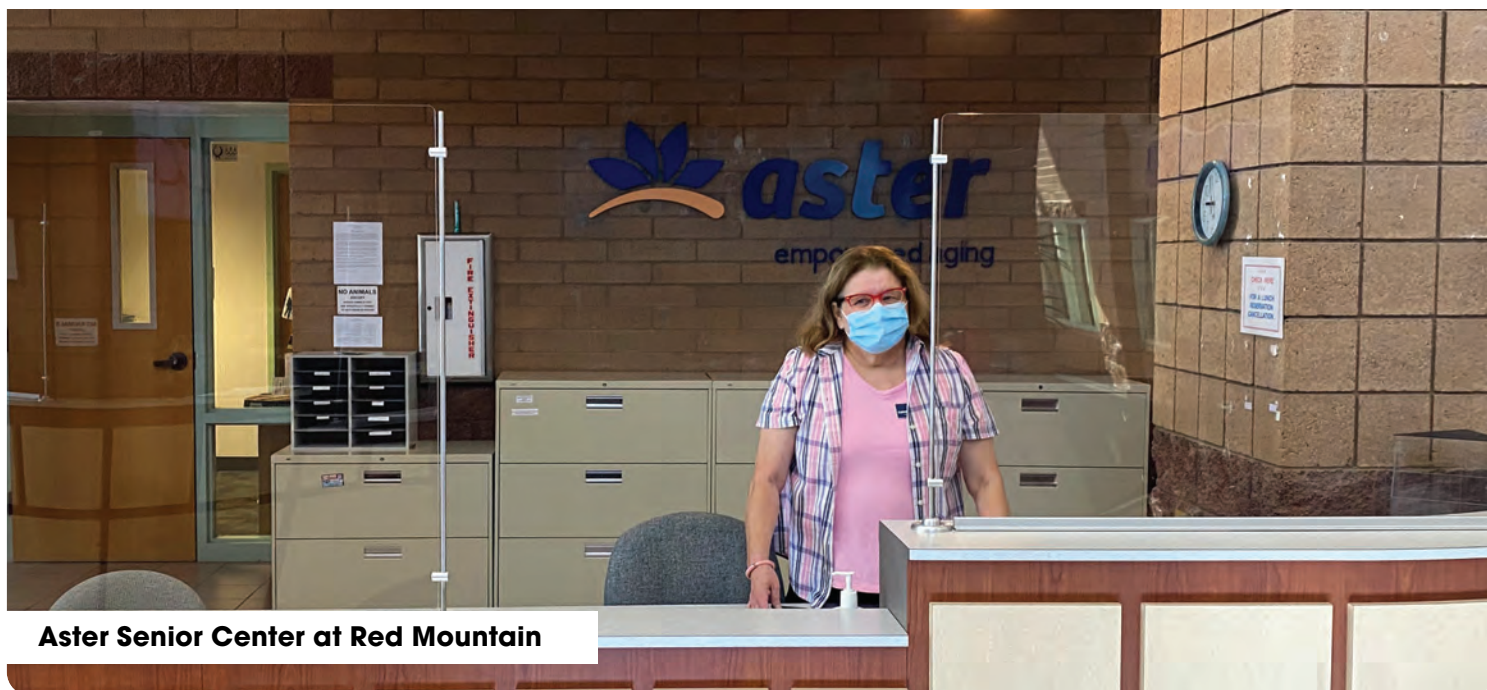




Aster Senior Center at Mesa Downtown

STARTING TO OPEN

REQUIRING PRE-REGISTRATION (NO WALK-INS), IN-PERSON SERVICES RETURN



Aster Senior Center at Red Mountain

JUNE 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

- 1**
- Pork Pozole Stew**
 - Corn
 - Yellow Squash
 - Whole Wheat Roll
 - Pineapple

- 2**
- Orange Chicken Salad
 - Cucumber Salad
 - Beets
 - Crackers
 - Mixed Fruit

- 3**
- Waffle with Eggs
 - Sliced Tomatoes
 - Chef's Potato
 - Yogurt with Fresh Fruit

- 4**
- Fried Chicken
 - Greens Beans
 - Yams
 - Whole Wheat Sweet Roll
 - Fruit Cocktail

- 7**
- Sloppy Joe
 - Garden Salad
 - Potato Wedges
 - Whole Wheat Bun
 - Watermelon

- 8**
- Beans & Rice with Chicken
 - Okra
 - Carrots
 - Whole Wheat Roll
 - Black Forest Cake
 - Plum

