Aster is dedicated to empowering and supporting you. We are continuing to operate our services, ensuring the basic needs of older adults in our communities are met as the COVID-19 situation evolves. Keeping the people we serve safe, as well as our staff and volunteers, is our top priority during this uncertain period.

We are closely following updates from the CDC and local public health authorities for the latest guidance. In accordance, we have made the following updates to our general programs:

**SENIOR CENTERS**
We are temporarily transitioning from weekday congregate lunches served at our Centers to packaged “Pick-Up & Go Meals”. Additionally, Senior Center group activities are on hold, in keeping with CDC guidance. For more information, call your nearest Aster Senior Center.

**MEALS ON WHEELS**
Offers hot, nutritious weekday meals for isolated homebound older and disabled adults, coupled with wellness checks. Participation is limited to eligible older and disabled adults. Subsidized and fee-for-service options are available. For more information, call 480-964-9014.

**IN-HOME SUPPORT**
Neighbors volunteers provide companionship, including friendly phone calls, and essential transportation to medical appointments, grocery stores, or pharmacies. Home Care provides housekeeping, personal care, and respite through certified aides. Call 480-964-9014.

**Outreach / Social Services**
Our staff are available to help you navigate and access needed social services, food, benefits, and health resources during these uncertain times. Call 480-964-9014.

At all times, Aster remains committed in our mission to empower and support East Valley older adults and their families to remain independent and engaged in our communities. Please, contact us via phone or online if we can be of any assistance to you or a loved one.

**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.

**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 across our community.

**DONATE ONLINE TODAY**
www.asteraz.org/help/donate.html

Asteraz.org

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

480-964-9014

Like us on Facebook @AsterArizona

Like us on Twitter @AsterArizona

Sign-up for our eNews enews@asteraz.org

In accordance with the current COVID-19 pandemic, this issue of The Aster Scene is abbreviated.
APRIL 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

**Pick-Up & Go Meals**

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

### TUESDAY

1. Pulled Pork Sandwich**
2. Coleslaw
3. Green Beans
4. Whole Wheat Roll
5. Pecan Pie
6. Banana

### WEDNESDAY

1. Tuscan Chicken
2. Spinach & Tomatoes
3. Broccoli
4. Whole Wheat Roll
5. Fruit Cocktail

### THURSDAY

1. Cold Salad Plate: Egg, Italian Pasta & Vegetable Salads
2. Whole Wheat Crackers
3. Sliced Apples

### FRIDAY

1. Ham w/ Pineapple Glaze
2. Au Gratin Potatoes
3. Key Biscayne Veggies
4. Crossiant
5. Apple Pie

---

ASTER AGING

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

BE ALERT FOR SCAMS

Scammers are taking advantage of your fears surrounding the Coronavirus. They are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness. They’re setting up websites to sell fake products, and using emails, texts, and social media posts as a ruse to take your money and get your personal information.

However, knowledge is power. Here are a few tips to help you keep scammers at bay:

- Do not give out your Medicare number to anyone other than your doctor or health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don’t click on links from sources you don’t know, which could put your computer or device at risk.
- Be cautious buying medical supplies from unverified sources, including online ads and phone solicitations.
- Ignore online offers for vaccinations. Ads touting preventions or cures for COVID-19 are most likely a scam.
- Do your homework before making a donation to a charity or funding site due to a public health emergency. Be very wary of any charities requesting donations by cash, by gift card, or wire transfer.

Find the latest at [www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-fraud.aspx](http://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-fraud.aspx)

BEING ACTIVE AT HOME

Staying engaged and stimulated while maintaining physical distancing is crucial. Here are free online resources to keep you active and safe.

- AARP Games: games.aarp.org
- Sudoku: sudoku.com
- Online Mahjong Games: freewin3d.mahjongg.net
- Word Search: thewordsrus.com
- Jigsaw Puzzles: thejigsawpuzzles.com

---

Aster Aging, Inc is funded in part by Area Agency on Aging, Region One

asteraz.org

CONGRATS!

Thank you to everyone who submitted for our newsletter name contest. We had over 200 entries and the winner is...

Sandi P

at Mesa Downtown Senior Center
Aster is dedicated to empowering and supporting you. We are continuing to operate our services, ensuring the basic needs of older adults in our communities are met as the COVID-19 situation evolves. Keeping the people we serve safe, as well as our staff and volunteers, is our top priority during this uncertain period.

We are closely following updates from the CDC and local public health authorities for the latest guidance. In accordance, we have made the following updates to our general programs:

**SENIOR CENTERS**
We are temporarily transitioning from weekday congregate lunches served at our Centers to packaged “Pick-Up & Go Meals”. Additionally, Senior Center group activities are on hold, in keeping with CDC guidance. For more information, call your nearest Aster Senior Center.

**MEALS ON WHEELS**
Offers hot, nutritious weekday meals for isolated homebound older and disabled adults, coupled with wellness checks. Participation is limited to eligible older and disabled adults. Subsidized and fee-for-service options are available. For more information, call 480-964-9014.

**IN-HOME SUPPORT**
Neighbors volunteers provide companionship, including friendly phone calls, and essential transportation to medical appointments, grocery stores, or pharmacies. Home Care provides housekeeping, personal care, and respite through certified aides. Call 480-964-9014.

**Outreach / Social Services**
Our staff are available to help you navigate and access needed social services, food, benefits, and health resources during these uncertain times. Call 480-964-9014.

At all times, Aster remains committed in our mission to empower and support East Valley older adults and their families to remain independent and engaged in our communities. Please, contact us via phone or online if we can be of any assistance to you or a loved one.