



HELPING YOU THROUGH COVID-19

Aster is dedicated to empowering and supporting you. We are continuing to operate our services, ensuring the basic needs of older adults in our communities are met as the COVID-19 situation evolves. Keeping the people we serve safe, as well as our staff and volunteers, is our top priority during this uncertain period.

We are closely following updates from the CDC and local public health authorities for the latest guidance. In accordance, we have made the following updates to our general programs:



SENIOR CENTERS

We are temporarily transitioning from weekday congregate lunches served at our Centers to packaged "Pick-Up & Go Meals". Additionally, Senior Center group activities are on hold, in keeping with CDC guidance. For more information, call your nearest Aster Senior Center.



MEALS ON WHEELS

Offers hot, nutritious weekday meals for isolated homebound older and disabled adults, coupled with wellness checks. Participation is limited to eligible older and disabled adults. Subsidized and fee-for-service options are available. For more information, call 480-964-9014.



IN-HOME SUPPORT

Neighbors volunteers provide companionship, including friendly phone calls, and essential transportation to medical appointments, grocery stores, or pharmacies. Home Care provides housekeeping, personal care, and respite through certified aides. Call 480-964-9014.



Outreach / Social Services

Our staff are available to help you navigate and access needed social services, food, benefits, and health resources during these uncertain times. Call 480-964-9014.

At all times, Aster remains committed in our mission to empower and support East Valley older adults and their families to remain independent and engaged in our communities. Please, contact us via phone or online if we can be of any assistance to you or a loved one.

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	1 WEDNESDAY	2 THURSDAY	3 FRIDAY
Pick-Up & Go Meals <ul style="list-style-type: none"> For Community Members age 60 and up Aster Program Registration Required Suggested Contribution of \$3.50 per meal Reservations are required by 2:00 pm the previous day. 		1 <ul style="list-style-type: none"> Pulled Pork Sandwich** Coleslaw Green Beans Whole Wheat Roll Pecan Pie Banana 	2 <ul style="list-style-type: none"> Tuscan Chicken Spinach & Tomatoes Broccoli Whole Wheat Roll Fruit Cocktail 	3 <ul style="list-style-type: none"> Cold Salad Plate: Egg, Italian Pasta & Vegetable Salads Whole Wheat Crackers Sliced Apples
6 <ul style="list-style-type: none"> Fish and Chips Peas Potato Wedges Whole Wheat Roll Pineapple 	7 <ul style="list-style-type: none"> Beef Lasagna Lima beans Carrots Whole Wheat Roll Apricots 	8 <ul style="list-style-type: none"> Chicken Burrito Bowl Rancho Blend Vegetables Black Beans Spanish Brown Rice Mango 	9 <ul style="list-style-type: none"> Apple Pancakes Scrambled Eggs Tomato Slices Hash Brown Patty Fresh Fruit 	10 <ul style="list-style-type: none"> Ham w/ Pineapple Glaze Au Gratin Potatoes Key Biscayne Veggies Croissant Apple Pie
13 <ul style="list-style-type: none"> BBQ Chicken Grilled Vegetable Mix Sweet Corn Whole Wheat Roll Watermelon 	14 <ul style="list-style-type: none"> Bratwurst** Baked Beans Steamed Cabbage Whole Wheat Bun Vanilla Pudding Grapes 	15 <ul style="list-style-type: none"> Tuna Salad Sandwich Mango Salad Beets Whole Wheat Bun Orange 	16 <ul style="list-style-type: none"> Broccoli & Beef Bean Sprouts Fried Rice Whole Wheat Roll Sliced Peaches 	17 <ul style="list-style-type: none"> Chicken Strawberry Salad Cucumber Salad Corn Salad Whole Wheat Crackers Apple Sauce
20 <ul style="list-style-type: none"> Hamburger Winter Blend Vegetables Tater Tots Strawberry Cake Fresh Melon 	21 <ul style="list-style-type: none"> Popcorn Shrimp Ratatouille Carrots Brown Rice Banana 	22 <ul style="list-style-type: none"> Roasted Turkey with Gravy Green beans Mashed Potatoes Whole Wheat Bread Mixed Berries 	23 <ul style="list-style-type: none"> Chicken Tamales Fire-roasted Corn Mexican Coleslaw Spanish Rice Fresh Fruit 	24 <ul style="list-style-type: none"> Pork Roast with Gravy** Asparagus Cauliflower Whole Wheat Roll Tropical Fruit
27 <ul style="list-style-type: none"> Baja Baked Fish Tacos Cilantro Lime Slaw Pinto Beans Whole Wheat Tortilla Mango 	28 <ul style="list-style-type: none"> Orange Chicken Thai Vegetable Broccoli Rice Whole Wheat Roll Mandarin Oranges 	29 <ul style="list-style-type: none"> Pepper Steak California Beans Scalloped Potatoes Corn Bread Pears 	30 <ul style="list-style-type: none"> Summer Pork Chop** Mango Corn Salsa Chef's Vegetable Garden Salad Whole Wheat Roll Apricots 	

ASTER AGING

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



BE ALERT FOR SCAMS

Scammers are taking advantage of your fears surrounding the Coronavirus. They are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness. They're setting up websites to sell fake products, and using emails, texts, and social media posts as a ruse to take your money and get your personal information.

However, knowledge is power. Here are a few tips to help you keep scammers at bay:

- Do not give out your Medicare number to anyone other than your doctor or health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk.
- Be cautious buying medical supplies from unverified sources, including online ads and phone solicitations.
- Ignore online offers for vaccinations. Ads touting preventions or cures for COVID-19 are most likely a scam.
- Do your homework before making a donation to a charity or funding site due to a public health emergency. Be very wary of any charities requesting donations by cash, by gift card, or wire transfer.

Find the latest at www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-fraud.aspx



BEING ACTIVE AT HOME

Staying engaged and stimulated while maintaining physical distancing is crucial. Here are free online resources to keep you active and safe.

AARP Games
games.aarp.org

Online Mahjong Games
freeonlinemahjonggames.net

Jigsaw Puzzles
thejigsawpuzzles.com

Sudoku
sudoku.com

Word Search
thewordsearch.com

CONGRATS!

Thank you to everyone who submitted for our newsletter name contest. We had over 200 entries and the winner is...

Sandi P

at Mesa Downtown Senior Center



45 W University Dr, Suite A
Mesa, AZ 85201-5831

480-964-9014



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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Sign-up for our eNews enews@asteraz.org



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 across our community.



DONATE ONLINE TODAY

www.asteraz.org/help/donate.html