



**ASHLAND PARKS AND RECREATION COMMISSION
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
MEETING AGENDA**

Monday, July 10, 2023 @ 3:30 – 5:00 pm

Virtual Meeting on Zoom Platform

To join meeting or give public input, see instructions on page 2.

- I. Opening (Gardiner, 1 min)
- II. Welcome new ASAC members: John Engelhardt and Patty Winner, with member introductions (Gardiner, 5-10 min)
- III. Approval of Minutes – May 8, 2023 (all, 2 min)
- IV. Additions or Deletions to the Agenda (all, 2 min)
- V. Public Input (5 min) - *See page 2 for instructions.*
- VI. Age+ Circles of Care: a supportive housing project in Talent for low to moderate-income seniors - Olivia Robinson, AGE+ Community Outreach and Engagement Manager (30 minutes)
- VII. Standing Reports (20 min)
 - a. APRC Liaison (Bachman)
 - b. City Council Liaison (Kaplan)
 - c. Education Report (Mettler)
 - d. Senior Services Superintendent Report (Glatt)
- VIII. Items from ASAC Members or Work Groups (10 min)
 - a. Livable Ashland Alliance update (Theis/Bellegia)
 - b. Other items from ASAC members? (All)
- IX. Next Meeting: Monday, September 11, 3:30-5:00pm
Consider two meetings/year in person, September & March
- X. Adjournment – 5:00pm

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Administrator's office at (541) 488-6002 (TTY phone number 1-800-735-2900). Notification 72 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to the meeting (28 CFR 35.102-35.104 ADA Title I).

TO ATTEND THE MEETING:

If you wish to virtually attend an Ashland Senior Advisory Committee meeting, send an email to isleen.glatt@ashland.or.us, no later than by 10:00 a.m. on the day of the meeting. Please provide the following information, then staff will send you the link and/or phone codes:

- 1) Write "ASAC Participation Request" in the subject line of the email.
- 2) Include your name.
- 3) Specify the date of the meeting you wish to virtually attend or listen to.
- 4) Specify whether you will be participating by computer or telephone.
- 5) Provide the name you will use if participating by computer, or the telephone number you will use if participating by telephone.

TO GIVE PUBLIC INPUT IN THE MEETING:

If you would like to give public input for the meeting, please submit your written comments or a request to speak to isleen.glatt@ashland.or.us, no later than by 10:00 a.m. on the day of the meeting. Please include the information above plus the topic you would like to speak on. For oral comments, you will be invited to unmute and speak during the Public Input portion of the agenda.

City of Ashland
ASHLAND PARKS AND RECREATION COMMISSION (APRC)
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
Meeting Minutes
May 8, 2023

Committee Members Present:

- Anne Bellegia
- Cori Frank
- Mike Gardiner, Chair
- Debra Johnson, Vice Chair
- Bob Kaplan
- Kathy McNeal
- Sandy Theis
- Noriko Toyokawa

Staff Present:

- Isleen Glatt
- Natalie Mettler

CALL TO ORDER

Gardiner called the meeting to order at 3:31pm.

OPENING

No guests.

APPROVAL OF MINUTES

Motion: Bellegia/Theis m/s to approve the minutes from March 13, 2023. Voice vote – all AYES. Minutes approved.

ADDITIONS OR DELETIONS TO AGENDA

None.

PUBLIC INPUT

None.

DISASTER PREPAREDNESS FOR OLDER ADULTS & CAREGIVERS

Lauren Kraemer, MPH, Associate Professor of Practice with OSU Extension Family & Community Health, presented on why older adults are more vulnerable to disasters and how individuals and communities can tackle disaster preparedness. See [presentation slides](#).

Kraemer added the following information during a question-and-answer period:

- *Ashland has a higher percentage of residents age 65+ (26.9%) than the county, state and nation. Ashland also has a large number of tourist visitors, who might also not be as prepared for disasters.* Kraemer will share a draft document she is developing for hospitality businesses to guide guests to local disaster resources.
- *How do elder care facilities prepare their residents for disasters?* They run drills and some, like Mountain Meadows, have committees dedicated to disaster preparedness.
- *What barriers are preventing 2/3 of seniors from preparing for disasters?* Multifactorial barriers including income, fatalistic attitudes, social isolation, limited physical and mental abilities.

- *How can people remember their Disaster Zones for evacuation during the stress of a disaster?*
Disaster Zones to guide citizen evacuation are not widespread. But such information might be broadcast via push notifications, although they are limits on what City and County officials can push out as notifications.
- *Do people still get push notifications about disasters if they turn off the location tracking on their smartphone?*
People should be able to adjust their smartphone settings to filter which emergency alerts will get pushed out to them.