- 9**
- Meatloaf w/ Gravy
 - Peas
 - Mashed Potatoes
 - Whole Wheat Roll
 - Grapes

- 10**
- Tilapia with Hollandaise
 - Brussel Sprouts
 - Rosemary Potatoes
 - Whole Wheat Roll
 - Sliced Pears

- 11**
- Beef Tacos with Salsa, Lettuce, Tomatoes
 - Refried Beans**
 - Tortilla
 - Mandarin Oranges

- 14**
- Pineapple Pork**
 - Zucchini
 - Cole Slaw
 - Whole Wheat Roll
 - Mango

- 15**
- Chicken Salad Sandwich
 - 3-Bean Salad
 - Beets
 - Whole Wheat Bun
 - Honey Dew

- 16**
- Shrimp Scampi
 - Corn
 - Roasted Potatoes
 - Whole Wheat Roll
 - Pineapple

- 17**
- Stuffed Pepper
 - Garden Salad
 - Peas & Carrots
 - Cornbread
 - Pecan Pie
 - Banana

- 18**
- Ground Pork Stroganoff**
 - Cauliflower
 - Mixed Vegetables
 - Whole Wheat Roll
 - Blueberries

- 21**
- Baked Potato with Cheese & Chili
 - Broccoli
 - Stewed Tomatoes
 - Whole Wheat Roll
 - Orange

- 22**
- Honey Garlic Meatballs
 - Green Beans
 - Succotash
 - Whole Wheat Roll
 - Banana

- 23**
- Ham Steak with Gravy**
 - Coleslaw
 - Mashed Potatoes
 - Whole Wheat Roll
 - Banana

- 24**
- Tuna Salad Plate
 - Vegetable Pasta Salad
 - Carrot Sticks
 - Crackers
 - Peach Crisp

- 25**
- Summer Beef Stew
 - Collard Greens
 - Cornbread
 - Cantaloupe

- 28**
- Balsamic Chicken
 - Bean Sprouts
 - Asparagus
 - Whole Wheat Roll
 - Grilled Apples

- 29**
- Roasted Turkey with Gravy
 - Lima Beans
 - Mashed Potatoes
 - Whole Wheat Roll
 - Seasonal Fruit

- 30**
- Salisbury Steak
 - Spinach
 - Pinto Beans**
 - Whole Wheat Roll
 - Fruited Gelatin

Pick-Up & Go Meals

- For individuals age 60 and up
- Daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reservations by 2:00 pm the previous day

ASTER AGING

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



PHASED REOPENING

As you read in this newsletter, our Senior Center team is working on plans for a phased reopening of indoor activities. Throughout this pandemic, Aster's top priority remains the safety of the older and disabled adults we serve, our employees, and our volunteers.

We will start with small group activities that more readily fit with safety standards. Large group activities (like dances and bingo), those with shared supplies (arts and crafts), and informal gathering areas (cafes and lounges) are planned for later phases.

Thank you for your understanding as we move forward together. Aster is maintaining our current COVID safety requirements, including masks and physical distancing, for all participants and staff regardless of vaccination status during our early phases of reopening. These requirements will be reassessed before the end of June. We will share any planned changes in lifting specific safety requirements in advance.

Safety Guidelines for Reopened Group Activities

- **Masks are required at all times during Aster activities.**
- Maintain physical distancing of six (6) feet from others.
- Advance sign-up is required for all activities (no walk-ins). To sign-up: 1) call the Center, 2) make reservations in-person, or 3) register online www.asteraz.org/news/calendar.html
- Staff will sanitize all tables, chairs, and restrooms used after the activity and before the next activity begins.

Can we help you in getting vaccinated? Aster is scheduling appointments and providing transportation to the Mesa Fire Department's weekly clinics at the Mesa Convention Center.

Check with the Center or our website for updates and the reopening of more activities. Please take care and stay safe! We all look forward to the end of this pandemic and the full reopening.

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, as well as online programming & 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.

GETTING VACCINATED

The COVID vaccine is a critical tool to keep us safe and help us get back to normal. 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.

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, .

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.



THANKFUL BENEFITS

Excerpted from American Heart Association

Gratitude is more than a buzzword. It's a habit that may actually change your perception of well-being.

"Gratitude is good medicine," says Robert A. Emmons, Ph.D., a professor of psychology at the University of California, Davis and author of *The Little Book of Gratitude*. "Clinical

trials indicate that the practice of gratitude can...lower blood pressure and improve immune function."

In a few simple steps you can get started practicing gratitude from the heart. Write these down for yourself or share them with others.

