



John Newell wishing you a Happy Thanksgiving in 2017 at the Aster Senior Center at Mesa Downtown.

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NOVEMBER 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

- 2**
- Ranch Pork Chop**
 - Winter Blend Vegetables
 - Corn
 - Whole Grain Roll
 - Honeydew

TUESDAY

- 3**
- Eggplant Parmesan
 - Grilled Artichokes
 - Sugar Snap Peas
 - Whole Wheat Pasta
 - Plums

WEDNESDAY

- 4**
- Corned Beef
 - Steamed Cabbage
 - Red Potatoes
 - Rye Bread
 - Apples

THURSDAY

- 5**
- Herb Roasted Chicken
 - Spinach
 - Baked Beans
 - Birthday Cake
 - Pineapple

FRIDAY

- 6**
- Linguine w/ Meat Sauce
 - Yellow Squash
 - Baby Carrots
 - Garlic Bread
 - Raisins

9

- Cold Salad Plate:
 - Tuna
 - Orzo Vegetable
 - Carrot Raisin
- Whole Wheat Crackers
- Pineapple

10

- Beef Stroganoff w/ Bow Tie Pasta
- Edamame
- Sweet Corn
- Whole Grain Bread
- Blueberries

11

- Creamy Vegetable Chicken
- Normandy Blend
- Asparagus
- Brown Rice
- Whole Wheat Roll
- Pears

12

- Pulled Pork Sandwich**
- Peas
- German Potato Salad
- Seasonal Fruit

13

- Salisbury Steak w/ Gravy
- Mashed Potatoes
- Succotash
- Whole Grain Roll
- Sliced Peaches

16

- Pork Roast w/ Gravy**
- Green Beans
- Tri-Color Cauliflower
- Whole Wheat Biscuit
- Blackberries

17

- Chicken Piccata
- Garden Salad
- Rosemary Potatoes
- Whole Grain Roll
- Banana

18

- Turkey Salad Sandwich
- Pea Salad
- Beets
- Whole Grain Bun
- Oranges

19

- BBQ Beef
- Whole Grain Bun
- Collard Greens
- Parsnips
- Apricots

20

- Thanksgiving Lunch**
- Roast Turkey w/ Gravy
 - Bread Stuffing
 - Mashed Potatoes
 - Green Bean Casserole
 - Pumpkin Pie

23

- Beer Battered Fish
- Chef Blend Vegetables
- Spinach
- Whole Grain Roll
- Strawberries

24

- Grilled Chicken Strips
- Coleslaw
- Grilled Vegetables
- Whole Grain Roll
- Fresh Fruit Mix

25

- Pub Pork Chop**
- Succotash
- Baked Potato
- Whole Grain Roll
- Applesauce

26



Closed in Observance of the Holiday

30

- Cold Salad Plate:
 - Egg
 - Beet
 - Three Bean
- Whole Wheat Crackers
- Fresh Pear

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

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A GOOD NEIGHBOR

"Alone we can do so little; together we can do so much." These wise words by Helen Keller truly define the work being done by volunteers for Aster's Neighbors program. A dedicated team of volunteers assists homebound older adults in the East Valley with trips to medical appointments, grocery shopping, and even spending time on the phone having a friendly conversation.



Janet has been a Neighbors volunteer since 2018. Her own mother lived with dementia and was cared for primarily by Janet's sister. By stepping in to take their mother to the doctor or to buy groceries each week, Janet provided essential respite care to her sister while spending precious time with their mother. After their mother died at the age of 98, Janet found herself retired from her career with extra time on her hands, and sought ways she could continue doing for others what she had done for her mother. Janet was referred to Aster by another similar agency in Phoenix, and soon began volunteering for Neighbors.

Today, Janet has built up quite a following of weekly "regulars." As with her mother, Janet is able to help her clients with things they couldn't otherwise do alone, and she has developed close bonds with several of them. "Our volunteers are our program," says Robin Finn, Neighbors Program Coordinator. "They are so generous with their time and worth their weight in gold. We are fortunate to have volunteers like Janet who truly make a difference in the lives of so many."

When asked why she continues to donate the gift of her time, Janet said, "I consider it my ministry, and I believe it is a positive experience. The needs is not going away." If you are interested in making a difference like Janet, we want to hear from you! Please contact Robin Finn at [480-629-5502](tel:480-629-5502) or rfinn@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, yet we are providing online activities & weekday Pick-Up & Go meals.

MEALS ON WHEELS

Providing nutritious meals and essential wellness checks, in 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

Help navigate & access critical services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

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THANK YOU, VETERANS!

Excerpted from US Dept. of Veterans Affairs

On November 11th, Veterans Day, we pause to celebrate and honor America's veterans for their patriotism, love of country, and willingness to serve for the common good. But why is it always on November 11th?

