



MAKE A DIFFERENCE IN AMERICORPS!

Would you like to help deliver meals and smiles to homebound seniors and disabled adults? Aster Aging is currently recruiting for several important AmeriCorps service positions in partnership with Mesa United Way. We encourage you to apply and share these opportunities with others.

Aster's Meals on Wheels provides a lifeline of nourishing meals and essential wellness checks. Our deliveries provide a nutritionally-balanced meal that can be specialized for a variety of dietary restrictions. The AmeriCorps Meals on Wheels Program Assistant is an important part of our Meals on Wheels team. Responsibilities include assisting with program operations, meal delivery, program promotion, and volunteer recruitment to enable homebound older and disabled adults to remain safely independent in their own homes.



“Our Meals on Wheels program has nearly doubled in size since the pandemic began,” says Carol Dopudja, Aster Program Operations Director. The addition of AmeriCorps to our team will allow us to continue serving more older and homebound adults in our communities. The AmeriCorps Program Assistant is a key member of our team.”

The AmeriCorps program is a one-year commitment to a part-time service position. This service position begins September 1, 2020 and ends August 31, 2021. A federal stipend is offered for this half time position. Additionally, AmeriCorps offers an education award, which can be used by the AmeriCorps member or transferred to a grandchild or other family member.

If you or someone you know are interested in making a difference in the lives of seniors in our community, we invite you to apply today! A full position description is available on our website:

www.asteraz.org.

AUGUST 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.

3 MONDAY

- BBQ Chicken
- Grilled Vegetables
- Sweet Corn Nuggets
- Whole Wheat Roll
- Watermelon

4 TUESDAY

- Bratwurst**
- Baked Beans
- Steamed Cabbage
- Whole Wheat Bun
- Vanilla Pudding
- Grapes

5 WEDNESDAY

- Tuna Salad Sandwich
- Mango Salad
- Beets
- Whole Wheat Bun
- Oranges

6 THURSDAY

- Broccoli & Beef
- Bean Sprouts
- Fried Rice
- Whole Wheat Roll
- Sliced Peaches

7 FRIDAY

- Strawberry Chicken Salad
- Cucumber Salad
- Corn Salad
- Whole Wheat Crackers
- Apple Sauce

10

- Hamburger
- Winter Blend Vegetables
- Tater Tots
- Strawberry Cake
- Fresh Melon

11

- Popcorn Shrimp
- Ratatouille
- Carrots
- Brown Rice
- Banana

12

- Roasted Turkey w/ Gravy
- Green Beans
- Mashed Potatoes
- Sliced Whole Wheat Bread
- Mixed Berries

13

- Chicken Tamales
- Fire Roasted Corn
- Mexican Coleslaw
- Spanish Rice
- Fresh Fruit

14

- Pork Roast w/ Gravy**
- Asparagus
- Cauliflower
- Whole Wheat Roll
- Tropical Fruit

17

- Baja Baked Fish Tacos
- Cilantro Lime Slaw
- Pinto Beans
- Whole Wheat Tortilla
- Mango

18

- Orange Chicken
- Thai Vegetables
- Broccoli
- Rice
- Whole Wheat Roll
- Mandarin Oranges

19

- Pepper Steak
- California Beans
- Scalloped Potatoes
- Cornbread
- Birthday Cake
- Pears

20

- Pork Chops**
- Mango Corn Salsa
- Chef's Vegetables
- Garden Salad
- Whole Wheat Roll
- Apricots

21

- Choice of Salads:
 - Chicken Summer
 - Marinated Veggie
 - Creamy Cucumber
- Whole Wheat Crackers
- Honeydew

24

- Ground Pork Spaghetti**
- Roasted Brussel Sprouts
- Vegetable Blend
- Whole Wheat Bread
- Key Lime Pie
- Apple

25

- Summer Beef Stew
- Garden Salad
- Cauliflower
- Whole Wheat Roll
- Fruit Cocktail

26

- Chicken Caesar Wrap
- Three-Bean Salad
- Potato Chips
- Grapes

27

- Cabbage Rolls
- Carrots
- Spinach
- Whole Wheat Roll
- Strawberries

28

- Cheese Tortellini w/ Pesto
- Chef's Vegetable Blend
- Peas
- Pineapple

31

- Turkey Tetrazzini
- Mixed Vegetables
- Grilled Artichoke
- Whole Wheat Roll
- Watermelon

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



ASTER AGING

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



TIPS FOR SELF-CARE

Can you actually show up for yourself like you show up for others? The Rose of Jericho is a plant used differently in cultures all over the world. At first look, the plant appears gray and dry, as if nearing death. However, the power of the plant shows up the moment it is submerged in water, springing back to life. As we navigate these difficult times, you might feel depleted and tired like the Rose of Jericho—but you, too, can spring back.