1. HEALTH: What did your body do for you today?

Take a minute to thank yourself for the steps you take every day to keep your body safe and healthy.

2. EAT: What did you feed your body to nourish yourself today?

Slow down and take time to savor an especially yummy meal.

3. ACTIVITY: What did you do that you really enjoyed today?

Take a minute to think back on one particularly awesome moment.

4. RELATIONSHIP: Whom do you look forward to connecting with?

Pause to smile as you think about this special person. Then make plans for a virtual meet-up.

5. TIME: What are you doing right now?

Be thankful for the gift of time, including any extra time you have right now for your family or yourself.



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PAYING IT FORWARD

“It was only \$5,” shares Jim, a retired Mesa school teacher, referring to a gift he recently gave to Aster Aging. “I know it isn’t much, but I still wanted to show my support.”

Like Jim, many small dollar donors may not realize the full impact of their gift.



“Small gifts are the lifeblood of our work,” states Dan Lawler, Aster’s Development Director. “Many people may think that their gift alone is not significant. However, when you take all of those gifts together, they are truly a tidal wave of support.”

Small gifts sustain Aster’s critical programs throughout the year. Individual donors support core work through Meals on Wheels, Outreach / Social Services, Neighbors, and our Senior Centers.

“We could not do our work without such community donors,” says Mr. Lawler. Our donors give with peace of mind knowing that Aster is a responsible steward of our donors’ gifts. Out of every dollar donated to our organization, 88 cents goes to direct services.

“I know I cannot give as much as Bill Gates,” smiles Jim. “But I know that what I can give is really helping people to remain independent. It’s helping our community build stronger relationships. It’s making this world a better place to live.”

For more information or to make a donation, visit our website at asteraz.org/help/donate.html or contact Dan Lawler at 480-964-99901 or via email at dlawler@asteraz.org.

LISTENING TO YOU

Aster participates in Listen For Good (L4G), an initiative co-funded locally by Virginia G. Piper Charitable Trust. The L4G Senior Center survey was conducted March 1st - 19th. Staff distributed a total of 331 surveys to current participants with 138 of those surveys returned.

Highlights include:



87% would recommend the Senior Center to others.



90% feel that the Senior Center helped improve their quality of life.



98% feel staff and volunteers treat them with respect.

To read the full survey results and to download a PDF copy, visit our website at asteraz.org.

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MEET YOUR STAFF

Cathie Cole

Manager,
Senior Center at
Mesa Downtown



Birth Month

December

Birthplace

Kansas City, KS

Hobbies

Reading, cooking, gardening

Fun Fact

I have been a vegetarian for 23 years; and I won on the game show 'Family Feud' when Richard Dawson was host.

Pets

2 dogs – 7 year old "Cookie" (Shar Pei/Boxer Mix) and Sir Charles III – aka "Chuck" – a 5 month old English Bull Dog

Hidden Talent

Tap dancing

Favorite Movie

Robin and Marian (1976)

Favorite Book

'The Paradigm' by Jonathon Cahn

Favorite Dessert

Lemon Meringue Pie

Personal Motto

"To make every day the very best it can be!"



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

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



June 3 & 17 | 1:00 - 2:30 pm

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

PHONE BINGO

Play your favorite game with a twist! Join us for telephone bingo and win prizes! Pre-registration is required to ensure you get the game cards and materials to play!



IN-PERSON LUNCH!

Fridays | 11:30 am | Mesa Downtown

Thursdays | 11:30 am | Red Mountain

Aster is excited to announce the return of in-person lunch service at our Senior Centers. Each Center will offer in-person lunch one day per week. Attendance is by RSVP only. To RSVP, call your local Center.



HERE FOR YOU

**Mesa Downtown
Senior Center**

247 North Macdonald St
480-962-5612 p
ccole@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 requires pre-registration and has **limited capacity**. Activities require face masks.



Mondays, Wednesdays, & Fridays | 8:15 - 9:00 am

MORNING MOVEMENT

Red Mountain Senior Center

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



Tuesdays & Wednesdays | 8:15 - 9:15 am

MORNING MOVEMENT

Mesa Downtown Senior Center

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



Wednesdays | 1:00 - 2:00 pm

GRIEF & LOSS

Facilitated by EMPACT | Mesa Downtown Senior Center

Discuss your grief and learn ways to cope with fellow survivors.



Fridays | 1:00 - 2:30 pm

MOVIN' ON

Facilitated by EMPACT | Red Mountain Senior Center

Discuss your loss and learn ways to cope with fellow survivors.



