

**Participants spreading joy during the 2020 Aster Holiday Party at the Red Mountain Senior Center parking lot.**

## IN THIS ISSUE

Lunch Menu	1
A New Hope	2
Benefits Check-Up	3
Online Activities	5
In-Person Activities	6
We Shall Overcome	9
Puzzles	10

# JANUARY 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



4

- Beef Stroganoff with Bowtie Pasta
- Edamame
- Sweet Corn
- Whole Grain Bread
- Blueberries

5

- Creamy Vegetable Chicken
- Normandy Blend Asparagus
- Brown Rice
- Whole Wheat Roll
- Pears

6

- Pulled Pork Sandwich\*\*
- Peas
- German Potato Salad
- Seasonal Fruit

7

- Salisbury Steak with Gravy
- Mashed Potatoes
- Succotash
- Whole Grain Roll
- Sliced Peaches

8

- Pork Roast with Gravy\*\*
- Green Beans
- Tri Color Cauliflower
- Whole Wheat Biscuit
- Blackberries

11

- Chicken Piccata
- Garden Salad
- Rosemary Potatoes
- Whole Grain Roll
- Banana

12

- Turkey Salad Sandwich
- Pea Salad
- Beets
- Whole Grain Bun
- Oranges

13

- BBQ Beef
- Whole Grain Bun
- Collard Greens
- Parsnips
- Apricots

14

- Beer Battered Fish
- Chef Blend Vegetables
- Spinach
- Whole Grain Roll
- Strawberries

15

- Grilled Chicken Strips
- Coleslaw
- Grilled Vegetables
- Whole Grain Roll
- Fresh Fruit Mix

18

CLOSED TODAY



19

- Pot Roast with Onion and Celery
- Caramelized Carrots
- Peas
- Corn Bread
- Mangos

20

- Fish Sandwich
- Garden Salad
- Broccoli
- Whole Grain Bun
- Fruit Cocktail
- Birthday Cake

21

- Cold Salad Plate: Egg, Beets, 3 Bean
- Whole Wheat Crackers
- Fresh Pear

22

- Meatloaf with Gravy
- Green Beans
- Cheesy Potatoes
- Whole Grain Roll
- Grapes

25

- Salmon with Rosemary & Garlic
- 4-Way Vegetables
- Cauliflower
- Whole Grain Roll
- Orange

26

- Chicken Cobbler
- Fresh Baked Biscuit
- Brussel Sprouts
- Apricots

27

- Vegetable Lasagna
- Asparagus
- Belgium Vegetables
- Bread Stick
- Banana

28

- Teriyaki Riblets\*\*
- Asian Blend Vegetables
- Coleslaw
- Graham Crackers
- Pineapple

29

- Butternut Ravioli with Chicken
- Peas & Carrots
- Garden Salad
- Whole Grain Roll
- Fruited Gelatin

# ASTER AGING

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



## A NEW YEAR OF HOPE

One year ago this month, East Valley Adult Resources changed our name to Aster Aging. In choosing the aster as our name and symbol, we chose to honor the strength, diversity and resiliency of our participants. Who knew how apt this would be for 2020?



This past year will go down as one of the most challenging in recent history. Yet, even as our normal business was disrupted, this year showed the great innovation and commitment of our staff -- and of you! We found new ways to live our mission to empower and support East Valley older adults and their families to remain independent and engaged in our communities.

Our Meals on Wheels staff saw the need for service more than double! We developed an online calendar to view and RSVP for new virtual classes. In-person lunches transitioned to curbside Pick-Up & Go meals at our Senior Centers. And this newsletter is in your hands, having been mailed to you at your home.

As we move into 2021, we have much hope for the future. We are excited about the COVID-19 vaccines. With their dissemination, we will proceed cautiously, and hope to soon welcome everyone back in-person to our Senior Centers.

Together, we will make 2021 an even better, more engaging year!