In these trying times, it can be easy to wear ourselves out when trying to support those around us. Take 5 minutes to check in on yourself with these questions:

Am I thirsty or hungry? Hydration and food are important to our physical well-being, which affects our mental health.

Do I feel safe? Safety is a fundamental need we all have. Once safety is compromised, we may feel unbalanced without realizing it.

Do I need rest? We are in a global crisis affecting everyone in different ways. Sleep restores our energy and is an off-overlooked option for helping us manage our days.

Do I need to breathe? Allow yourself to take three deep breaths—make them the deepest you've taken all day. Remind yourself we inhale life and exhale exhaustion.

Checking on these basic parts of life will help you meet your cognitive needs. In order for you to show up as a caregiver, friend, or spouse for someone else, self-care is necessary for avoiding burnout and exhaustion. With these simple questions, you can build resilience and strength, like the Rose of Jericho after touching water.

Source: NCOA

BEAT THE SUMMER HEAT

These important tips will help keep you safe and cool during Arizona's summer heat!



Dress Right

Wear light, loose-fitting clothing that allows the body to breathe.



Hydrate

Drink plenty of water, avoiding alcohol and caffeine. If you're going to be exercising, sip water throughout your workout and consider bringing a damp towel packed in ice to cool yourself off.



Stay Cool

Spend as much time as possible indoors or in air-conditioned spaces.



Protect Your Skin

Stay out of mid-day heat and use sunscreen. Sunburns can cause dehydration and a diminished sweating response.

Source: AARP

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RETIREMENT HOBBY DETECTIVE



© ActivityConnection.com

A recently retired couple has taken up bird watching. How many of the items listed below can you find in the photo?

- | | | |
|--|---|---|
| <input type="radio"/> 4 Binoculars | <input type="radio"/> 4 Leaves | <input type="radio"/> 1 Sun Hat |
| <input type="radio"/> 2 Bird Books | <input type="radio"/> 3 Necco Candy Rolls | <input type="radio"/> 2 Tootsie Roll Pops |
| <input type="radio"/> 1 Bluebird | <input type="radio"/> 1 Notepad | <input type="radio"/> 1 Watch |
| <input type="radio"/> 1 Book About Flowers | <input type="radio"/> 1 Pencil | <input type="radio"/> 2 Water Bottles |
| <input type="radio"/> 3 Butterflies | <input type="radio"/> 2 Pinecones | <input type="radio"/> 1 White Duck |
| <input type="radio"/> 1 Deer | <input type="radio"/> 2 Spiders | <input type="radio"/> 1 Woodpecker |
| <input type="radio"/> 2 Giant Ants | | |

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CENTERS GO VIRTUAL

As we continue keeping our physical distance this summer, it is critical that we maintain our social support and connections. Aster can help connect you with online and telephone-based support services are available to you!

In addition, Aster is working to develop online programming that will help bring a selection of our Center-Based activities to you at home. Support groups, social club meetings, and even exercise are some of the options we are exploring.

To be notified of the latest online offerings, follow us on social media, subscribe to our eNewsletter, or go to our website at <https://www.asteraz.org/news/calendar.html>

Our teams are excited to introduce new and dynamic ways we can connect while still following physical distancing practices! And please contact your local Center if you have ideas to share!



YOU LIKE US!

Facebook has come a long way over its history. Created to be a way for college students to network and share about their common experiences, it is now a social tool used by people of all ages and walks of life - including Aster!

Like and follow us on Facebook -- [@AsterArizona](https://www.facebook.com/AsterArizona) -- today. On the social media platform you'll learn about our programs, find credible stories and tips for your health, and connect with us while our Centers are closed. We are exploring more ways we can connect with you on Facebook; be sure to click the thumbs-up icon to "like" our page so you can stay up to date on what we have going on. Find us on Facebook at

[facebook.com/AsterArizona](https://www.facebook.com/AsterArizona).

REGISTER YOUR VOICE

Arizona's General Election is just around the corner! Occurring every two years, this year's election includes U.S. President, federal, state, county, and local offices. However, just because you are a resident of voting age does not mean you can vote in the election -- you must first register to vote!

To learn more about registering to vote in Arizona, and a calendar of important upcoming election dates, visit the Secretary of State website at <https://azsos.gov/elections/voting-election>



AUG 4

Primary Election



OCT 5

Registration Deadline
for General Election



NOV 3

General Election



45 W University Dr, Suite A
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480-964-9014



Sign-up for our eNews enews@asteraz.org



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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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