June 9 | 2:00 - 3:00 pm | Mesa Downtown

ASTER'S BOOK CLUB

Join us as we discuss this month's book: 'Major Pettigrew's Last Stand' by Helen Simonson.



June 7 & 21 | 8:30 - 9:30 am | Mesa Downtown

June 10 | 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

Matthew James

Kitchen Manager,
Senior Center at
Red Mountain



Birth Month

October

Birthplace

Toledo, Ohio

Hobbies

Most outdoor activities: camping, hiking, fishing, and hunting. Also building Legos with my kids.

Favorite Movies

One based on true events

Favorite TV Show

Fantasy and Sci-Fi. 'Game of Thrones', 'Resident Alien', working my way through 'Star Trek: The Next Generation' right now.

Favorite Books

Any cook book & Stephen King

Favorite Food

Burgers are where it's at!

Perfect Vacation

Anywhere without cell reception

Favorite Dessert

Grandma's German chocolate cake & mom's cherry cheesecake

Personal Motto

"Work hard, respect everyone, don't judge people, and don't sweat the small stuff"

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STAY SAFE! MASK-UP!

CDC guidance and recommendations regarding mask wearing is changing. However, one thing always remains: our commitment to the safety of our seniors.

Aster serves an older population that is at high-risk for the severe effects of COVID. We are continually reviewing our policies, balancing the risks and benefits of each decision on our clients. We will continue to update you quickly as any of these policies change.

As the Senior Centers open up, please respect our policies and MASK UP!



JOIN THE CORPS!

In partnership with Mesa United Way, Aster Aging is recruiting for a few important AmeriCorps service positions. If you are interested in making a difference in the lives of seniors in our community, these opportunities may be perfect for you!

The AmeriCorps program is a one-year commitment to a part-time service position. All positions begin September 1, 2021 and ends August 31, 2022. Reasonable accommodations can be provided for the application and interview process.

Would you like to help deliver meals and smiles, helping Meals on Wheels fulfill its mission? Consider applying for one of our open positions this fall. We are looking for individuals to be: Meals On Wheels Program Assistant, Center Volunteer Coordinator, and a Senior Pet Program Assistant.

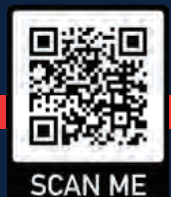
Get more information about AmeriCorps and our positions, including job descriptions, by contacting Allie Montes, Human Resources Specialist, at amontes@asteraz.org. Or you can apply online today at asteraz.org/who-we-are/employment.html.



RECRUITMENT EVENT

Are you interested in serving your community while receiving an education award, living stipend, and valuable new skills? Join us via Zoom on July 12th (10:00 am - noon or 1:00 - 3:00 pm)

TO REGISTER:



SCAN ME



AmeriCorps

Mesa
United Way



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REFRESHING DRINKS

Excerpted from AllRecipes.com

Raspberry Iced Tea

INGREDIENTS

- 1 gallon water
- 3 (3 oz) gallon-size tea bags
- 1 cup fresh raspberries
- ½ cup white sugar
- ½ cup powder lemonade mix
- ice cubes

DIRECTIONS

1. Bring water to a boil in a large pot; stir in tea bags, raspberries, and sugar until the sugar has dissolved. Allow the mixture to steep until the desired level of tea flavor is reached (3 to 5 minutes).
2. Remove tea bags, and stir in the lemonade mix until dissolved.
3. Pour tea into pitchers, and add ice to cool.

NUTRITION FACTS

Per Serving: 86 cal; 0.1g protein ; 22.2g carbs; 0.1g fat; 15.1mg sodium

Watermelon Lemonade

INGREDIENTS

- ½ cup white sugar
- ½ cup water
- 4 cups cubed watermelon
- 3 cups cold water
- ½ cup fresh lemon juice
- 6 cups ice cubes

DIRECTIONS

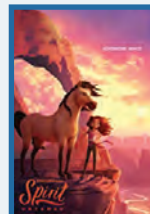
1. Place the watermelon into a blender. Cover, and puree until smooth. Strain through a fine mesh sieve.
2. Bring sugar and water to a boil in a saucepan over medium-high heat until sugar dissolves, about 5 minutes. Remove from heat. Stir in 3 cups of cold water and the lemon juice. Divide the ice into 12 glasses, and scoop 2 to 3 tablespoons of watermelon puree over the ice, then top with the lemonade. Gently stir before serving.

