



PROGRAMS & SERVICES UPDATE

A NOTE FROM DEBORAH SCHAUS, CHIEF EXECUTIVE OFFICER

As stay-at-home orders begin to evolve, Aster Aging is closely monitoring updates from the CDC and public health authorities for guidance on how to proceed with our programs. Older adults are at higher risk for COVID-19; re-opening our senior center dining rooms is not the same as re-opening restaurants. The health and safety of the seniors we serve, as well as our staff and volunteers, is our top priority.

We are working on plans for a phased re-opening of our Senior Centers this summer. Our intention is to not re-open all activities at the same time, but instead to begin with those that lend themselves most easily to ensuring needed social distancing. We will let everyone know when detailed plans and dates are set. In the meantime, we invite you to continue to enjoy our Senior Center meals through curbside Pick-Up & Go service. Hot meals are available each weekday, along with up to a week's worth of frozen meals.

Aster is continuing our other services with added safety precautions. Last week, our Meals on Wheels team delivered almost twice as many meals to homebound participants compared to the number we served before the pandemic began. Our Home Care team continues to provide housekeeping, personal care and respite for older and disabled adults. Neighbors Program volunteers continue to help with grocery shopping, trips to doctors' visits, and more. Our Outreach / Social Services team is just a phone call away to help in accessing food and other basic need resources, including helping seniors sign up for benefits. Please call us if you or an older adult you know would like more information about our services.

At all times, Aster remains grounded in our mission: to empower and support East Valley older adults and their families to remain independent and engaged in our communities. Thank you for your patience and your support!

Mesa Downtown Senior Center renovations continues. Thank you City of Mesa for this wonderful work!



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.

1 MONDAY

- Fish and Chips
- Peas
- Potato Wedges
- Whole Wheat Roll
- Pineapple

2 TUESDAY

- Beef Lasagna
- Lima Beans
- Carrots
- Whole Wheat Roll
- Apricots

3 WEDNESDAY

- Chicken Burrito Bowl
- Rancho Vegetables
- Black Beans
- Spanish Rice
- Mango

4 THURSDAY

- Apple Pancakes
- Scrambled Eggs
- Tomato Slices
- Hash Browns
- Fresh Fruit

5 FRIDAY

- Caribbean Style Pork**
- Sautéed Green Beans
- Spinach
- Brown Basmati Rice
- Peach Crisp

8

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

9

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

10

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

11

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

12

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

15

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

16

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

17

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

18

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

19

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

22

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

23

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

24

- Pepper Steak
- California Beans
- Scalloped Potatoes
- Corn Bread
- Pears

25

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

26

- Chicken Summer Salad
- Marinated Vegetable Salad
- Creamy Cucumber Salad
- Whole Wheat Crackers
- Honeydew

29

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

30

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

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



THANK YOU FOR BEING A FRIEND

If you have been to Red Mountain Senior Center, you may have seen Kathi Wood. Since 2006, she has been supporting the programs and operations at the Senior Center. From serving lunch to ensuring activity schedules are current to planning special events for participants, Kathi's presence has been a staple for the past 14 years!

Kathi knows all the participant names and their family member's names too! "Kathi will always lend a hand where needed, and her special talents during the Annual Volunteer Appreciation talent show always draws laughter from the crowd," shared Carol Dopudja, Program Operations Director. "We are going to miss Kathi and know you will too."

We appreciate the service and dedication that Kathi demonstrated to Aster participants and staff, so it is with gratitude that we wish Kathi best wishes as she begins her new journey!



BEWARE OF COVID-19 SCAMS

As the novel coronavirus (COVID-19) pandemic continues to impact the United States, scammers continue to prey on consumers. The FCC reports these scams are coming from texts AND robocalls. These scams offer free home testing kits, promote bogus cures, and sell health insurance among others.

Some text scams are impersonating government agencies, hospitals, and even service providers such as Netflix. When it comes to any suspicious text message, DO NOT click on any links provided. Robocalls are also looking to get your personal, sensitive information. Callers claim to be from WHO, the US Department of Health and others, seeking your Medicare, Social Security Number, or other information.

To find out the latest information on potential scams, go to www.fcc.gov/covid-scams



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

480-964-9014



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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