ELECT OFFICERS, DISCUSS MEMBER TERMS & RECRUITMENT FOR POSITIONS OPENING JULY 1

Glatt stated that McNeal and Theis's member terms are ending. McNeal will not renew, and Theis has served her two terms limit. (Members who have completed 2 terms may apply to join again after at least one year off.) Glatt will post the position openings via the website and press release, but also asked ASAC members for input on possible recruits.

Per ASAC Bylaws, the Chair and Vice Chair are elected annually and have no term limits. Currently the Chair is Gardiner and Vice Chair is Johnson; both are willing to continue in their roles. There were no other nominations for these positions.

Motion: Bellegia/Bachman m/s for Gardiner/Johnson to continue as ASAC Chair/Vice Chair. Voice vote – all AYES. Motion passed.

The following was discussed during discussion:

- Bellegia noted that Glatt, Mettler and McNeal are best positioned to recommend recruits from among Ashland Senior Center program participants.
- Gardiner would like to see more multigenerational representation.
- Toyokawa asked about representation from medical and/or clinical fields. Glatt agreed that cross-fertilization with Oregon Health & Science University and Asante Ashland Community Hospital would be good. This can check in with Asante Ashland Hospital Administrator, Dr. Steven Hersch.

STANDING REPORTS

a. APRC Liaison

Commissioner Bachman reported that APRC based their proposed budget for the coming biennium on a bottom-up analysis and asked for what is needed to run Parks, Recreation and Senior Services, rather than asking for what they think they can get. APRC is also hoping to rebuild their employment levels to pre-pandemic numbers, in order to function more effectively. Bellegia asked if the current proposed budget includes reinstating a third SSD staff person. Bachman responded that APRC is planning on hiring 4-5 generic administrative support positions, which could help SSD. APRC is also prioritizing hiring a Parks Superintendent to improve oversight. Bellegia noted that given Ashland demographics, with almost 27% of residents aged 65+, adequate staffing for SSD should be a priority. Bachman assured he would advocate for this on the Commission level.

b. City Council Liaison

Councilor Kaplan shared that the Council approved an intergovernmental agreement among the City, SOU and Ashland School District to share resources for emergency management. Kelly Burns is the City's new Emergency Management Coordinator. Kaplan attended an ALICE (active shooter) training for City staff that Burns organized. He added that Paige West of RVTD presented to the Council about a new RVTD fixed-route

bus line that will serve Ashland. West stated that this new service is not a substitute for the Ashland Connector, whose return continues to be delayed by staffing limitations.

c. Education Report

Mettler shared about new initiatives and programs: Outdoor Line Dancing (May-June), Digital Supermarket Coupon Tutoring (May-August) and working with OHSU students to research needs and barriers to internet use for local seniors (April-May). In connection with Kraemer's presentation, she added that SSD will host Bill Bateman on June 28, 1-3pm, to present "Survival Prep for Seniors: Beyond the 'Go' Bag."

d. Senior Services Superintendent Report

Glatt referred to her report in the agenda package. She highlighted the following:

- There is concern that RVTD's new route 17 serving Ashland will edge out bringing back the Ashland Connector. She thanked Councilors Kaplan and Hyatt for learning about SSD and assisting with advocacy on this issue.
- Glatt has been advocating with the City Manager and Deputy City Manager, as well as City Departments, to increase the income qualification limit for the City's utility discount to be commensurate with Medicaid limits, which are between 138-150% of Federal Poverty Level (FPL). Currently, a resident's income must be at or below 100-125% of FPL to qualify for the utility discount.
- Glatt shared a story that, through her engagement with SSD, a longtime SSD volunteer learned about and procured affordable hearing aids through the Southern Oregon Lions Sight & Hearing Assistance Program.

Bellegia offered kudos to SSD staff and volunteers for consistently high participation numbers in activities and services. She said this speaks well to the reorganization of Ashland Senior Program into Ashland Senior Services Division.

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

a. Update on May ballot measure

Gardiner reminded all to vote regarding the upcoming ballot measure about reallocating the Food & Beverage Tax to APRC.

b. Livable Ashland Alliance update

This reported that the Alliance continues to work with Ashland Community Health Foundation in the hopes they will become the group's fiscal agent. Bellegia added that securing such sponsorship will allow the Alliance to begin engaging citizens in their efforts. They also plan to update City Council and invite their participation in current or new all age friendly initiatives.

c. Other items from ASAC members

Gardiner spoke for all members in thanking McNeal and Theis for their service to ASAC.

