



DON'T MISS OUT ON YOUR BENEFITS

During these uncertain times, many of us worry about our ability to pay for all of our essential needs. Food. Prescriptions. Rent. Fortunately, Aster is here to help.

Aster is part of the National Council on Aging's (NCOA) network dedicated to helping people with Medicare improve their financial stability. Our Benefits Enrollment Center is here to help low income older adults and people with disabilities on Medicare connect with important benefits and resources.

"We are talking with more people than ever," shares Karen Klompus, Aster's Director of Social Services. "COVID-19 and the stay at home orders have really impacted our seniors. The cost of living keeps going up, but fixed incomes do not."

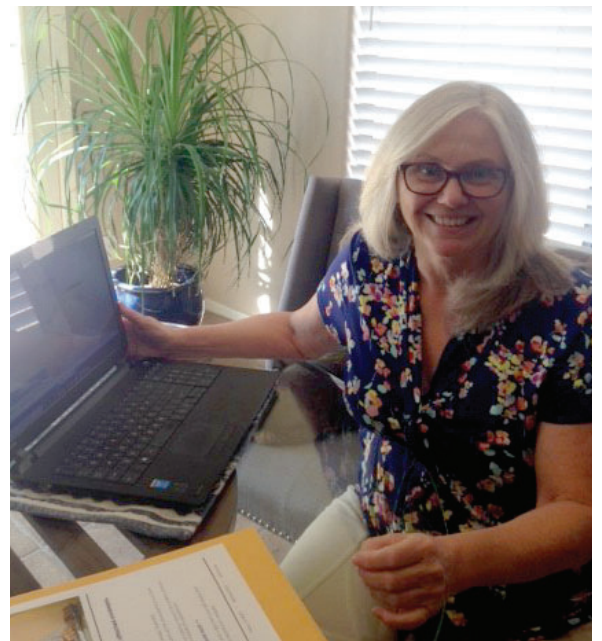
One such individual is George, who is caring for his wife who has dementia. He reached out to our team seeking resources to help support him while he cared for his wife in their home.

"After answering just a few questions, we were able to connect George with local resources," says Karen. "We connected him with respite care and transitional planning, for when the time comes to move to a long-term care community."

"The Aster staff are lifesavers," smiles George. "The Benefits Checkup[®] process was easy and helped us out so much! Now I know I'm not alone. There are people there to help me."

Aster Outreach Specialists can help you complete your Benefits Checkup[®] today. This process can even be done over the phone, in compliance with current physical distancing guidelines. Always remember: there is **NO FEE** for our Benefits Enrollment Center services!

Contact us today at 480-962-5612 so we can begin your Benefits Checkup[®].



Karen Klompus working from home.

JULY 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

1

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

2

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

3

Closed in Observance of Independence Day



6

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

7

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

8

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

9

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

10

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

13

- Falafel Pita
- Malibu Vegetable Blend
- Green beans
- Banana

14

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

15

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

16

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

17

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

20

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

21

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

22

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

23

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

24

- Egg Salad Plate
- Italian Vegetable Pasta Salad
- Beets
- Whole Wheat Crackers
- Sliced Apples

27

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

28

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

29

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

30

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

31

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

ASTER AGING

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



BE GENTLE WITH YOURSELF

The COVID-19 pandemic has impacted all aspects of our lives. Stay-at-home orders, extended restrictions on businesses, and physical distancing can trigger feelings of isolation, anger, and sadness.

These feelings are normal as we deal with this time of upheaval and loss. It is important to recognize your grief and take steps to manage its effects. A key to getting through this is being gentle with yourself. Here are some ways to do that:

Be Mindful of Your Breathing - Our breathing regulates our bodies. Slowing down your breathing can help calm your mind and emotions. Try yoga techniques that involve the belly, lungs, and chest.

Find a Physically Calming Activity - listen to music you enjoy, read a book, walk a pet, or write in a journal about your feelings and experiences. Take time to slow down physically.

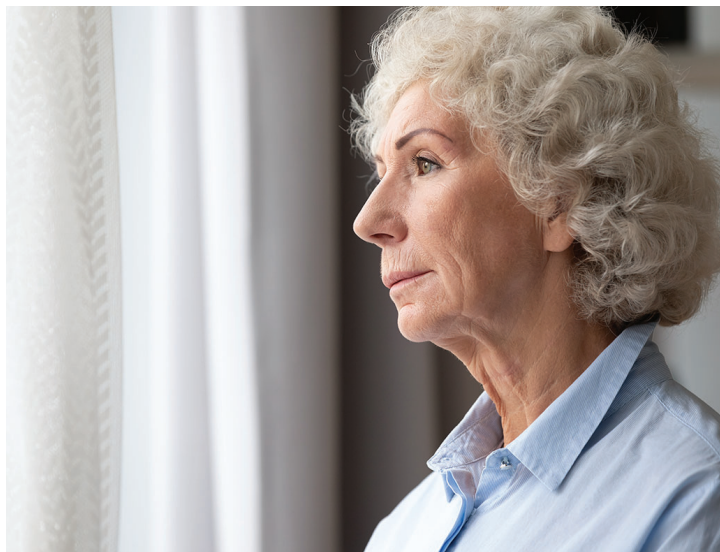
Connect with Loved Ones - Most loved ones and close friends can really help during times of crisis. With physical distancing, reaching out via phone or video conference can be very beneficial.

It is very important to take care of yourself each day so that negative emotions do not overtake you. Know yourself, how you feel, what is normal, and recognize when you should seek professional help. For example, while anxiety during this time is normal, you should not be worrying all day long.

