



**WE'RE HERE  
FOR YOU**



**IN THIS ISSUE**

Lunch Menu	1	Online Activities	5
Meet the Staff	2	Photos	8
Our Programs	2	Movie Picks	8
Safety Measures	3	Holiday Fun!	9
Falls Prevention	4	Puzzles	10

# SEPTEMBER 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

- 1**
- Scrambled Eggs w/ Onions & Spinach
  - Sliced Tomatoes
  - Diced Potatoes
  - Biscuit
  - Plum

- 2**
- Pork Marsala\*\*
  - Butternut Squash
  - Green Beans
  - Whole Wheat Bun
  - Cranberry Applesauce

- 3**
- Pineapple Chicken
  - Peas and Carrots
  - Asparagus
  - Whole Wheat Roll
  - Sliced Pears

- 4**
- Sloppy Joe
  - Fire Roasted Corn
  - Zucchini
  - Whole Wheat Roll
  - Orange



- 8**
- Salisbury Steak
  - Yams
  - Succotash
  - Whole Wheat Roll
  - Orange

- 9**
- Bruschetta Chicken
  - Sugar Snap Peas
  - Brown Rice
  - Whole Wheat Bread
  - Banana Pudding
  - Peaches

- 10**
- Turkey Swedish Meatballs
  - Brussel Sprouts
  - Mixed vegetables
  - Whole Wheat Roll
  - Cantaloupe

- 11**
- Chicken Cobb Salad
  - Three-Bean Salad
  - Tabbouleh
  - Whole Wheat Crackers
  - Sliced Peaches

- 14**
- Meatloaf w/ Gravy
  - Mashed Potatoes
  - Carrots
  - Whole Wheat Roll
  - Grapes

- 15**
- Trout w/ Garlic Butter
  - Garden Salad
  - Orzo w/ Tomato and Basil
  - Whole Wheat Roll
  - Sliced Peaches

- 16**
- Pulled Pork Sandwich\*\*
  - Coleslaw
  - Green Beans
  - Whole Wheat Bun
  - Pecan Pie
  - Banana

- 17**
- Tuscan Chicken w/ Spinach & Tomatoes
  - Broccoli
  - Whole Wheat Roll
  - Fruit Cocktail
  - Birthday Cake

- 18**
- Egg Salad Plate
  - Italian Vegetable Pasta Salad
  - Beets
  - Whole Wheat Cracker
  - Sliced Apples

- 21**
- Fish and Chips
  - Peas
  - Potato Wedges
  - Whole Wheat Roll
  - Pineapple

- 22**
- Beef Lasagna
  - Lima Beans
  - Carrots
  - Whole Wheat Roll
  - Apricots

- 23**
- Chicken Burrito Bowl
  - Rancho Vegetables
  - Black Beans
  - Spanish Rice
  - Mango

- 24**
- Apple Pancakes
  - Scrambled Eggs
  - Tomato Slices
  - Hash Browns
  - Fresh Fruit

- 25**
- Caribbean Style Pork\*\*
  - Sautéed Green Beans
  - Spinach
  - Brown Basmati Rice
  - Peach Crisp
  - Tropical Fruit Cup

- 28**
- BBQ Chicken
  - Grilled Vegetables
  - Sweet Corn Nuggets
  - Whole Wheat Roll
  - Watermelon

- 29**
- Bratwurst\*\*
  - Baked Beans
  - Steamed Cabbage
  - Whole Wheat Bun
  - Vanilla Pudding
  - Grapes

- 30**
- Tuna Salad Sandwich
  - Mango Salad
  - Beets
  - Whole Wheat Bun
  - Oranges

### 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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## BEWARE OF SCAMS

Excerpted from Kaiser Health News

State officials and federal agencies warn there's a new phone scam circulating: Some callers posing as COVID-19 contact tracers try to steal your credit card or bank account information.



In one such scheme, scammers tell their victims, "I'm calling from your local health department to let you know that you have been in contact with someone who has COVID-19." Then they move in for the kill, asking for payment information "before we continue."

"That is absolutely not part of the process," said Crystal Watson, a senior scholar at the Johns Hopkins Center for Health Security. "No one should give bank information or credit card information."

Real tracers contact COVID-positive patients to determine which friends, neighbors, or acquaintances they might have been near in the days around a positive coronavirus test. Those contacts are then sought out, hoping to get them to quarantine as well.

What differentiates a real call from a fake one? For one thing, the legitimate tracer seeks to confirm your information, not ask for it. Another clear red alert: being asked for your Social Security number. Also, watch out if any names of patients are provided.