Thank you for all you do,

Deborah B. Schaus, MSW  
Chief Executive Officer

## 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 are currently closed for in-person activity, but we are providing online activities & 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.

## TRIVIAL MATTERS

Where did MLK Jr deliver his "I Have a Dream" speech?

Which ancient people were the first to make New Year's resolutions, 4,000 years ago?

Which President designated a federal holiday honoring Martin Luther King, Jr?

If you love trivia, then you'll love Aster's monthly phone-based trivia game. Call in and test your knowledge of facts against other Center participants.

"It's wonderful to speak with everyone and hearing them interact again on the phone," shares Star Kempton, Activity Coordinator. "We learn some fun facts, have friendly competition, and connect!"

Trivia is held the last Thursday of each month at 1:30 pm, with lines opening at 1:00 pm. Please join us and have fun!

Answers:  
Washington DC  
The Babylonians  
Ronald Reagan



## TIME FOR A CHECK-UP

Aster is part of the National Council on Aging's network of Benefits Enrollment Centers (BECs), helping low income older adults and people with disabilities on Medicare improve their financial stability.



"Too often people are not accessing the benefits and support available to them," states Anne McFarland, Director of Social Services. "These are services that exist to help and people just don't know to access them."

The Benefits Check-Up connects you with critical resources and financial supports. Through this process, you may qualify for:

- Medicare Part D Extra Help/Low-Income Subsidy (LIS)
- Medicare Savings Programs
- Medicaid / AHCCCS
- Supplemental Nutrition Assistance Program (SNAP)
- Low-Income Home Energy Assistance Program

BECs can also help you apply for other programs, such as Supplemental Security Income, State Pharmaceutical Assistance Programs, local transportation assistance, tax relief, and more.

"There is a wealth of support available," shares Anne. "And best of all, it is free of charge to older or disabled East Valley adults!"

For more information, join us for this FREE online classes. Register at [www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)



**January 26, 2021 | 10:00 am**

**BENEFITS ASSISTANCE**

Anne McFarland | [amcfarland@asteraz.org](mailto:amcfarland@asteraz.org)



## MAKING A PLAN

Excerpted from AARP

The steady drone of coronavirus news these past nine months has spurred countless older Americans to face a long-procrastinated task: writing — or rewriting — their wills. But millions of Americans have yet to do so. A 2016 Gallup poll found more than 30 percent of people 65 and older didn't have a will.



The main reasons people stall? They say either that they just haven't gotten around to it or they don't have enough assets to leave to anyone. However, assets are only part of the story. Even if you have no savings to pass on, the right paperwork can save your loved ones headaches and heartache.

These documents require hard conversations. While it can be uncomfortable, knowing a parent's wishes about everything from medical care to funeral plans is very reassuring. It gives loved ones an enormous sense of relief when they know what to expect.

You can write one any time, even if you're sick. Hospitals aren't the ideal place to make a will, but it's better than not doing it at all. A will is valid the minute it is signed.

Be practical and open about your estate wishes. Leaving more to one child, leaving one out entirely, or gifts to charity can lead to hurt feelings and challenges. Talk your decision out with your children now, to avoid legal action later. And remember that stepchildren aren't automatically treated as children for legal purposes -- they must be specifically named.

Keep in mind, it's not just one and done. Sometimes a major life event occurs, like a move to a new state, or a beneficiary becomes ill, is disabled or dies, they'll need to be revised.

## ZOOMING TO CONNECT

Have you seen our online programs, but don't know Zoom or how it works? Follow these simple steps to install Zoom and join our activities. Depending on your device, here's how you install the program:

### iPhone or iPad

Go to the Apple App Store and search for "ZOOM Cloud Meetings." Click "Get" to download and install the app.

### Android Phone or Tablet

Go to the Google Play App Store and search for "Zoom Cloud Meetings." Click "Install."

