



Anne Shepherd shows off her prize bag at the Mesa Downtown Senior Center Spring Fling.

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MAY 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

- 3**
- Roasted Turkey with Gravy
 - Lima Beans
 - Mashed Potatoes
 - Whole Wheat Roll
 - Seasonal Fruit

TUESDAY

- 4**
- Salisbury Steak
 - Spinach
 - Pinto Beans**
 - Whole Wheat Roll
 - Fruited Gelatin

WEDNESDAY

- 5**
- Creamy Herb Chicken
 - Broccoli
 - Sugar Snap Peas
 - Brown Rice
 - Whole Wheat Roll
 - Blackberries

THURSDAY

- 6**
- Fish Sticks
 - Chef's Blend Vegetables
 - Green Beans
 - Whole Wheat Roll
 - Orange

FRIDAY

- 7**
- Egg Salad Sandwich
 - 3-Bean Salad
 - Beets
 - Croissant
 - Mixed Fruit

10

- Cheese Tortellini with Marinara
- Peas & Pearl Onions
- Zucchini
- Whole Wheat Roll
- Apricots

11

- Parmesan Tilapia
- Grilled Artichokes
- Wax Beans
- Whole Wheat Roll
- Pineapple

12

- Pork Loin with Country Gravy**
- Asparagus
- Cilantro Cauliflower Rice
- Whole Wheat Roll
- Oreo Cake
- Orange

13

- Teriyaki Beef
- Oriental Blend Vegetables
- Roasted Brussel Sprouts
- Whole Wheat Roll
- Fresh Pear

14

- Lemon Herb Chicken
- Corn on the Cob
- Roasted Potatoes
- Biscuit
- Strawberries

17

- Pulled Pork Shepard's Pie**
- Carrots
- Whole Wheat Roll
- Banana

18

- Orange Chicken
- Succotash
- Brown Rice
- Whole Wheat Roll
- Applesauce

19

- Bean & Cheese Burrito with Enchilada Sauce
- Steamed Cabbage
- Grilled Vegetables
- Butterscotch Pudding

20

- Cold Salad Plate: Ham, Corn & Cucumber / Tomato
- Whole Wheat Roll
- Tropical Fruit

21

- Hamburger with Tomato & Lettuce
- Winter Blend Vegetables
- Sweet Potato Fries
- Whole Wheat Bun
- Melon

24

- Pulled BBQ Chicken
- Coleslaw
- Baked Beans**
- Whole Wheat Roll
- Peaches

25

- Beef and Broccoli
- Asian Blend Vegetables
- Fried Rice
- Whole Wheat Roll
- Orange

26

- Pork Chop Diane**
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Strawberries

27

- Baked Catfish
- Asparagus
- Carrots
- Whole Wheat Sweet Roll
- Apricots
- Birthday Cake

28

- Gnocchi with Ground Turkey
- Zucchini
- Italian Blend Vegetables
- Bread Stick
- Pears

31

CLOSED TODAY



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



VACCINE SAFETY

Excerpted from the Centers for Disease Control

As we are all well-aware, COVID-19 is a dangerous disease, especially for our senior population. The risk of getting very sick from COVID-19 increases with age. That is why the CDC recommends that all adults, especially those 65 years and older, get a COVID-19 vaccine.



But how safe are the vaccines? Studies show that COVID-19 vaccines are very safe and effective in preventing severe illness from COVID-19. Furthermore, you **cannot** get COVID-19 from the vaccine. Yet, there might be some side effects after getting your vaccine shot.

Some people have pain, redness, or swelling where the shot is given. Full body symptoms include tiredness, headache, muscle pain, chills, fever, or nausea. These side effects may affect your ability to do daily activities, but they are temporary and should go away in a few days. They are normal signs that your body is building protection against COVID-19.

After you are fully vaccinated against COVID-19, you may be able to start doing some things that you stopped doing because of the pandemic. We're still learning how vaccines will affect the spread of COVID-19. So, you should keep taking these precautions in public places until we know more: wear a mask, maintain physical distance from others, and avoid crowded indoor spaces.

Still haven't gotten your vaccine? Contact Aster and our staff can help you schedule an appointment.



VACCINE APPOINTMENT ASSISTANCE

480-964-9014 | info@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 currently provide limited in-person activities, as well as online programming & weekday Pick-Up & Go meals.



MEALS ON WHEELS

Providing nutritious meals and essential wellness checks, with 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

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

ASTER AGING

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

GIVING WITH EASE

Did you notice a little something extra in this month's newsletter?

At Aster, we are committed to empowering older adults and their families in the journey of aging. The envelope provided in this issue is an easy way for you to give back, should you so desire, supporting our programs and making a difference for thousands of older adults in our East Valley communities.