World War I -- The Great War -- officially ended when the Treaty of Versailles was signed on June 28, 1919. However, fighting had ceased seven months earlier when an armistice between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

Beyond the United States, November 11th is similarly commemorated in many other countries around the world, forever preserving the historical significance of the date,

From everyone at Aster Aging, thank you, Veterans!



PAY IT FORWARD



As the year gets shorter, our thoughts often turn to helping those in need during the holiday season. Aster, like most non-profits, relies upon financial donations to support our programs and services. However, did you know that gifts of new items can also make an impact on lives in our community? Below are some suggestions of items you can donate to help homebound seniors:

ACTIVITIES

- Adult Coloring Books
- Colored Pencils
- Decks of Cards
- Jigsaw Puzzles
- Note Cards
- Postage Stamps
- Puzzle / Word Search Books (large print preferred)

HOUSEHOLD ITEMS

- Flashlights
- Magnifying Glasses
- New Blanket or Throw
- Nightlights
- Non-skid Socks
- Wall Calendar

FOOD

- Candy / Treats
- Grocery Store Gift Cards
- Mug & Tea Bags

TOILETRIES

- Brushes / Combs
- First Aid Kit
- Kleenex
- Nail Clippers
- Toilet Paper

COVID-19 RELATED ITEMS

- Face Masks
- Gloves
- Hand Sanitizer
- "Thinking of You" Letters (from children for our seniors)

Contact either our Mesa Downtown or Red Mountain Senior Center to coordinate a safe drop off. On behalf of the seniors we serve, thank you for your support!

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HELPING YOU SAVE

Excerpted from the National Council On Aging

The average person with Medicare spends over \$600 on prescriptions each year. If you have multiple chronic conditions, chances are you're paying even more. Affording your medications can be expensive, but there are programs to help you.



If you or a loved one has Medicare, the first benefit to consider is Part D Extra Help. This program from Social Security and Medicare helps save money on Part D drug plan premiums and co-payments at the pharmacy. To qualify for Extra Help, you must have low income and resources.

Sometimes you can save money on medications by shopping around for different Medicare coverage. From October 15th to December 7th is the Medicare Annual Enrollment Period, which allows people with Medicare to join, switch, or leave Medicare Advantage and Part D plans.

You've probably seen commercials for medications on TV that end with, "If you have trouble affording your medication, Drug Company may be able to help." That assistance comes from Patient Assistance Programs (PAPs), which offer free or discounted brand-name medications. PAPs may be especially helpful to those who lack insurance or have significant medication costs.

Aster offers a confidential BenefitsCheckUp[®] to help you screen for all of the major PAPs and Part D Extra Help. It can also identify other programs that may allow you to free up money in your budget — from taxes to food to home utilities and more. To get started, contact us today:



Aster Outreach & Social Services Team
480-962-5612 | cdopudja@asteraz.org

HAPPY HOLIDAYS?

Excerpted from AARP

Many people associate the holidays with warm feelings of love and joy. But for others, it can be a lonely, difficult time.

A 2017 AARP survey found that 67 percent of adults feel happy when thinking about spending time with family and friends this holiday season; in addition, many feel loved (47%), joy (46%) and excited (44%). About a third (34%) say they typically receive more kindness from strangers this time of year.

Still, the holidays are not always easy. Thirty-one percent of respondents say they have felt lonely during the holiday season, and 41 percent have worried about a family member or friend feeling lonesome.

Please know, Aster is here for you. We have an ever-expanding virtual offering selection, including classes, phone groups, and Bingo! As well, our staff are always available by phone to listen, provide help and support, or to just chat. Give us a call.

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MEET YOUR STAFF

Sandie Pulec

Program Assistant,
Senior Center at
Mesa Downtown



Birth Month

January

Birthplace

Toronto, Ontario
Canada

Hobbies

Home decorating, gardening,
creative writing, and cooking

Hidden Talent

Art

Pets

Fred, an orange tabby cat

Favorite Movies

"When Harry Met Sally"

Favorite TV Shows

"Barefoot Contessa"

Favorite Food

Guacamole

Personal Motto

When in doubt, don't.

Fun Fact

My family and friends call me Sandiesue, they like my potato salad, and think I'm pretty witty and funny!



VIRTUAL ACTIVITIES

While our Senior Centers are closed for in-person meetings, we are excited to offer live online activities! Each class is **free** to attend, but does require pre-registration through our website.



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

MILD EXERCISE CLASS

Facilitated by a Michelle Dionisio

Learn Movement, Mobility, & Meditation during this class.



November 5 & 19 | 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.



November 10 | 9:00 - 10:00 am

COFFEE TALK TUESDAY CALL

Facilitated by Aster Aging

Grab your cup o' Joe and join friends for a morning chat.