### On a Computer

Visit [zoom.us/download](https://zoom.us/download) and click "Download" in the "Zoom Client for Meetings" section. On an Apple device, double-click the file called Zoom.pkg, which is typically in your Downloads folder. On a PC: Double-click the file called ZoomInstaller.exe file to install the program.

Now you are all set to RSVP for one of our activities at [asteraz.org/news/calendar.html](https://asteraz.org/news/calendar.html)

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## MEET YOUR STAFF

### Robin Finn

Neighbors  
Coordinator



#### Birth Month

April

#### Birthplace

Canton, NY

#### Hobbies

Scrapbooking

#### Hidden Talent

Very organized!

#### Pets

No pets but I love cats!

#### Favorite Movies

"A Christmas Story"

"National Lampoon's  
Christmas Vacation"

#### Favorite TV Shows

"Mom"

"Big Bang Theory"

#### Favorite Food

Anything with peanut butter!

#### Favorite Season

Fall

#### Musical Genre I Listen To

Country

#### Personal Motto

"Always do your best"



## VIRTUAL ACTIVITIES

We are excited to offer interactive live classes online and over the phone. 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 group that focuses on a peaceful daily routine.



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

### **DANCE FUSION**

Facilitated by a Michelle Dionisio

Jazz, Pop, and R&B rhythms to basic dance movements.



**January 7 & 21 | 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.



**January 22 | 10:00 - 11:00 am**

### **VETERANS' RESOURCES**

Facilitated by the AZ Dept of Veterans Services

Providing information for service members and their families.



**January 26 | 10:00 - 11:00 am**

### **BENEFITS ASSISTANCE**

Facilitated by Anne McFarland, Aster Aging

Learn the resources and benefits available to you.



**January 28 | 1:30 - 2:30 pm**

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

### **NEW YEAR PHONE TRIVIA**

Test your knowledge as we say hello to 2021!

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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## IN-PERSON ACTIVITIES

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



**Tuesday, Thursday, Fridays | 8:15 - 9:00 am**

### MORNING MOVEMENT

Red Mountain Senior Center - Back Patio

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



**January 5 & 19 | 10:00 - 11:00 am**

### WALK & TALK

Mesa Downtown Senior Center - Parking Lot

Join our walking group for some exercise and conversation.



**January 15 | 11:30 am - 1:00 pm**

### THE ASTER GRILL OUT!

Mesa Downtown Senior Center - Parking Lot

Enjoy a cook-out party with burgers, hot dogs, and fun!



**January 22 | 11:30 am - 1:00 pm**

### THE ASTER GRILL OUT!

Red Mountain Senior Center - Parking Lot

Enjoy a cook-out party with burgers, hot dogs, and fun!

For the latest information about in-person activities, visit our online calendar at [www.asteraz.org/news/calendar.html](http://www.asteraz.org/news/calendar.html)



## HERE FOR YOU

**Mesa Downtown  
Senior Center**

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

**Red Mountain  
Senior Center**

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

## MEET YOUR STAFF

### Danielle Johnston

Home Care  
Coordinator



#### Birth Month

May

#### Birthplace

Newcastle, WY

#### Hobbies

Reading, photography, spending time with family, travel

#### Hidden Talent

Writing poetry

#### Pets

Four family dogs

#### Favorite Movie

"Breakfast Club," "Pretty in Pink"

#### Favorite TV Show

Almost anything on HGTV and Food Network

#### Favorite Food

Steak and lobster

#### Fun Fact

I have a 1947 Chevy Suburban that I love driving.

#### Favorite Dessert

Tiramisu

#### Musical Genre I Listen To

Mostly country & Oldies (50's-70's)

#### Personal Motto

Actions speak louder than words.

## RESOLVING TO CHANGE

Excerpted from History.com

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. During a massive 12-day religious festival known as Akitu, the Babylonians made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions.

For early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future.

Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. And while as many as 45 percent of Americans say they make resolutions, only 8 percent are successful! But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.