Another piece of advice: Do a little research before you respond. You can always say "Give me your name and phone number" and call them back after doing some checking.

And, finally, if you think you've been contacted — by phone, email or text — by a scammer, report it to agencies, such as the state attorney general's office.

## PROGRAMS FOR YOU

We empower East Valley older adults and their families to remain independent and engaged in our communities through:

### CENTER-BASED SERVICES

Our Senior Centers provide lunchtime meals, health and wellness support, education programs, and activities.

### 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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## TAKING STEPS TO STAY SAFE

This pandemic has hit us all hard, in a multitude of ways. However, it is heartening to see our community come together to protect our most vulnerable and limit the spread of COVID-19. As businesses begin to reopen for in-person services, safety is a top priority for us all. While our Centers do not yet have an opening date, we are implementing these safety measures to ensure safety:

### Physical Distancing

We are taking precautions to ensure safe distances are maintained throughout our Centers. Each Center features new plexiglass partitions and line spacing stickers on the floor. We have also reconfigured table spacing and seating in our main halls.

### Online Programs

We now offer a variety of web-based classes and activities. You can find a list of meetings on pages 5 and 6, or on our website at [www.asteraz.org](http://www.asteraz.org).

### Enhanced Cleaning Procedures

Staff have a stepped-up schedule to clean common areas throughout the day. Additionally, we provide hand sanitizer throughout the Centers.

### Face Coverings

Per CDC recommendations, our staff and all guests inside of our Centers need to wear face coverings. Studies show the risk of transmission is greatly reduced when individuals wear face coverings over their noses and mouths.

For more information or questions, visit our website or contact your local Center.



Plexiglass Partition



Red Mountain Reception Desk



Physical Distancing Floor Signage



A Hand Sanitizer Station

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## FALLS PREVENTION

National Falls Prevention week (September 21-25) brings awareness to this serious but preventable health issue affecting older adults. Falling is NOT a normal part of aging. There are steps you can take to reduce your risk.



Every 11 seconds, an older adult is in an emergency department for a fall-related injury. In the United States alone, 1 in 4 older adults fall each year. So what can be done to lessen the chances of falling? It is a common misconception that limiting physical activity will help prevent falls. In fact, exercise is good for the body, helping restore strength and flexibility, keeping your strength and range of motion at their optimal levels.

Medical professionals recommend enrolling in a program focused on balance and exercise. "Evidence-based falls prevention programs, such as Matter of Balance or Tai Chi, can help older adults maintain an active, independent lifestyle," says Elton Bordenave, PhD, M Ed, Director, AT Still University Center for Resilience in Aging and Associate Professor, Dept of Audiology.

How do you know if you are at risk of dangerous falls? The National Council on Aging has compiled a series of 12 easy questions in a free online quiz to assess your risk at [www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup](http://www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup)

Share your results with your caregivers and loved ones, along with the details of any falls you've taken recently. Then, consult your physician and work with them to find treatments which may work for you. Together, with small changes in your everyday life, you can remain safe and healthy while on your feet!

## TIPS TO PREVENT FALLS

Excerpted from the National Council On Aging



Find a good exercise program you like to build balance, strength, and flexibility -- take a friend!



Ask your health care provider for a falls risk assessment. Be sure to share your recent history of any falls.



Regularly review your medications with your doctor or pharmacist. Ensure side effects aren't increasing your falls risk.



Check your vision and hearing every year, updating prescriptions. Eyes and ears are key to staying on your feet.



Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



Talk to your family and enlist their support in taking simple steps to stay safe.

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## MEET YOUR STAFF

### Carolyn Chavez

Manager,  
Senior Center at  
Mesa Downtown



#### Birth Month

December

#### Birthplace

Mesa, AZ

#### Hobbies

Traveling, cooking, and reading about anything health and wellness related

#### Hidden Talent

Singing. I love to sing and can carry a tune

#### Pets

Three dogs (Chili, Indie, Misha) and a fish (Splash)

#### Favorite TV Show

'Yellowstone' (check it out!)

#### Favorite Food

Coconut Shrimp

#### Personal Motto

Each day I'm GRATEFUL for being happy, healthy and safe.

#### Fun Fact

I have two grandkids that I adore. They can be my ranch hands when we retire to our farm style home - complete with dogs, cats, donkeys, goats, and ducks!