November 18 | 2:00 - 3:00 pm

LATE LUNCH BUNCH CALL

Facilitated by Aster Aging

Fix yourself a late lunch and join friends for an afternoon chat.



November 20 | 10:00 - 11:00 am

VETERANS' RESOURCES

Facilitated by the AZ Dept of Veterans Services

Monthly meeting giving info for service members and families.

For the latest information about online classes, including new sessions and to register, visit our online calendar.

www.asteraz.org/news/calendar.html

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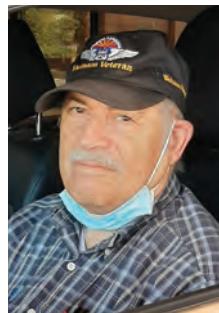
SPOTLIGHT ON YOU

One of the best things about our Centers is meeting people and making new friends. This Veteran's Day month, let's learn some interesting facts about three participants who are also Veterans.

JACK ISAACSON | Coast Guard & USAF Veteran

What musical instrument do you play?

"I play the harmonica. I'm not great, but I've been playing for 15-20 years. Along with a couple other guys from the center (Ted and Bill), I play in a Bluegrass band called the Pyle Center Singers. We do gospel, Bluegrass, and folk."



JOSEPH CHAPARRO | US Navy Veteran

What hobbies do you have keeping you busy?

"I enjoy reading history books, then I like researching the research. I also do carpentry. I designed a 4-way table which includes a jigsaw, router, sander and circular saw all in one box. I've also made a drill press by hand."



LUTHER & SHARON SPARKS | US Navy Veteran

What's your favorite place to take your RV?

"We went to Strawberry, AZ last time, but we're heading to our favorite place which is Gilbert Ray Campground in Tucson. We take Sweetie for walks while we're there and we just enjoy getting out of the city for awhile."



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

MEET YOUR STAFF

Star Kempton

Activity
Coordinator,
Senior Centers



Birth Month

February

Birthplace

Safford, AZ

Hobbies

Playing board and card games, and listening to audiobooks, especially epic fantasy!

Hidden Talent

Giving thoughtful gifts

Pets

Pebbles, a one year-old Morkie (aka Maltese-Yorkie)

Favorite Movie

"Secretariat" and "Thor: Ragnarok"

Favorite TV Show

"Parks & Recreation" and
"The Umbrella Academy"

Favorite Food

A really good cheeseburger

Personal Motto

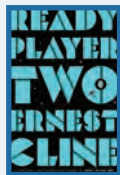
Life is too short to wear matching socks.

Fun Fact

I can wiggle my ears.

BOOK SHELF

Curling up with a good book is a wonderful Fall past time. Here are notable and anticipated new books releasing this month.



Ready Player Two

Ernest Cline
science fiction

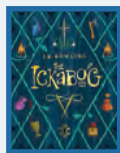
The highly anticipated sequel to the near-future set science fiction classic, 'Ready Player One'.



A Promised Land

Barack Obama
memoir

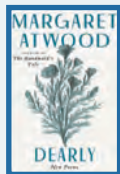
The first volume of his Presidential memoirs, Obama traces his improbable, personal odyssey.



The Ickabog

J.K. Rowling
fantasy

A warm, funny fairy tale of a fearful monster, thrilling adventure, and hope against all odds.



Dearly: New Poems

Margaret Atwood
poetry

Her first collection of poetry in over a decade, addressing themes of love, loss, and time.



CELEBRATE SAFELY

Excerpted from the Centers for Disease Control and Prevention

As many people begin to plan for Thanksgiving celebrations, the CDC offers the following considerations to help protect individuals, their families, friends, and communities from COVID-19.



Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved:

Lower Risk Activities

- Having a small dinner with people who live in your household
- Preparing traditional family recipes for family and neighbors, and delivering them in a contactless manner
- Having a virtual dinner and sharing with friends and family
- Shopping online on the day after Thanksgiving
- Watching sports events, parades, and movies from home

Moderate Risk Activities

- A small outdoor dinner with family / friends in your community
- Follow the CDC guidelines on hosting gatherings or cook-outs
- Visiting pumpkin patches or orchards where CDC guidelines are followed, such as social distancing and wearing masks
- Attending small outdoor sports with safety precautions in place

Higher Risk Activities

- Going shopping in crowded stores
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Drinking alcohol to an extent it clouds your judgment
- Attending large indoor gatherings with people from outside of your household

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TURKEY TRADITIONS

Excerpted from History.com

In many American households, Thanksgiving celebrations center on cooking and sharing a bountiful Turkey dinner with family and friends. But did you know that turkey, a Thanksgiving staple that is all but synonymous with the holiday, may not have been on offer when the Pilgrims hosted the inaugural feast in 1621?



