



Senior News April 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342 AshlandSeniorCenter.org tty: 711

seniorinfo@ashland.or.us

Help for Seniors during COVID-19 Pandemic

To our dear patrons:

Your health and safety are the utmost priority for Ashland Parks and Recreation and the Senior Services Division. You will find this to be an unusual edition of *Senior News*, missing the wealth of activities we normally offer. We hope that you are staying home as much as possible, as recommended to protect those most vulnerable to the virus: all people over 60 and anyone with a health condition.

Thank you all for your support as we respond to the COVID-19 pandemic to best protect you, our patrons. Following state public health recommendations on March 12, we mobilized to cancel all non-essential senior activities, at both Ashland Senior Center and The Grove.

As of this writing, only two essential services continue at Ashland Senior Center:

- Our staff are available Mon-Fri, 8:30am-3:30pm, to assist you by phone or email only. Please call **541-488-5342** or email seniorinfo@ashland.or.us, and we will try to help you connect with needed resources. See also our updated listings at ashland.or.us/COVID19SeniorResources.
- Our partner Rogue Valley Council of Governments continues to package the Food & Friends senior lunches onsite for weekly delivery to Ashland clients. Seniors (60+) may request home delivery or arrange to pick up meals weekly at Ashland Senior Center. To enroll, contact **Food & Friends at 541-734-9505**.

The global and local situation continues to change daily. Get current, accurate information at jacksoncountyor.org/hhs/COVID-19.

Ashland Senior Center will resume normal activities only when public health guidance says it is safe to do so. Call 541-488-5342 to learn our current status.

*Isleen Glatt, Natalie Mettler and Corey Whitaker
Senior Services Division staff
March 30, 2020*



PROTECT YOURSELF! Please wash your hands after touching this newsletter or any object coming in to your home from outside.

New!

Senior Phone Buddy Program

Social connection is important for all people, perhaps even more so for older adults who may live alone. During this time of necessary “social distancing,” use the phone and computer to reach out to friends and family and stay connected.

If you would like to be matched to another senior ‘buddy’ for check-ins and socializing during this time, please call us at 541-488-5342.



COVID-19 Senior Resources

To help seniors find the resources they need during the pandemic, we are maintaining a special webpage with daily updates:

ashland.or.us/COVID19SeniorResources

Find local grocery stores and pharmacies with senior hours, learn about delivery options, find free online exercise classes and more.

Need help? Call 541-488-5342.

Revitalize Downtown Ashland

Help downtown Ashland be more accessible and inviting for seniors and all residents. Make sure the project considers the needs of seniors! Please participate in an online “open house” by completing the online survey at jacobs.shortcm.li/survey by April 30.



The results will help the project team refine initial project concepts. For background on the project, please visit ashland.or.us/revitalize.

Ashland Wildfire Safety Campaign Launches

Wildfire season is coming. Are you ready? The Ashland Wildfire Safety Commission is bringing you a three-month spring wildfire preparedness campaign. In April, the message is:

Be FireWise! Prepare your home and property.

Residents should prune overgrown vegetation, clean up yard debris and combustibles, and clean out rain gutters. At this time, a FREE green waste drop off day at Valley View Transfer Station is planned for Saturday, May 2, but watch for updates.

Learn more at ashland.or.us/wildfireprep. Working together, we can protect our homes, neighbors, and community in the face of increased risk of wildfire.

Special Thanks

Many thanks to **Ron Kohl**, Crime Prevention Specialist, for his very educational presentation on avoiding frauds, scams and cons on March 11. Ron is invaluable to our community in both educating and assisting us when we have been victims of such crimes.

Thank you also to our event volunteer Janine Clayton and all who attended.



New! Adopt a Neighbor - Ashland Get or Offer Help during the COVID-19 Pandemic

Everyone must now stay home as much as possible, but for elders and people with serious health conditions, even going shopping is too risky. The new **Adopt a Neighbor** program in Ashland is linking healthy volunteers under 60 with their at-risk neighbors to help with shopping and errands.

Think about it — if seniors are courageous enough to ask for help and stay home, we can reduce spread of COVID-19 and avoid overwhelming our hospitals!

To request assistance or for people wanting to volunteer, visit adoptneighbor.org. If you don't have internet access, call **541-552-2500**. After enrollment, you will be matched with a neighbor to help. Please spread the word about this valuable resource!

(For other opportunities to volunteer or donate, go to roguevalley.recovers.org, managed by Rogue Valley Community Organizations Active in Disaster.)



STAY HOME. SAVE LIVES.

A message from Oregon Health Authority 3/23/20

DO:

- Stay home as much as possible.
- Stay at least 6 feet away from others any time you are out.
- Go out only for essentials (groceries, medical care).
- Exercise outside (hiking, biking) only if you can be 6 feet apart from others.
- Have video and phone chats.
- Drop food off to neighbors who can't go out.

DON'T:

- Gather in groups.
- Get together with friends (drinks or dinners).
- Have play dates for kids.
- Make unnecessary trips.



Ashland Senior Advisory Committee (ASAC) Update

At the March 9 meeting, Executive Director Katharine Danner described the services of Ashland at Home, a "village" model membership organization which helps seniors live in their own homes and stay engaged in our community as long as possible. ASAC members also discussed the response to the COVID-19 pandemic and its impact on seniors.

ASAC welcomes public input! Please submit comments at a meeting or to any ASAC member or staff. Call 541-488-5342 to learn more. Meeting agendas and minutes are posted at: ashland.or.us/APRCAgendasAndMinutes.

Next meetings

(Pending public health guidelines at the time. Please call to confirm.)

Monday, May 11, 3:30-5pm
at Ashland Senior Center

Monday, July 13, 3:30-5pm
at Ashland Senior Center



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1699 Homes Avenue
Ashland, OR 97520

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And thank you to ALL our amazing volunteers and instructors
who do so much to support seniors every month!