## WE SHALL OVERCOME

Excerpted from Activity Connection

Since 1963, "We Shall Overcome" has been known as a civil rights song, familiar where the struggle for equality persist. The song feels like part of the shared cultural soundtrack of the 'z, but its history runs much deeper.



A version of it dates back to the time of American slavery and evolved in churches as a hymn and gospel song. The song was used in 1945 on the American Tobacco Company's picket lines in Charleston, South Carolina. While picketing, workers sang, "We will overcome, and we will win our rights someday."

Two years later the song was introduced to folk singer and social activist Pete Seeger. He adopted it and added his own touches, including changing the word will to shall. Over the next two decades, the song became an inspirational and uniting force.

On September 2, 1957, Dr. Martin Luther King Jr. delivered the keynote speech at an event where Pete Seeger performed the song. Later that day, King reportedly was humming it, telling people, "There's something about that song that haunts you."

Seven years later, on March 15, 1965, President Lyndon B. Johnson invoked this sentiment when addressing Congress, calling for the right to vote for all citizens: "It is the effort of American Negroes to secure for themselves the full blessings of American life. Their cause must be our cause, too, because...it's all of us who must overcome the crippling legacy of bigotry and injustice. And we shall overcome."

The following year, on March 31, 1968, just days before his assassination, King summoned the power and the promise of the song one last time during his final sermon in Memphis.



## TAKING SMALL STEPS

Excerpted from AARP

As the New Year begins, many of us are recovering from holiday eating or looking to honor new resolutions. You may think big changes are needed, but studies suggest small changes can reap big payoffs.



Here are some baby steps to take:

### Add An Extra 500 Steps

While 10,000 steps a day is a common goal, it can be daunting. Instead, take a walk around the block. Next week, add another block. Then add a third. In a month, you'll have added 1,000 steps.

### Leave A Few Bites On Your Plate

Make a conscious choice to leave a few bites of food on your plate. While you're at it, serve yourself off a smaller plate. Doing so can cut about 280 calories each day.

### Ditch The Sugary Sodas

If you only cut out sugary sodas every day, you'll lose around a pound a month. Try replacing your soft drinks with infused water: Simply drop fruit like berries, cherries or peaches into your water.

### Do Basic Body-weight Exercises

Simple moves like squats and push-ups are an easy way to build metabolism-boosting muscle in minutes at home. If you're just starting, try squats, wall push-ups, toe stands, step-ups, and sit-ups.

### Eat Within A 12-hour Window

You can get many of the same benefits of fasting by simply limiting your eating to a 12-hour window during the day. Research shows that when you eat late in the evening, you're not only more likely to gain weight but also to raise insulin and cholesterol levels.

## REEL TALK

A few recommendations of new films on streaming this month.



### Pieces of a Woman

2021 | R | Jan 7

*streams on Netflix*

Vanessa Kirby

Shia LaBeouf

When a home birth ends tragically a young woman begins a year-long odyssey of mourning and learning to live alongside her loss.



### The Little Things

2021 | R | Jan 29

*streams on HBO Max*

Denzel Washington

Rami Malek

A burnt-out county deputy sheriff teams with a LASD detective to track down a serial killer.

### Amazon Prime

All Is Lost (Jan 1)

Zodiac (Jan 1)

Wonderstruck (Jan 19)

### Disney Plus

The Wolverine (Jan 1)

Mary Poppins Returns (Jan 15)

WandaVision (Jan 15)

### Netflix

The Minimalists: Less Is Now (Jan 1)

Penguin Bloom (Jan 27)

The Dig (Jan 29)

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## LET'S BE SOCIAL

As COVID-19 swept our communities, organizations like Aster have had to limit in-person activities. Without the ability to communicate face-to-face, we turned to social media.

We established the @AsterArizona handle on each to better communicate news and engage our participants.

Through Facebook we share events, program information, news as well as fun puzzles, and polls.

Instagram shares our story, current and historic, through photos. Twitter offers news alerts and breaking information.

Follow them all today for the most up-to-date information!



