



aster

SCENE



October 2020

A Monthly Newsletter About Our Services

Volume 14, Issue 10



Throwback to 2019 with Lonnie, Sandie, and Thelma wishing you a Happy Halloween.

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OCTOBER 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

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

5

- Meatloaf with Gravy
- Green Beans
- Cheesy Potatoes
- Whole Grain Roll
- Grapes

6

- Salmon with Rosemary & Garlic
- 4-Way Vegetables
- Cauliflower
- Whole Grain Roll
- Orange

7

- Chicken Cobbler
- Freshly Baked Biscuit
- Brussel Sprouts
- Apricots

8

- Vegetable Lasagna
- Asparagus
- Belgian Vegetables
- Bread Stick
- Banana

9

- Teriyaki Riblets**
- Asian Blend Vegetables
- Coleslaw
- Graham Crackers
- Pineapple

12

- Butternut Ravioli with Chicken
- Peas & Carrots
- Garden Salad
- Whole Grain Roll
- Fruited Gelatin

13

- Hamburger with Lettuce & Tomato
- Sweet Potato Fries
- Apple Slices
- Birthday Cake

14

- Honey Glazed Ham**
- Green Bean Casserole
- Roasted Red Potatoes
- Whole Grain Roll
- Fresh Cantaloupe

15

- Deli Turkey Sandwich w/ Lettuce & Tomato
- Broccoli Salad
- Macaroni Vegetable Salad
- Grapes
- Cookie

16

- Fish Sticks
- Wax Beans
- Vegetable Blend
- Rice Pilaf
- Mixed Berries

19

- Polish Sausage with Kraut**
- Zucchini
- 5-Way Vegetables
- Whole Grain Bun
- Mango

20

- BBQ Chicken
- Carrots
- Spinach
- Whole Grain Roll
- Mandarin Oranges

21

- Biscuits & Sausage Gravy** with Eggs
- Roasted Potatoes
- V8 Juice
- Strawberry Yogurt Parfait

22

- Tuna Casserole
- Roasted Tomatoes
- Sunset Vegetables
- Whole Grain Roll
- Fruit Cocktail

23

- Beef Baked Bolognese
- Caesar Salad
- Lima Beans
- Whole Grain Roll
- Diced Pears

26

- Roasted Turkey with Gravy
- Peas
- Chef's Vegetables
- Cornbread Stuffing
- Whole Grain Roll
- Tropical Fruit

27

- Beef Tips with Mushroom Gravy
- Broccoli
- Zucchini
- Brown Rice
- Orange
- Apple Crisp

28

- Chicken Fajitas
- Peppers & Onions
- Pinto Beans
- Whole Wheat Tortilla
- Banana

29

- Honey Garlic Pork Meatballs**
- Green Beans
- Yams
- Whole Grain Roll
- Watermelon

30

- Baked Tilapia
- Peas & Carrots
- Brussel Sprouts
- Whole Grain Roll
- Grapes



TELEPHONE BINGO

How do you host a fun, lively, active Bingo game while maintaining proper physical distancing? Telephone Bingo!

Due to the ongoing pandemic, Aster's Senior Centers have put in-person activities on hold, including the weekly Bingo games at Each center.



"Our participants have been missing our Bingo games," says Star Kempton, Activity Coordinator at Aster's Senior Centers. "It's not just the games, but the great friendships people created while playing. That's why we are so excited to offer Telephone Bingo!"

Aster's Telephone Bingo offers live games two days a month, for Center participants. Individuals register for a game day (online or by calling their Senior Center) and are sent the cards for those games via the mail. People then call in to a conference line and play live Bingo with other Center participants.

"This is a great way for them to reconnect with friends -- and to win prizes!" shares Star with a smile. Yes, beyond the social connection and fun, there are a variety of prizes to be won! "Who doesn't love winning a gift card or Aster item?"

To sign-up for phone bingo, visit our online calendar at www.asteraz.org/news/calendar.html or call Star at 480-218-2221.



PHONE BINGO

October 1 & 15 | 1:00 - 2:30 pm
(lines open at 1:00, calling starts at 1:30)

Play your favorite game and win prizes! Registration is required.

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.



HALLOWEEN'S HAUNTED HISTORY

Excerpted from Activity Connections

Halloween is a very popular holiday in North America and Europe, second only to Christmas. However, what are its origins and how have our celebrations evolved through the years?