## ONLINE ACTIVITIES

While our Senior Centers are closed for in-person meetings, we are excited to announce a new suite of online activities! We are now offering interactive live classes through Zoom. Each class is free to attend, but does require pre-registration through our website. This month's classes includes:



**Mondays | 10:00 - 11:00 am**

### **MINDFULNESS AND BUILDING RESILIENCE**

Facilitated by EMPACT

A weekly support group that focuses on creating and maintaining a peaceful approach in your daily routine.



**Wednesdays | 10:30 - 11:30 am**

### **3M EXERCISE CLASS**

Facilitated by a Teaching Artist

Use Movement, Mobility, & Meditation during this seated or supported standing exercise and stretching class.



**Fridays | 10:00 - 11:00 am**

### **VETERANS SUPPORT**

Facilitated by the AZ Dept of Veterans Services

A weekly support group providing info on resources for service members, Veterans, and their families.



**September 3 & 17 | 1:00 - 2:30 pm**

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

### **PHONE BINGO**

Facilitated by Aster Aging, Inc.

Join us by phone to play your favorite game of luck and win prizes! Registration is required. BINGO playing cards are sent after you register.

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

[www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)

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## MAKE A DIFFERENCE

Would you like to help deliver meals and smiles to homebound older or disabled adults? Would you like to make a difference in the lives of seniors in our community? If so, we want you to apply to be our AmeriCorps Meals on Wheels Program Assistant.

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 monthly federal stipend is offered for this position. In addition, you will receive an education award, which can be used by the AmeriCorps member or transferred to a grandchild or other family member.

This role, in partnership with Mesa United Way, is critical in helping thousands of individuals throughout our community. A position description, job details and application are available on our website: [www.asteraz.org](http://www.asteraz.org)



## POP-UP FLU SHOTS

We are proud to partner with Walgreens to bring you an outside Pop-Up Flu Shot Clinic. The clinics will observe CDC guidelines to help keep you safe while you get your shot.

### MESA DOWNTOWN

Tuesday, September 29th | 9:00 - 11:00 am

### RED MOUNTAIN

Thursday, October 1st | 9:00 - 11:00 am

All participants will be required to wear a mask and will need to bring their insurance card. For questions, call your local Center.

### MEET YOUR STAFF

#### Lynette Fort

Manager,  
Senior Center at  
Red Mountain



#### Birth Month

July

#### Birthplace

Arcadia, CA

#### Hobbies

Camping and boating

#### Hidden Talent

Special effects make-up

#### Pets

Nina (Golden Retriever),  
Lucky (Daschund),  
Nala (cat)

#### Favorite Movie

'Blended'

#### Favorite TV Show

'Big Bang Theory'

#### Favorite Food

Pizza

#### Personal Motto

No act of kindness, no matter  
how small, is ever wasted.

#### Fun Fact

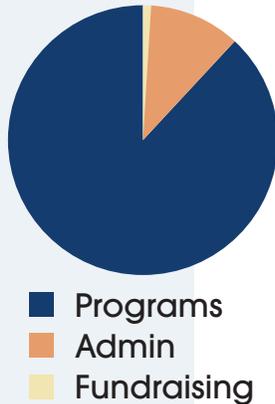
Lived in Hollywood CA and went  
to Hollywood High School.

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## HOW YOU CAN HELP

Aster is a responsible steward of our donors' gifts. When you give to Aster, you empower and support thousands of seniors across the East Valley. Give with confidence knowing that out of every dollar donated to Aster, **88 cents** goes to direct service provision.



You can support our mission in the following ways:



### Donation

Give a gift over the phone or online to support our programs and services.



### Volunteer

Give your time to deliver Meals on Wheels, make calls, and more.



### Planned Gift

Leave a lasting legacy through your estate plans, supporting our mission for years.



## ONGOING SAFETY TIPS

Excerpted from the National Council On Aging

The situation around COVID-19 is changing rapidly. However, the best way to stay safe is still to limit your interactions with other people and take precautions when you do.

Here is the latest advice from public health experts about the best way to protect yourself and to reduce the spread. Some of these tips will be familiar to you and some are new.

### Remember The Rest Of Your Health

Many older adults have one or more chronic conditions, such as diabetes or heart disease. For managing these conditions, consider seeing your doctor using a telehealth. And importantly, do not delay emergency care.

### Practice Physical Distancing and Stay at Least 6 Feet Apart

The Centers for Disease Control (CDC) suggests you wear a cloth face covering or mask when you are around people who don't live in your household. If you decide to go out, try staying outdoors for optimal ventilation and keeping 6 feet apart.

### Use Common-sense Actions To Stay Safe

Clean frequently-touched surfaces in your home, like light switches or doorknobs. Manage stress, get enough sleep, and wash your hands. Stock up on healthful foods, have 30 days of medication on hand, and stay physically and socially active.