NUTRITION FACTS

Per Serving: 50 cal; 0.3g protein ; 13g carbs; 0.1g fat; 2.7mg sodium

REEL TALK

A few recommendations of new films opening this month.



Spirit Untamed

PG | June 4
Movie Theatres

Mckenna Grace
Eiza Gonzalez

Lucky moves to a small town and befriends a wild mustang, Spirit.



In the Heights

PG-13 | June 11
Theatres & HBO Max

Lin-Manuel Miranda
Corey Hawkins

A bodega owner hopes, imagines and sings about a better life.



Luca

PG | June 18
streaming on Disney+

Maya Rudolph
Jacob Tremblay

On the Italian Riviera, an unlikely friendship grows between kids.



F9: The Fast Saga

PG-13 | June 25
Movie Theatres

Vin Diesel
John Cena

Cypher enlists the help of Jakob, Dom's younger brother to take revenge on Dom and his team.

FATHERLY FILMS

June 20th is Father's Day. Here are some movies that celebrate fatherhood. Pop some popcorn and relax as we applaud Dad!

The Parent Trap (1961)
To Kill A Mockinbird (1963)
Chitty Chitty Bang Bang (1968)
Paper Moon (1973)
Father of the Bride (1950 & 1991)
Father of the Bride Part II (1995)
Three Men and a Baby (1987)
Three Men and a Little Lady (1991)
Mr. Mom (1983)
National Lampoon's Vacation (1983)
Indiana Jones & the Last Crusade (1989)
Parenthood (1989)
Field of Dreams (1989)
Mrs. Doubtfire (1993)
Fathers' Day (1997)
The Royal Tenenbaums (2001)
About a Boy (2002)
Cheaper by the Dozen (2003)
Finding Nemo (2003)
The Pursuit of Happyness (2006)
The Descendants (2011)
The Tree of Life (2011)
The Judge (2014)
The Father (2020)



JUNETEENTH

Excerpted from Activity Connections

Juneteenth, observed the world over, celebrates emancipation. In the United States, the 156-year-old holiday is a symbol of the past, present, and future of racial equality, equity, and the ongoing struggle for true freedom.



In 1860, Abraham Lincoln and certain members of Congress wanted to end enslavement in U.S. territories. Southern states viewed this as a direct attack against their constitutional rights. Immediately after Lincoln's election, seven slave-holding states declared secession and formed the Confederacy, leading to the Civil War.

In the third year of the war, the Emancipation Proclamation and the 13th Amendment legally freed millions of enslaved people. Although the Proclamation and the Amendment made headlines around the nation, the news was not always so quickly shared for those who were enslaved. Many plantation owners tried to wait until after the fall harvest to announce that freedom had come.

Since 1866, communities have celebrated with community gatherings, parades, cookouts, prayers, and dances. The joy that was felt was deep, but at the center of the celebrations was a way to gather with family members who may have been kept apart from each other for years.

Today, 47 states observe Juneteenth as a holiday. For some, the day feels "unpatriotic" because it shines a light on a "dark period in U.S. history," and few textbooks mention it, despite its longevity. However, author Shennette Garrett-Scott thinks that is why it is so important to teach: "It is sometimes hard to teach small but pivotal moments in American history...Teaching Juneteenth gives students a fuller picture of the long, enduring fight for freedom."

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PUZZLES

Unscramble the letters to reveal words associated with Father's Day.

- | | |
|-------------------|-----------------------|
| 1. FHIGSIN _____ | 10. EMEMSIOR _____ |
| 2. ILDHOYA _____ | 11. IYLFMA _____ |
| 3. NESSEPTR _____ | 12. ADYDD _____ |
| 4. TEDDVOE _____ | 13. NIVGIG _____ |
| 5. EASMG _____ | 14. ECKNTEI _____ |
| 6. RFAEHT _____ | 15. SCADR _____ |
| 7. OLTOS _____ | 16. IENOELACTRB _____ |
| 8. OLATBOLF _____ | 17. IDNENR _____ |
| 9. ETRANP _____ | 18. SRTSPO _____ |

Match the fish to the correct name.

- A. Koi
- B. Clown Fish
- C. Bannerfish
- D. Blue Tang
- E. Porcupine Fish
- F. Flowerhorn
- G. Angelfish
- H. Zebra Fish
- I. Betta
- J. Discus



Fishing, Holiday, Presents, Devoted, Games, Father, Tools, Football, Parent, Memories, Family, Daddy, Giving, Necktie, Cards, Celebration, Dinner, Sports

A4, B7, C5, D9, E6, F10, G8, H3, I2, J1

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