Most historians agree that Halloween originated from a Celtic festival, Samhain (pronounced SOW-ehn), celebrating the end of harvest and the beginning of the fallow season. Samhain began at sunset on October 31. (The Celtic day, like the Jewish day, begins at sundown.)



Samhain was considered a time when the barrier between our world and the spirit world thinned, and spirit beings (similar to fairies) could cross into our realm. Bonfires were lit, and torches were carried around homes to protect them from mischievous spirits. As well, souls of the dead were thought to revisit their homes on this night, so feasts were convened, with places set for the deceased kin.

The Christian church in the 730's developed All Hallow's Day, a commemoration of saints, initially celebrated in May. One hundred years later, it moved to November 1st, and the 2nd became All Souls' Day, a remembrance of departed souls. The night of October 31st was called All Hallow's Eve, shortened to Hallowe'en. Traditions associated with Hallowe'en included groups of poor people (often children) going door to door collecting soul cakes and praying for the giver's deceased loved ones, and people carrying lanterns made of hollowed-out turnips to help guide souls to their family's home.

When Anglican colonists came to the Americas, they brought All Hallow's Eve with them. The Puritans in New England scorned the holiday, and also most of the other church holidays, including Christmas. It wasn't until the large migration of Irish and Scottish people in the 1800's that Halloween became a large American holiday.

By the 20th century, Halloween was celebrated coast to coast by people of all backgrounds. The turnip was replaced by the pumpkin, which was native to the Americas and much easier to carve. Costumes and trick-or-treating became widespread in the 1930's. Today, Halloween is the second most popular holiday, behind Christmas. Billions of dollars are spent annually on decorations, costumes, and candy.



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VOTING IN THE USA

Excerpted from timeanddate.com

As Election Day fast approaches, let us take a trip back in time for a refresher on Presidential Election history!

In 1792, a law was passed allowing each of the states to conduct Presidential Elections at any point in the 34 days before the first Wednesday in December. This was the date when the meetings of the Electors of the U.S. President and Vice-President, known as the Electoral Colleges, were held in each state. A date in November or early December was preferable because the harvest would have finished, but severe winter storms should not have yet begun.

As long distance communication improved and became quicker, allowing states to conduct elections at any point in a period of more than a month, became problematic. The results of the elections that were announced earliest could influence the outcomes of elections held later in the permitted period.

In 1845, the United States Congress chose a single date for all national elections in all states: the first Tuesday after the first Monday in November. Tuesday was chosen for Election Day so that voters did not have to vote or travel on Sunday. Following the election, the President and Vice-President of the United States of America are sworn in and take office on Inauguration Day, which is on January 20th.

Today, many states (including Arizona) allow for absentee (or mail-in) ballots. If you plan to vote in-person at a polling location, please remember to wear a face covering and maintain physical distance from others while placing your vote!



MARK YOUR CALENDARS

Visit The Maricopa County Elections Department website in early October to search for polling places in your area:

<https://recorder.maricopa.gov/pollingplace/>

In the meantime, be sure to make note of these important dates during the months of October and November:



October 5

Voter Registration Cut-Off



October 7

Early Voting Begins



October 23

Last Day to Request an Early Ballot by Mail



October 30

Early Voting In-Person Ends



November 3

Election Day



MEET YOUR STAFF

Jeremy Kirkeide

Kitchen Manager,
Senior Center at
Mesa Downtown



Birth Month

September

Birthplace

Minneapolis, MN

Hobbies

Spending time with my wife, two daughters, family, and friends; home remodeling; and golfing

Hidden Talent

Woodworking and laying tile

Pets

Two dogs (King Cavaleir and American Bulldog) and two Friesian horses

Favorite Movies

“The Big Short” and
“Only the Brave”

Favorite TV Shows

“This Is Us,” “Yellowstone,” and
“New Amsterdam”

Favorite Food

Mexican and Italian

Personal Motto

Trust in yourself before anyone else

Fun Fact

I am a very goofy dad and love
“Dad Jokes”



VIRTUAL ACTIVITIES

For the most up-to-date list of FREE activities or to register, visit:
www.asteraz.org/news/calendar.html or call your Senior Center.



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

3M EXERCISE CLASS

Facilitated by a Michelle Dionisio

Learn Movement, Mobility, & Meditation during this class.



October 1 & 15 | 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.



October 15 | 10:00 - 11:00 am

FALLS PREVENTION

Facilitated by Dr. Elton Bordenave, A.T. Still University

Learn strategies to reduce fear of falling and increase activity.



October 16 | 10:00 - 11:00 am

VETERANS' RESOURCES

Facilitated by the AZ Dept of Veterans Services

Providing information for service members and their families.



