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Would you like to help deliver meals and smiles to homebound seniors and disabled adults? Aster Aging is currently recruiting for several important AmeriCorps service positions in partnership with Mesa United Way. We encourage you to apply and share these opportunities with others.

Aster’s Meals on Wheels provides a lifeline of nourishing meals and essential wellness checks. Our deliveries provide a nutritionally-balanced meal that can be specialized for a variety of dietary restrictions. The AmeriCorps Meals on Wheels Program Assistant is an important part of our Meals on Wheels team. Responsibilities include assisting with program operations, meal delivery, program promotion, and volunteer recruitment to enable homebound older and disabled adults to remain safely independent in their own homes.

“Our Meals on Wheels program has nearly doubled in size since the pandemic began,” says Carol Dopudja, Aster Program Operations Director. The addition of AmeriCorps to our team will allow us to continue serving more older and homebound adults in our communities. The AmeriCorps Program Assistant is a key member of our team.”

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 federal stipend is offered for this half-time position. Additionally, AmeriCorps offers an education award, which can be used by the AmeriCorps member or transferred to a grandchild or other family member.

If you or someone you know are interested in making a difference in the lives of seniors in our community, we invite you to apply today! A full position description is available on our website: www.asteraz.org
AUGUST 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**
- BBQ Chicken
- Grilled Vegetables
- Sweet Corn Nuggets
- Whole Wheat Roll
- Watermelon

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

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

**THURSDAY**
- Broccoli & Beef
- Bean Sprouts
- Fried Rice
- Whole Wheat Roll
- Sliced Peaches

**FRIDAY**
- Strawberry Chicken Salad
- Cucumber Salad
- Corn Salad
- Whole Wheat Crackers
- Apple Sauce

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**AUG 4**
Primary Election

**OCT 5**
Registration Deadline for General Election

**NOV 3**
General Election

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**ASTER AGING**

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

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**ASTER AGING**

Aster Aging, Inc is funded in part by Area Agency on Aging, Region One asteraz.org
TIPS FOR SELF-CARE

Can you actually show up for yourself like you show up for others? The Rose of Jericho is a plant used differently in cultures all over the world. At first look, the plant appears gray and dry, as if nearing death. However, the power of the plant shows up the moment it is submerged in water, springing back to life. As we navigate these difficult times, you might feel depleted and tired like the Rose of Jericho—but you, too, can spring back.

In these trying times, it can be easy to wear ourselves out when trying to support those around us. Take 5 minutes to check in on yourself with these questions:

Am I thirsty or hungry? Hydration and food are important to our physical well-being, which affects our mental health.

Do I feel safe? Safety is a fundamental need we all have. Once safety is compromised, we may feel unbalanced without realizing it.

Do I need rest? We are in a global crisis affecting everyone in different ways. Sleep restores our energy and is an oft-overlooked option for helping us manage our days.

Do I need to breathe? Allow yourself to take three deep breaths—make them the deepest you’ve taken all day. Remind yourself we inhale life and exhale exhaustion.

Checking on these basic parts of life will help you meet your cognitive needs. In order for you to show up as a caregiver, friend, or spouse for someone else, self-care is necessary for avoiding burnout and exhaustion. With these simple questions, you can build resilience and strength, like the Rose of Jericho after touching water.

BEAT THE SUMMER HEAT

These important tips will help keep you safe and cool during Arizona’s summer heat!

Dress Right
Wear light, loose-fitting clothing that allows the body to breathe.

Hydrate
Drink plenty of water, avoiding alcohol and caffeine. If you’re going to be exercising, sip water throughout your workout and consider bringing a damp towel packed in ice to cool yourself off.

Stay Cool
Spend as much time as possible indoors or in air-conditioned spaces.

Protect Your Skin
Stay out of mid-day heat and use sunscreen. Sunburns can cause dehydration and a diminished sweating response.

A recently retired couple has taken up bird watching. How many of the items listed below can you find in the photo?

- 4 Binoculars
- 2 Bird Books
- 1 Bluebird
- 1 Book About Flowers
- 3 Butterflies
- 1 Deer
- 2 Giant Ants
- 4 Leaves
- 3 Necco Candy Rolls
- 1 Notepad
- 1 Pencil
- 2 Pinecones
- 2 Spiders
- 1 Sun Hat
- 2 Tootsie Roll Pops
- 1 Watch
- 2 Water Bottles
- 1 White Duck
- 1 Woodpecker

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Source: NCOA
Source: AARP
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**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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