Through our core programs, we provide nutritious meals, essential transportation, vital social services, a diverse suite of activities, and so much more! This is all made possible through the support of our donors.

Thank you for your participation and generous support!



CENTURY CELEBRATION

This month we celebrate the 100th birthday of Dorothy Beyer!

Where Were You Born?

On a homestead farm in Minnesota. I grew up in Indiana.

Tell Us A Little Bit About Your Life.

I was a bit of a tomboy. I played baseball and was really good. I always wanted to play on the all men teams. I grew up through the depression, but luckily our family were farmers and always had enough food.

We rented rooms in our house to passerbys that traveled on the train. I married at 17 – my husband rented one of our rooms! We've been married for 74 years and have 5 kids – 2 boys and 3 girls – who all graduated from college. The Order of Eastern Star – 77th year – is a big deal at 75 years.

How Long Have You Come To The Mesa Downtown Center?

I have been coming to the Center for about 6.5 years.

What Do You Love Most At The Center?

I love playing bingo.



THE GOOD LIFE IN MESA IS EVEN BETTER HERE.

RENTS STARTING AT \$888*

OUTDOOR POOL, LOUNGE & BOCCE BALL
DOG RUN, COVERED PATIO/BALCONY
THEATER ROOM, BEAUTY SALON



SOLSTICE
OF MESA
Senior Living

1, 2 & 3
BEDROOM
FLOOR PLANS

*Age, household income, and student status limitations apply. Please call for details.

(480) 569-6410 | SOLSTICEOFMESA.COM | 307 S. HAWES ROAD | MESA, AZ 85208 |



OUR FURRY FRIENDS

Mary Snyder lives alone with her two dogs, Angel and Ellie. She struggles with a chronic health condition that prevents her from leaving her home for extended periods. Add to all of this the COVID-19 pandemic.

Seniors like Mary have been hit particularly hard by the pandemic. Social isolation is magnified as staying connected with family and friends is more difficult.

"Since last year, I have only left the house to see my physician and grocery shop on occasion," Mary shares. During this difficult time, her pets have provided comfort and critical companionship.

"I thank God each day for my beautiful furry family, dogs Angel and Ellie," Ms. Snyder smiles. "I don't know what I would do without them! They're my bedrock of support throughout this pandemic."

Aster proudly partnered with Meals on Wheels America and PetSmart Charities on their Emergency Pet Food Project. These pets provide critical support, yet many seniors struggle to provide the food and incidentals they require. As such, many will forgo meals or share their food with their pets, rather than give up their beloved animal.

"This special grant program has been a life saver," says Carol Dopudja, Aster's Program Operations Director. "We provided almost 2,000 pounds of food and treats, as well as numerous collars, leashes, bowls and toys."

This grant has provided a way to thank our furry friends for their companionship. "I truly appreciate the food and supplies that I have received through this program."



CRACK OPEN FRIENDSHIP

"As the long field came into view, Marshall Stone felt his breathing quicken, a rush of doves flying from his chest."

So begins 'The Girl in the Blue Beret' by Bobbie Ann Mason, the inaugural novel discussed by the Aster Book Club.

The Aster Book Club is a new, monthly gathering, where participants meet to share impressions, ask questions, and talk about that month's book.

"The discussion is wonderful," shares Star Kempton, Aster Activity Coordinator, "Hearing people's thoughts and how they interpret a book really brings a new perspective to the work."

The Book Club chooses the following month's book at the end of their meeting. Attend, not just to discuss the book, but to choose what we read next.

Find the current Book Club selection and meeting date on our website at: asteraz.org/news/calendar.html

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MEET YOUR STAFF

Ashley May

Outreach Specialist



Birth Month

April

Birthplace

Tucson, AZ

Hobbies

Hiking, sand volleyball, listening to music, watching my pets play, swimming

Fun Fact

Learning American Sign Language

Pets

1 cat (McMurray)
3 dogs (Lovey, Izzy, and Sunny)

Perfect Vacation

The beach

Favorite TV Shows

'Bobs Burgers', 'Modern Family', 'Parks and Rec', & 'Schitt's Creek'

Favorite Food

Boneless buffalo wings and sweet potato fries

Favorite Dessert

Trader Joe's Dark Chocolate Covered Banana Bites

Personal Motto

"Be the change that you wish to see in the world." - Gandhi



VIRTUAL ACTIVITIES

We are excited to offer interactive live classes online and over the phone. Each class is **FREE** to attend, but requires pre-registration through our website: www.asteraz.org/news/calendar.html



Mondays | 10:00 - 11:00 am

MINDFULNESS AND BUILDING RESILIENCE

Facilitated by EMPACT

A weekly group that focuses on a peaceful daily routine.