A bright spot during this crisis is that you can access mental health virtually. Many mental health providers are offering therapy virtually in response to the pandemic. Video therapy can be surprisingly intimate; the modern day house call. Via these methods, you are able to stay safely in your home, in comfortable surroundings, while discussing issues with your doctor.

Keep in mind, the health effects of this pandemic will linger well beyond the virus itself. Even when public life returns to normalcy, we will need to continue being gentle caretakers of ourselves.

For more information, or assistance with support, contact Aster Social Services at [480-964-9014](tel:480-964-9014).



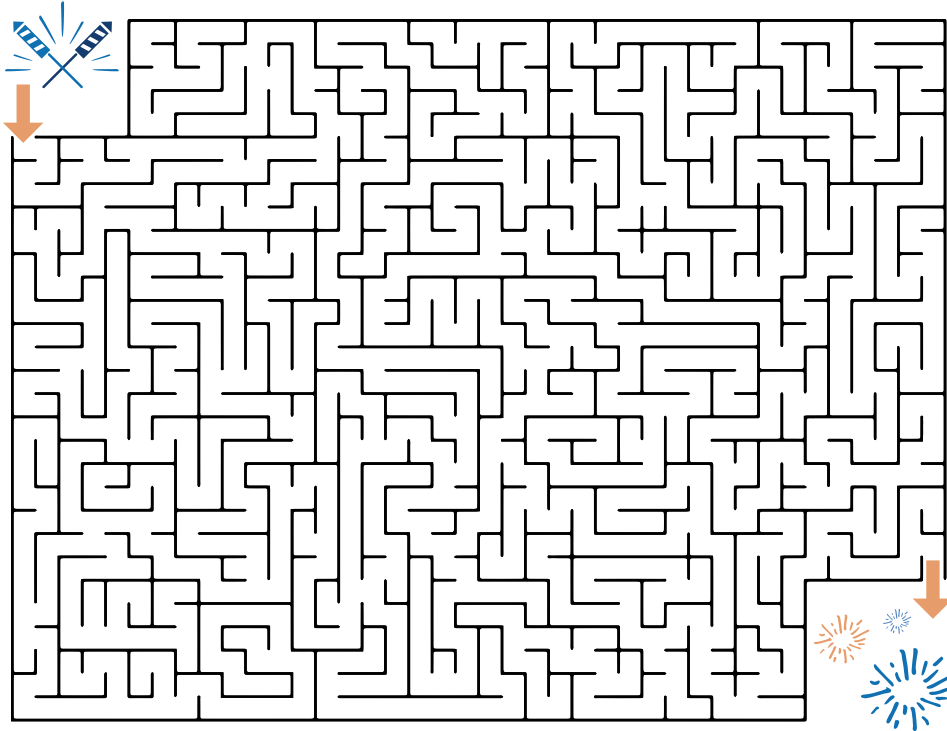
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PUZZLES

Make it through the maze to set off the fireworks for the holiday!



Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher each puzzle box?



1 _____



2 _____



3 _____



4 _____



5 _____



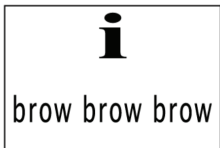
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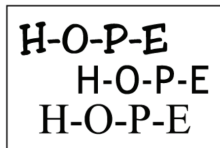
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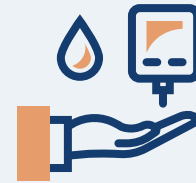


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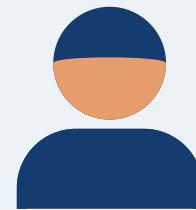
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TIPS TO REDUCE RISK



Wash Your Hands

Using soap, clean thoroughly for 20 seconds at a time, throughout the day.



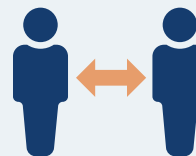
Wear A Face Mask

Ensure the mask covers your nose, mouth and chin. Keep on, even while speaking.



Avoid Touching Your Face

Try not to touch your face or mask during the day. When taking off, do so by the sides.



Maintain Physical Distance

Stay at least 6 feet away from other individuals.

Source: World Health Organization

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RAISE YOUR VOICE, SAFE & SECURE

Due to COVID-19, voting by mail has become a much more important topic. The Centers for Disease Control and Prevention (CDC) has recommended early voting and voting by mail to minimize risk. Fortunately, voting by mail here in Arizona is secure, reliable, and easy for you.

Most Arizonans already vote by mail, allowing them to study and fill out their ballot from the comfort of their home and then mail it back or drop it off at any drop-box or voting location in their county. Two options for you to vote by mail are:



One Time Early Ballot Request

You can request a ballot by mail for the upcoming election only if you prefer not to visit the polls due to COVID-19 concerns, won't be able to vote on Election Day, or prefer to have more time with your ballot to study the candidates and issues. Request a one-time early ballot at <https://azsos.gov/votbymail>

Permanent Early Voting List

You can choose to be placed on the Permanent Early Voting List (PEVL). The county will automatically mail you an early ballot for every election in which you are eligible to vote. You can remove yourself from the PEVL list at any time. Sign up for PEVL at <https://azsos.gov/votbymail>

The deadline to request a ballot by mail for the Primary Election is **July 24, 2020**, and for the General (Presidential) Election is **October 23, 2020**.



THE CITY OF MESA CARES!

The City of Mesa recently launched a Mesa CARES initiative to connect individuals, families, and businesses impacted by COVID-19 to available resources. The initiative provides information on and referrals to local services. You can find information on food, housing, healthcare, mental health and crisis hotlines, employment, and more.



The Call Center is available Monday through Friday from 8:00 am to 5:00 pm at 480-644-CARE (2273). You can also go find resources online at www.mesaaz.gov/government/mesa-cares



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

480-964-9014



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KEEP UP TO DATE

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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