enjoy "live" music, and hear some brief talks. Aster will also provide a box lunch to all attendees of this two-hour event.

“We are so excited to be a part of such a fun event,” stated Star Kempton, Aster Activity Coordinator “Space for the in-person games is limited, so contact your Senior Center today!”

Prefer to join from home? No problem! While there is no boxed lunch, you can join virtually from the comfort of your home using your personal device (tablet, smartphone, computer, etc.).

For more information on the virtual game, or questions about the in-person event, contact Star at [skempton@asteraz.org](mailto:skempton@asteraz.org). We can't wait to see you there to make history!



THANK YOU

# CIGNA

FOR YOUR PARTNERSHIP SUPPORTING OUR PROGRAMS





## CLASSIC MONSTERS

Excerpted from Activity Connections

Vampires, and mummies, and werewolves, oh my! These are just a few of the iconic creatures that have captured our rapidly drumming hearts from the glow of the silver screen. Frankenstein's man-made monster; Imhotep, the re-animated mummy; Bram Stoker's vampire, Dracula; and the Wolf Man, the cursed werewolf, top the list of cinema's most enduring creatures of fright. These unnatural creatures distinguish classic monster movies from the broader horror genre.



Horror movies often feature natural beings as the deadly antagonists that send other story characters running for their lives. But in a true monster movie, the creatures are unnatural, even when they are lizards like Godzilla and apes like King Kong. Although Godzilla and Kong are based on real animals, both are supernatural monsters due to their size and supernatural origins.

These creatures on the big screen typically stem from folklore or science fiction. For example, Godzilla is born out of nature's lethal vengeance toward humans and the atomic bomb. In the case of King Kong, he comes from a place where animals have evolved for millennia with no biological check on bizarre mutations. But regardless of a monster's origins, they all have one thing in common: they cause eyes to slam shut, audible gasps, white-knuckle clutching, and bone-chilling screams.

So why do we watch? One recent study offers a new explanation. Researchers found that people can feel both fear and elation when cloaked in a sense of remoteness from the source of the fear. It's like feeling that warm sense of comfort and security we often experience during a thunderstorm while we snuggle in a cozy bed. Sitting in a theater or on a couch provides the same protection!

## REEL TALK

A few recommendations of new films opening this month.



### The Many Saints of Newark

R | Oct 1

Theatres & HBO Max

Leslie Odom Jr

Follow the formative years of New Jersey gangster, Tony Soprano.



### No Time to Die

PG-13 | Oct 8

Movie Theatres

Daniel Craig

Rami Malek

Bond helps an old friend battle a mysterious eco-tech villain.



### Dune

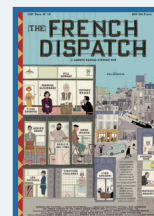
PG-13 | Oct 22

Theatres & HBO Max

Timothee Chalamet

Rebecca Ferguson

A young man travels to the most dangerous planet in the universe to ensure the future of his family.



### The French Dispatch

R | Oct 22

Movie Theatres

Benicio del Toro

Adrien Brody

A collection of stories published in a fictional French city's newspaper.

## SPOOKY FACTS

Excerpted from *Good Housekeeping*

How much do you really know about Halloween? If you've got a trivia night to attend this year, consider this your study guide!

- The holiday dates back more than 2,000 years.
- Trick-or-treating has existed since medieval times.
- Some Halloween rituals used to involve finding a husband.
- Immigrants helped popularize the holiday in the U.S.
- Sugar rationing during World War II halted trick-or-treating.
- Irish brought jack-o'-lanterns.
- Illinois grows more pumpkins than any other state.
- Candy corn was originally called "chicken feed."
- Skittles are America's favorite Halloween candy.

- Harry Houdini died on Halloween 1926.



## HONORING HISTORY

Excerpted from *Activity Connections*

In the 1980s, Americans began to ask why the country's Indigenous people did not have their own holiday to celebrate their heritage. After all, there are many holidays unique to the U.S. that celebrate the contributions made



by those who have lived in our country. States with large Indigenous populations, such as Colorado and South Dakota, began to push the way forward to create a national day of visibility.

The idea of shining a spotlight on the struggles and contributions of the Indigenous population first came to the forefront during the 1960s and 1970s. With the help of stars such as Johnny Cash and Marlon Brando, Indigenous issues were suddenly mainstream knowledge. Brando boycotted the 1973 Oscars due to Hollywood's portrayal of Indigenous Americans and to draw attention to the standoff at Wounded Knee Occupation. Meanwhile, Cash used his audience to sing songs that taught the history of Indigenous people.

Despite star power behind the movement, it was a difficult journey to change the mindset of the American public. Even to this day, some local and federal courts have not upheld treaties made with Indigenous nations. But there has remained the idea that a national holiday would be a good first step to make the plight of the original Americans common knowledge and to celebrate the many contributions and unique histories of Indigenous Americans.

In 1977, Indigenous leaders came together from all over the world to organize a conference in Geneva. Working with the United Nations, they presented the idea that one way to promote Indigenous "sovereignty and self-determination" was to observe October 12, the day of the so-called "discovery" of America, as an International Day of Solidarity with the Indigenous Peoples of the Americas.



## PUZZLES

Find each of the items from the categories below.

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

Instruments used in Polka Music

Types of Beer

German Cities

German Foods

prätwurst, pretzel, sauerkraut, sausage, strudel; accordion, drums, trumpet, tuba; Berlin, Cologne, Frankfurt, Hamburg, Munich; ale, amber, microbrew, pilsner

Find the two candy buckets that are exactly alike.



ANSWER

ANSWER



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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)