May 6 & 20 | 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.



May 12 | 2:00 - 3:00 pm

ASTER'S BOOK CLUB BY PHONE

Join us as we discuss 'The No. 1 Ladies' Detective Agency' by Alexander McCall Smith.



May 21 | 10:00 - 11:00 am

VETERANS' RESOURCES

Facilitated by the AZ Dept of Veterans Services

Providing information for service members and their families.



May 25 | 10:00 - 11:00 am

BENEFITS ASSISTANCE

Facilitated by Anne McFarland, Aster Aging

Learn the resources and benefits available to you.



HERE FOR YOU

Mesa Downtown Senior Center

247 North Macdonald St
480-962-5612 p
cchaveza@asteraz.org

Red Mountain Senior Center

7550 East Adobe St
480-218-2221 p
lfort@asteraz.org

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IN-PERSON ACTIVITIES

We are very excited to offer in-person activities at our Senior Centers! Each activity requires pre-registration and has **limited capacity**. Activities require face masks, with attendees' temperatures checked on-site.



Mondays, Wednesdays, & Fridays | 8:15 - 9:00 am

MORNING MOVEMENT

Red Mountain Senior Center

Get your day moving in the right direction with outdoor exercise!



Tuesdays & Wednesdays | 8:15 - 9:15 am

MORNING MOVEMENT

Mesa Downtown Senior Center

Get your day moving in the right direction with outdoor exercise!



May 14 | 11:00 am - 12:30 pm | Mesa Downtown

May 17 | 11:00 - 12:30 pm | Red Mountain

SUMMER KICKOFF EVENT

Join us for lunch & entertainment as we welcome summer!

This in an indoor event with masks and physical distancing.



May 10 & 24 | 8:30 - 9:30 am | Mesa Downtown

May 13 | 8:30 - 9:30 am | Red Mountain

VETERANS DONUTS & COFFEE

Hang out and chat with your fellow service members.

For the latest information about in-person activities, visit our online calendar at www.asteraz.org/news/calendar.html



MESA DOWNTOWN SNEAK PEEK



MEET YOUR STAFF

Melissa Urias

Outreach Specialist



Birth Month

September

Birthplace

Arizona

Hobbies

Shopping and spending time with family

Fun Fact

I love to bake!

Pets

One-Jack Russell Terrier

Favorite Movie

'Bride Wars' & 'The Dark Night'

Favorite TV Show

'Grey's Anatomy' & 'Superstore'

Favorite Book

The Great Gatsby

Favorite Food

Mexican

Perfect Vacation

Bora Bora

Favorite Dessert

Strawberry Cheesecake Bites

Personal Motto

"Be a pineapple, stand tall, wear a crown, and be sweet inside."

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ARLINGTON'S HISTORY

Excerpted from Activity Connections

Arlington National Cemetery began life as a 1,100-acre plantation where the grandson of George Washington built a mansion known as Arlington House to memorialize the first president. When he died, he willed the property to his daughter, Mary Anna Randolph Curtis, wife of Robert E. Lee.

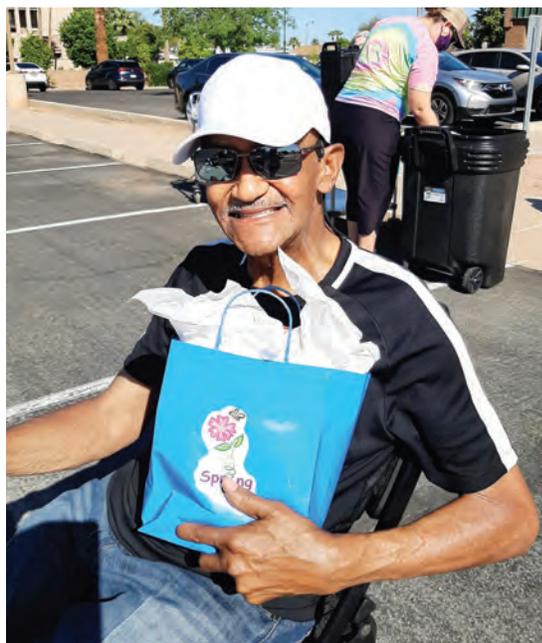
The Civil War erupted with General Lee commanding the Confederate Army, leaving Mary alone (except for slaves) at Arlington House. President Lincoln, determined to defend the nation's capital, saw Arlington House as the ideal location for a military headquarters. As such, the US Government took control of the house and its grounds.

Today it is the final resting place for more than 400,000 former active duty service members, veterans, and family members. As many as 30 U.S. service members or relatives are interred there daily. It has grown over the years and now spans 624 acres — roughly one square mile.