October 20 | 2:00 - 3:00 pm

THE FINDING OF AMERICA

Facilitated by Historian Ken Sorensen

Learn the amazing stories that inform N. America's discovery.



October 29 | 1:30 - 2:30 pm

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

TERRIFYINGLY TERRIFIC TELEPHONE TRIVIA

Test your knowledge of this spooky holiday season!



FLU SHOTS 101

Excerpted from AARP

The latest worry for doctors and health experts across the country is the possibility of a “twindemic” — an overlap between coronavirus outbreaks and flu cases during the upcoming 2020-2021 flu season — that could sicken countless Americans and overburden the nation's health care system.

Older adults in particular are at higher risk of severe illness from both COVID-19 and influenza, which experts say makes getting a flu shot this year — including timing your shot and choosing the right type of vaccine — more important than ever. “The best time to get vaccinated is from mid-September through the month of October,” says William Schaffner, M.D., medical director of the National Foundation for Infectious Diseases.

That's because the immunity conferred by the flu shot wanes over time, particularly for older adults. Getting vaccinated too soon, for instance, in August, could mean losing protection while the 2020-2021 flu season is still in full swing.

If you missed Aster's Pop-Up Flu Shot Clinic by Walgreens, check with your health care provider for information on how you can schedule your flu shot in the coming days.



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

Carol Tarrant

Kitchen Manager,
Senior Center at
Red Mountain



Birth Month

September

Birthplace

Houston, TX

Hobbies

Hiking and camping

Hidden Talent

Country & Western line dancing
(the two-step!)

Pets

Zeppelin
(a rat-terrier-dachshund mix)

Favorite Movie

“National Lampoon's Vacation”

Favorite TV Show

I don't watch much TV except
for football

Favorite Food

BBQ and Mexican (it's a tie)

Personal Motto

Get busy living, or get busy dying.

Fun Fact

I'm from Texas, y'all!





YOUR \$ AT WORK!

“Does my gift of \$5 really help?” It is a question often asked by individuals unsure of the impact of their donation. Looking at the enormity of the issues we face as a community, can such a small gift make a difference?

The answer is a resounding **YES!**

Aster relies upon such donations - ones of \$50 and less made by people within the community - to fulfill our mission.

“A gift of \$5 provides a meal and well visit to a homebound senior,” states Dan Lawler, Aster’s Development Director. “A gift may seem small to a donor, but it has a big impact on a life.”

That impact is bigger than ever as the need for Meals on Wheels’ services has spiked throughout the pandemic. We are handling this increased demand, in part, due to individual donors like you!

You can make a donation to support our programs online at asteraz.org or by calling either Senior Center.



MEDICARE SEASON

Excerpted from the National Council On Aging

Just like Halloween and cooler weather, Medicare Open Enrollment is here! From October 15 through December 7, eligible individuals wishing to enroll in Medicare and those already enrolled are able to review their options and compare plans.



With so many options out there, it can be daunting and confusing to evaluate and select the plan that most closely fits your needs. Fortunately, the National Council on Aging has launched a newly improved online tool built to simplify the selection process: My Medicare Matters. With My Medicare Matters, individuals complete a free, confidential assessment of their healthcare needs. Once the assessment is submitted, the individual’s plan options and examples of estimated fees and expenses is shown. In addition, the site also shares Medicare basics, tips, and advice about how to get the most out of their Medicare plan.

Open enrollment doesn’t begin until October 15, but you can start exploring your options. Visit www.mymedicarematters.org now and start looking into the plan options that will best suit you!

Join us for these online classes hosted by Area Agency on Aging. Register at www.asteraz.org/news/calendar.html



October 6 | 10:00 am
MEDICARE FRAUD/COVID-19 SCAMS



Tuesday, 10/13 | 2:00 pm
MEDICARE 101



Tuesday, 10/27 | 2:00 pm
MEDICARE OPEN ENROLLMENT



SAVING DAYLIGHT

Excerpted from National Geographic

What do American Benjamin Franklin, British William Willett, and New Zealander George Hudson have in common? They all introduced to their countries the concept of shifting the clocks to make the most of precious daytime hours, now known as “daylight saving time.”



In 1916, two years into World War I, the German government started brainstorming ways to save energy. “While the British were talking about it year after year, the Germans decided to do it more or less by fiat,” explains David Prerau, author of “Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time.” Soon, England and almost every other country that fought in World War I followed suit. So did the United States: On March 9, 1918, Congress enacted its first daylight saving law—and it was a two-fer: In addition to saving daylight, the Standard Time Act defined time zones in the U.S.