### Ask For Help If You Need It

If you are unable to get items you need, contact family or friends to lend a hand. If you're having trouble paying your bills, call for a Savings Check-Up (480-964-9014). And stay connected -- with phone calls, letters, e-mail, and through social media.

We hope you and your loved ones are safe and healthy during this crisis. Please, reach out to us if we can answer any question, provide any information, or just to chat!

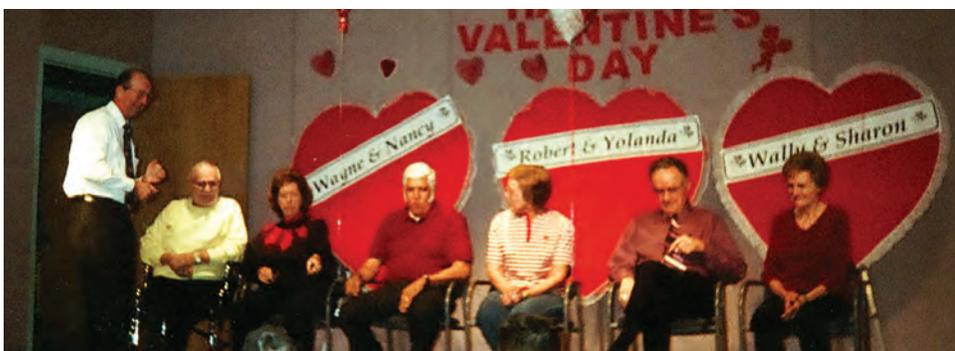
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## THROBACK PHOTOS

While our Centers are still closed, let us take a moment and reminisce about some of the fun we have had through the years.



## REEL TALK

A few recommendations and new-to-streaming films this month.



### Mulan

2020 | PG-13

Yifei Liu

Donnie Yen

This Disney live-action film tells of a young Chinese maiden who disguises herself as a male warrior.



### Bill & Ted Face the Music

2020 | PG-13

Keanu Reeves

Alex Winter

In this sequel, 2 would-be rockers and middle-aged dads travel through time to fulfill their destiny.

### Amazon Prime

Dirty Dancing

The Black Stallion

Wedding Crashers

### Disney Plus

Christopher Robin

Cinderella (live action)

The Wolverine

### Netflix

Enola Holmes

First Man

The Devil All the Time

## SPRECHEN SIE DEUTSCH?

Did you know that we speak German every day without even realizing it? In celebration of Oktoberfest, which begins this month, here is a list of English Words with German Origins.

**angst** Fear; Refers to a feeling of anxiety and depression

**aspirin** - an anti-inflammatory agent used to relieve the pain of headache, rheumatism, etc.

**delicatessen** (deli) A shop that sells ready-to-eat food, usually associated with lunches

**fest** - A celebration

**hamster** - A small rodent-like pet

**kindergarten** - The grade of school before first grade

**kaput** - Broken; not working

**noodle** - Type of pasta

**poltergeist** - Ghost

**spritz** - A small amount of usually a liquid spray



## LABORING FOR YOU!

Excerpted from Activity Connections

Labor Day, considered the end of summer, recognizes the creation of the labor or union movement and honors the social and economic achievements of workers. But did you know...

During the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked at least 12 hours a day, seven days a week to survive. Unsafe working conditions were the order of the day. Labor unions, although still in their infancy, were becoming stronger, organizing strikes and rallies in protest of long hours and poor working conditions in an effort to compel employers to negotiate.

Union organization and opposition continued and often erupted in violence, such as at the Haymarket Square Riot on May 4, 1886. On that day, labor unionists rallied to protest the killing of workers by Chicago police during the strike against the McCormick Reaper Works on the previous day. This violence helped galvanize public opinion for and against labor unions.

However, the idea of a "workingman's holiday" became popular in industrial cities across the country. The first state to pass a law mandating the celebration of Labor Day was Oregon, on Feb 21, 1887. Labor Day was finally made a national holiday under President Grover Cleveland on June 28, 1894, declaring the holiday to be celebrated on the first Monday in September.