Today, however, nearly 90 percent of Americans eat the bird — whether roasted, baked or deep-fried — on Thanksgiving Day. Alongside it are other traditional foods include stuffing, mashed potatoes, green beans, cranberry sauce and pumpkin pie.

Emphasizing the time of thanks and giving back, volunteering is a common Thanksgiving Day activity. Communities often hold food drives and host free dinners for the less fortunate.

Parades have also become an integral part of the holiday in cities and towns across America. Presented by Macy's department store since 1924, New York City's Thanksgiving Day parade is the largest and most famous of them, attracting millions of spectators along its 2.5-mile route. The parade features marching bands, performers, elaborate celebrity-filled floats, and giant balloons shaped like cartoon characters.

And finally, ending where we began: the turkey. Each year, the President of the United States "pardons" one or two Thanksgiving turkeys, sparing the birds from slaughter and sending them to a farm for retirement.

As you celebrate your own Thanksgiving traditions, be sure to make your reservation today for a Thanksgiving meal through our ongoing Pick-Up and Go service at our Senior Centers!

REEL TALK

A few recommendations of new films on streaming this month.



Hillbilly Elegy

2020 | R | Nov 24

Amy Adams
Glenn Close

A Yale law student grapples with family history, Appalachian values and the American dream.

Netflix



Lego Star Wars Holiday Special

2020 | Nov 17

Anthony Daniels
Billy Dee Williams

Rey's friends prepare for Life Day as she goes on an adventure to gain a deeper knowledge of the Force.

Disney+



Uncle Frank

2020 | R | Nov 25

Paul Bettany
Sophia Lillis

In 1973, Frank Bledsoe and his 18-year-old niece take a road trip from New York to South Carolina for the family patriarch's funeral.

Amazon Prime

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COLORFUL DAY TRIPS

Autumn is here, and even though Arizona isn't necessarily known for its brilliant fall foliage like New England, it takes only a short drive up north to see some spectacular views!

October brings rich yellows and reds to the high-desert creeks near Sedona, Cottonwood and Camp Verde. By late November, the colors move lower in elevation and farther south. This is an exciting time of year for desert-dwelling nature photographers, as autumn in the Sonoran Desert equates to images of yellow cottonwoods framed with Saguaro cacti.

Is it time to plan your next colorful getaway? Head on over to visitorizona.com for day trip destinations and inspiration!



GIVING THANKS

As the calendar turns colder, the coming holidays of Thanksgiving and Christmas remind us about the power of community. Helping each other, helping those in need, makes us all stronger.



That is why Aster exists: to empower and support older adults throughout the East Valley to remain independent and engaged in our communities. Your gift provides home delivered meals, social services, engagement activities, critical transportation, and more.

What's more, give with confidence knowing that Aster is a responsible steward of our donors' dollars. Out of each dollar donated to our organization, 88 cents funds direct service provision.

In addition to knowing that your gift is helping vulnerable seniors, it may also qualify for a dollar-for-dollar tax credit. Aster Aging is a Qualifying Charitable Organization (QCO code: 20426) for the Arizona Charitable Tax Credit. You may be eligible to getting back your donation (up to \$800) in your Arizona Tax Refund.

Above all else, thank you. Thank you for caring about our community, for considering a gift, and for helping seniors we serve.



THANKSGIVING MEAL

Enjoy a tasty Thanksgiving-themed meal, prepared by Aster's expert chefs. Our Senior Center Pick-Up 'N Go meal on November 20th features turkey and seasonal sides. Make your reservation today!

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PUZZLES

Unscramble each set of letters to form a word.
Then unscramble the marked letters to answer the riddle.

1. P M P S N I U K

□ □ □ □ □ □ □ □

2. A E M C A R I

□ □ □ □ □ □ □

3. H L Y D O I A

□ □ □ □ □ □ □

4. Y N U T B O

□ □ □ □ □ □

What kind of music did the Pilgrims listen to at the first Thanksgiving feast?

Which two turkeys are exactly alike?

1.



2.



3.



4.



5.



Find each of the Thanksgiving Dinner items from the categories listed below. Disregard spaces between words.

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

- □ □ Types of Pie
- □ □ Foods That are Green
- □ □ Types of Meat
- □ □ Side Dishes

RIDDLE: Pumpkins, America, Holiday, Bounty; "Plymouth Rock"
WORD FIND: Cherry, Apple, Pecan, Pumpkin; Artichoke, Green Beans, Lettuce, Peas;
Goose, Ham, Roast, Turkey; Potatoes, Rice, Stuffing, Yams
TURKEYS: 2 & 5

ANSWERS



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

480-964-9014

NON PROFIT
ORGANIZATION
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PAID
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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