## SCRABBLE

Excerpted from Hasbro

There were many victims of America's Great Depression in 1929. But in 1933 an out of work architect named Alfred Moshier Butts invented a game that would lift the spirits of millions.



Attempting to combine the thrill of chance and skill, Butts entwined parts of anagrams and the classic crossword puzzle into a scoring word game first called LEXIKO. This was refined during the early 1930s and 1940s to become CRISS CROSS WORDS.

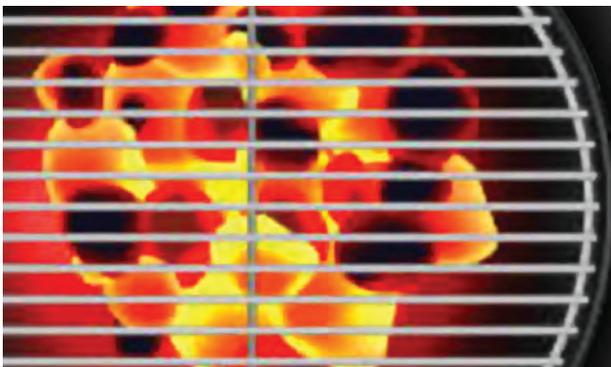


Butts studied the front page of "The New York Times" to make his calculations for the letter distribution in the game. This skilled analysis of our language formed the basis of the original tile distribution, which has remained constant ever since.



Nevertheless, established game manufacturers unanimously slammed the door on Butts' invention. It was only when Butts met James Brunot, a game-loving entrepreneur, that the concept became a commercial reality.

Together they refined the rules and design and then, most importantly, came up with the name SCRABBLE - a word defined as 'to grasp, collect, or hold on to something'. And so the SCRABBLE Brand Crossword Game was trademarked in 1948.



## GRILL OUT WITH US!

Enjoy a cook-out in our parking lot with burgers, hot dogs, and fun! Space is limited – RSVP today!

**Mesa Downtown | January 15 | 11:30 am**  
**Red Mountain | January 22 | 11:30 am**

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## PUZZLES



### 1940's EDITION

Guess the correct price of each item.

- |                                    |            |
|------------------------------------|------------|
| 1 _____ Corn Flakes (1 box)        | A. \$1.29  |
| 2 _____ Loaf of White Bread        | B. \$49.95 |
| 3 _____ Hamburger (1 pound)        | C. 21¢     |
| 4 _____ Roasting Chicken           | D. 16¢     |
| 5 _____ Butter (1 pound)           | E. 63¢     |
| 6 _____ Quart of Fresh Milk        | F. 12¢     |
| 7 _____ Eggs (1 dozen)             | G. \$9.95  |
| 8 _____ Apples (1 pound)           | H. \$39.95 |
| 9 _____ Coffee (1 pound)           | I. 14¢     |
| 10 _____ Sugar (1 pound)           | J. 9¢      |
| 11 _____ Typewriter                | K. 98¢     |
| 12 _____ Life Savers               | L. 51¢     |
| 13 _____ Remington Electric Shaver | M. 60¢     |
| 14 _____ Electric Heater           | N. 69¢     |
| 15 _____ Portable Record Player    | O. 72¢     |
| 16 _____ Gas Range Stove           | P. \$249   |
| 17 _____ Upright Vacuum            | Q. 55¢     |
| 18 _____ Automatic Washing Machine | R. \$23.50 |
| 19 _____ 18-inch Steel Dump Truck  | S. \$199   |
| 20 _____ Pull-along Walking Dog    | T. \$8.50  |

1-D, 2-I, 3-L, 4-E, 5-O, 6-C, 7-N, 7-F, 9-Q, 10-J, 11-B, 12-M, 13-R, 14-T, 15-G, 16-S, 17-H, 18-F, 19-K, 20-A

Find the two tea pots that are exactly alike.



4 & 8

**ANSWER**

**ANSWER**



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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](http://www.asteraz.org/help/donate.html)