2021 EVENT PHOTOS

We have been excited to welcome participants back with some in-person events this year! Here are some photos of the fun!



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CELEBRATE YOUR AGE

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong communities.



Strength is built and shown not only by bold acts, but also small ones of day-to-day life — a conversation shared with a friend, working in the garden, or taking time for a cup of tea on a busy day. This year, Aster is celebrating OAM by encouraging our community members to share their experiences. Here are some ways we can find strength and create a stronger future together:

Look for joy in the everyday: Celebrate small moments. Start a gratitude journal and share it via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with yardwork, or deliver a meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try an outdoor movement class to enjoy learning with others in your community.

Share your story: Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

Visit acl.gov/oam/2021/older-americans-month-2021 for more resources or contact Aster at 480-964-9014.

REEL TALK

A few recommendations of new films on streaming this month.



Tenet

2020 | PG-13 | May 1
streams on HBO Max

John David Washington
Robert Pattinson

A man is recruited into a shadowy group fighting crimes across time.



Monster

2021 | R | May 7
streams on Netflix

John David Washington
Jharrel Jerome

A 17-year-old film student from Harlem is accused of a murder.



The Woman in the Window

2021 | R | May 14
streams on Netflix

Amy Adams

An agoraphobic woman in NY spies on her new neighbors.



Cruella

2021 | PG-13 | May 28
streams on Disney+

Emma Stone
Emma Thompson

Teen orphan grifter Estella dreams of success in the cut-throat world of high fashion and design.

A DAY FOR MOM

Mother's Day began as a spring festival to celebrate "Mother Earth". Yet today, it is a day to celebrate all mothers. This idea began with two women: Julia Ward Howe and Anna Jarvis.

Howe, a social reformer, wanted a day when mothers could celebrate peace, and she organized a mothers' meeting in Boston each year, starting in 1872.

In 1907, Anna Jarvis, who lived in Philadelphia, persuaded her mother's church in West Virginia, to celebrate Mother's Day on the second Sunday in May, which coincided with the anniversary of her mother's death.

By the next year, the day was also celebrated in Philadelphia. Jarvis then proceeded to write to ministers, politicians, and businessmen to establish a national Mother's Day. Ironically, she was never a mother herself.

In 1914, President Woodrow Wilson, proclaimed Mother's Day as a national holiday celebrated on the second Sunday in May.



CINCO DE MAYO

Excerpted from Activity Connections

The fifth of May is when Americans celebrate an important battle in Mexican history with so much food and music and fun that the real story behind the holiday is often overlooked.



While Cinco de Mayo is often thought of as a celebration of Mexican independence, it is not. That's right, all the festivities and fun those in North America have is to celebrate a single battle. An important and epic battle that lifted the spirits of the nation.

After the Mexican-American War and the Mexican Reform War, the Mexican government was almost bankrupt. In 1861, Mexican President Benito Juárez issued a two-year moratorium on paying foreign debt. Mexico's largest creditors — Spain, England, and France — sent ships to demand payment. Mexico negotiated with England and Spain, and their ships went home.

However, French Emperor Napoleon III decided to leverage this opportunity to increase French power in the New World. He sent a heavily armed fleet to Veracruz and forced President Juárez and his government into retreat. The French force of more than 8,000 pushed toward Mexico City, with their troops more than double that of Mexico's. Napoleon expected to easily overthrow Juárez.

To his dismay, this was not the case. Even with only 4,500 troops, the Mexican army, led by Ignacio Zaragoza Seguín, was able to defeat the much bigger, better armed, and better trained French force. At Puebla, a mere 70 miles from Mexico City, the French waved the white flag. Four days later, in a frenzy of patriotism, a holiday was declared.

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PUZZLES

Unscramble the letters to reveal words associated with Mother's Day.

1. RFWLSOE _____
2. EDEVOTD _____
3. TURENUR _____
4. WYEREJL _____
5. AAETFKRBS _____
6. GRNCIA _____
7. CNDELIHR _____
8. PTENATI _____
9. COSEKIO _____
10. TCEPSRE _____
11. TSRNEEP _____
12. EWSAEOM _____
13. ESOLHCTAOC _____
14. LGNOVI _____
15. URNCHB _____
16. LHATEGRU _____
17. EAERTCLEB _____
18. AYMIFL _____

Flowers, Devoted, Nurture, Jewelry, Breakfast, Caring,
Children, Patient, Cookies, Respect, Present, Awesome
Chocolates, Loving, Brunch, Laughter, Celebrate, Family

ANSWER

Find the two drums below that are exactly alike.



2 & 8

ANSWER



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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