In Arizona, however, where scorching temperatures often make night the only bearable time to be outside, most of the state does not participate in daylight saving time. “In the summer, everybody loves to have an extra hour of daylight in the evening so they can stay out another hour,” Prerau explains. In Arizona, it’s just the opposite, he says. “They don’t want more sunlight, they want less.”

To make things even more confusing, while most of the state ignores daylight saving time, the Navajo Nation, which covers part of northeastern Arizona, observes it. Meanwhile, the Hopi Reservation, which is surrounded entirely by the Navajo Nation, does not. And within the Hopi Reservation sits a small slice of the Navajo Nation that, you guessed it, does observe daylight saving time. Whew!

REEL TALK

A few new movies in theaters & some spooky films for this month.



Death on the Nile

2020 | PG-13

Kenneth Branagh
Gal Godot

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.



The War with Grandpa

2020 | PG

Robert DeNiro
Oakes Fegley

A boy’s grandfather moves in and the two engage in a war to take ownership of a bedroom.

Disney Plus

Halloweentown

Hocus Pocus

The Haunted Mansion

Amazon Prime

Fright Night

House on Haunted Hill (1959)

Labyrinth

Netflix

Hush

Poltergeist

The Addams Family (1991)



HALLOWEEN: THEN & NOW

The celebration of Halloween has changed a lot between the 1950s and now!

Costumes

1950s: Costumes were often homemade with popular ones being cowboys/girls, Superman, ghosts, witches, and clowns.

Now: Costumes are largely store-bought with popular ones being superheroes, Disney princesses, & movie characters.

Treats

1950s: Popular were raisins, candy corn, jelly beans, Necco Wafers, lollipops, cookies, and apples.

Now: Everything is wrapped, with chocolate candy a favorite, like Reese's Peanut Butter Cups, M&M's, and Hershey bars.



PUMPKIN CHILI RECIPE

With cooler weather ahead, this diabetic-friendly recipe for chunky pumpkin chili is sure to delight! This large recipe, which serves 10-12, can easily be halved, and extra portions can be frozen and reheated later for an easy meal.

INGREDIENTS

- 1 cup Diced Yellow Onion
- 1 Green Bell Pepper (seeded and diced)
- 1 Red Bell Pepper (seeded and diced)
- 2 tablespoons Minced Garlic
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Ground Cinnamon
- 3 teaspoons Ground Cumin
- 2 teaspoons Chili Powder
- 2 cups Vegetable Broth
- 3 cans (14-oz) Petite Diced Tomatoes, not drained
- 2 cans (15-oz) Pinto Beans (drained and rinsed)
- 1 can (15-oz) Kidney Beans (drained and rinsed)
- 1 can (15 oz) Pumpkin Puree
- 1 large Sweet Potato (peeled and diced)
- Sour Cream
- Chopped Fresh Cilantro

DIRECTIONS

1. Place all ingredients (minus the sour cream and cilantro) into the bowl of a large slow cooker.
2. Cook on low for 8 hours.
3. Garnish with sour cream and cilantro when serving.

YOUR AD COULD BE HERE

Aster Aging is proud to announce this exclusive opportunity to reach our members. Each issue features one double-wide ad (filling this space), or two standard ads (half this space).

Space is Limited – Contact Dan (dlawler@asteraz.org) Today!

ASTER AGING

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PUZZLES

Follow these instructions, crossing off words in the table below to reveal a famous quote.

1. Cross off all words that are trees.
2. Cross off all words that start with V.
3. Cross off all words that are eight letters.
4. Cross off all words that are insects.
5. Cross off all words that rhyme with wise.



ALONE	WILLOW	VENUE	GUYS	BACKBONE
AND	BEEBLE	VALLEY	WARMING	HIS
EYES	CATEGORY	DRAGONFLY	FIVE	WITS
LAUREL	THE	FRIES	DECIPHER	ANT
BEECH	WHITE	OWL	IN	VALID
FARMYARD	TERMITE	SEQUOIA	VACANT	THE
SIZE	TWINKLES	BIRCH	VEGAN	BELFRY
CRICKET	PRIZE	LADYBUG	SITS	OAK

Which two pumpkins are exactly alike?



OWL QUOTE: "Alone and warming his five wits, the white owl in the belfry sits." - Alfred, Lord Tennyson
PUMPKINS: 1 & 4

ANSWERS



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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