## 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!

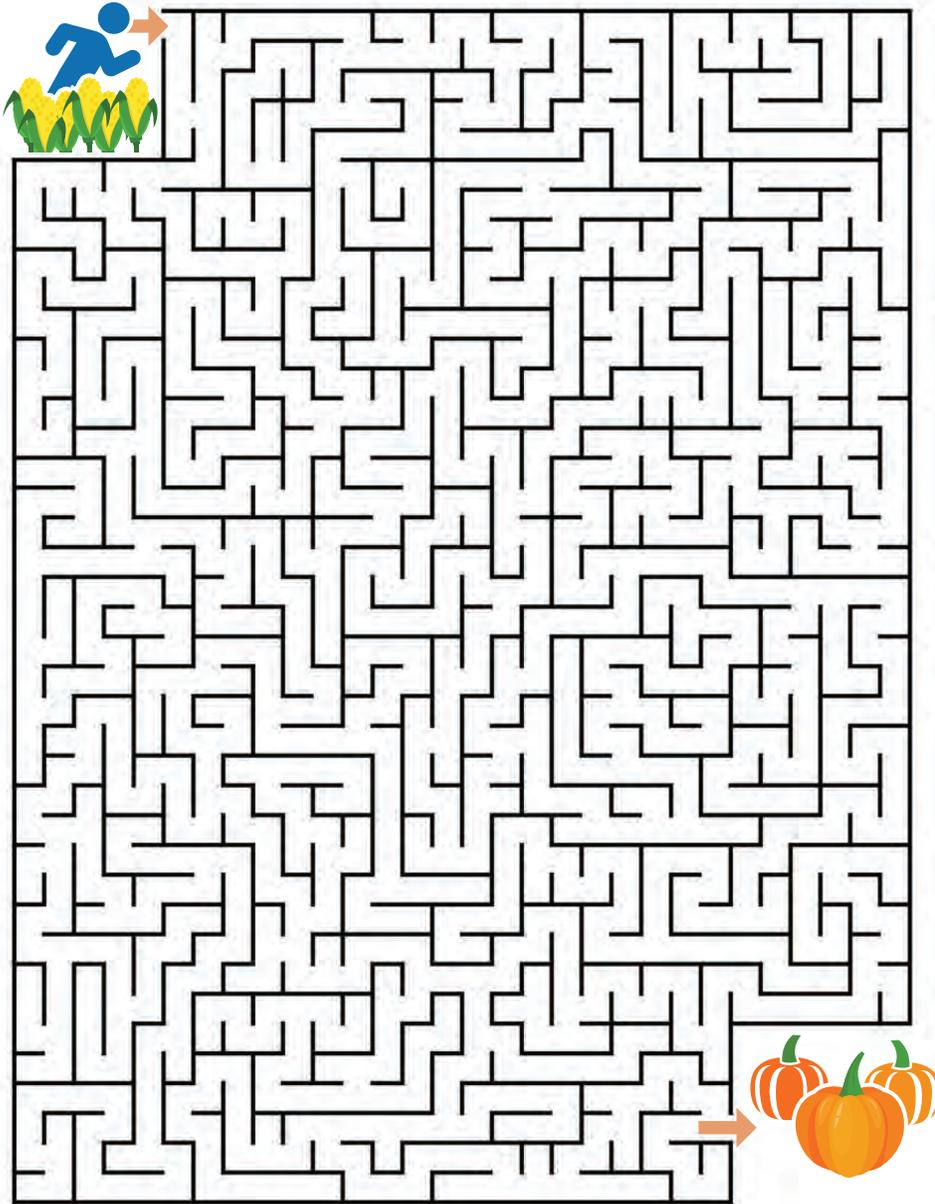
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## PUZZLES

Make it through the corn maze to reach the pumpkin patch!



Which two TVs are exactly alike?

1.



2.



3.



4.



5.



6.



7.



8.



## ANSWERS

Here are the answers to our July word puzzle

- |                          |                              |                    |
|--------------------------|------------------------------|--------------------|
| 1. Fall over backward    | 5. Double talk               | 9. Raised eyebrows |
| 2. Broken promises       | 6. Sign on the dotted line   | 10. Case in point  |
| 3. Thin-skinned          | 7. Credibility gap           | 11. Dashing hopes  |
| 4. He's on a short leash | 8. Going against the current | 12. Up-to-date     |

4 8 5

ANSWER



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Sign-up for our eNews [enews@asteraz.org](mailto:enews@asteraz.org)



## STAY CONNECTED



**Mesa Downtown Senior Center**  
247 North Macdonald Street  
480-962-5612 p



**Red Mountain Senior Center**  
7550 East Adobe Street  
480-218-2221 p



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Follow us on Twitter [@AsterArizona](https://twitter.com/AsterArizona)



Follow us on Instagram [@AsterArizona](https://www.instagram.com/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](http://www.asteraz.org/help/donate.html)