Next meeting – Monday, July 10, 2023, 3:30-5:00pm (Zoom)

Adjournment – 5:01pm

Respectfully submitted by Natalie Mettler, Senior & Adult Services Coordinator, Ashland Parks and Recreation Commission

ASHLAND PARKS & RECREATION COMMISSION

340 S PIONEER STREET • ASHLAND, OREGON 97520

COMMISSIONERS:

Rick Landt
Leslie Eldridge
Jim Lewis
Jim Bachman
Justin Adams



Michael A. Black, AICP
Director

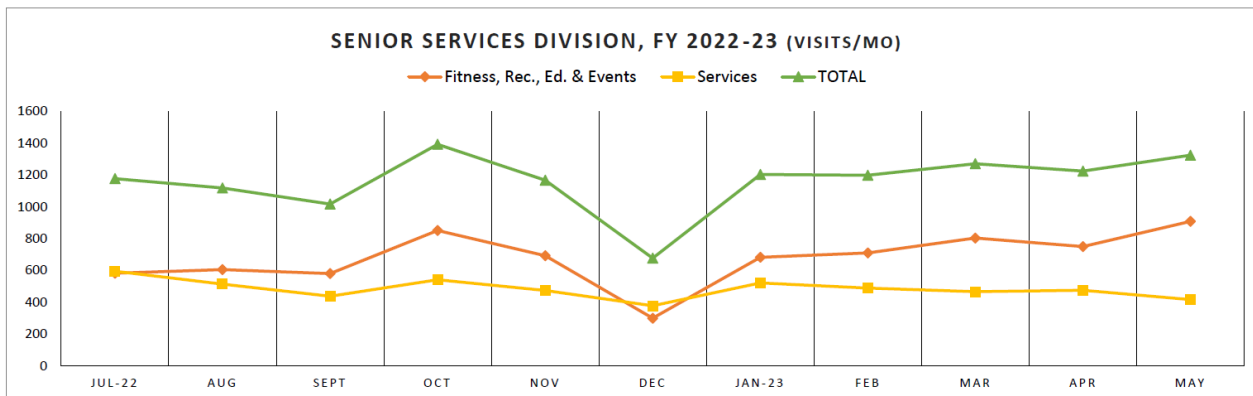
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STAFF MEMORANDUM

TO: Ashland Senior Advisory Committee (ASAC)
FROM: Isleen Glatt, Senior Services Superintendent
DATE: July 5, 2023
SUBJECT: Superintendent's Report to ASAC

PROGRAMMING & SERVICES

- **Service Statistics:** Visits per month climbed to 1323 in May, bringing the 2023 monthly average to 1160. Special summer activities and events are boosting overall participation numbers, even though summer travel is lowering some service visits.



- **Outdoor Programs:** The first outdoor program of the season, Line Dance, started May 1 in our new outdoor activity space next to Ashland Senior Center.



- The **Volunteer and Instructor Appreciation Tea Party** on May 24 was loads of fun, with over 20 of our 40 volunteers and instructors attending. We couldn't do what we do at Ashland Senior Services Division and Ashland Senior Center without the generosity of our volunteers and instructors! See more on the [Facebook post](#).



- The **Cookout for Seniors and their Families** was a great success with about 150 people attending, including a large team of volunteers. Village at Valley View provided great food, and the Ashland Police Department team served and connected with seniors. The Broadway Dance for Boomers students (an APRC senior class) did a sweet performance midway through. See more photos on the [Facebook post](#). We heard much positive feedback from patrons, including this email: "Incredibly fun event, delicious food, and great to meet new friends. Thank you Isleen and Natalie!"



Photos by Bob Palermini, palermini.com.

- **Education/Presentations:** Seasonal education included "How to be Smokewise" on May 31, presented by Ashland Fire and Rescue Staff, and "Survival Prep for Seniors: Beyond the Go Bag" on June 28 with OLLI instructor Bill Harris. Both were very well attended. It is encouraging to see seniors learning to be better prepared. The City of Talent reached out afterward to inquire how to bring Bill Harris to their community as well.
- **Digital Coupon Tutoring:** ASAC member Cori Frank started a new program at the Senior Center in May to tutor seniors on using digital coupons for groceries. For example, seniors

can save up to 20% on their grocery bill at Albertsons every week, which can make a big difference for seniors living on a fixed income. Frank recruited and trained three other volunteers to rotate on the tutoring schedule.

- **Upcoming Events:** The summer focus continues on cultural and social events:
 - The Britt Festival Orchestra Fieldtrip on June 29th filled all 50 seats available.
 - Drumtastic Beats for All Ages on July 5 will be a great intergenerational event in the Ashland Senior Center's Outdoor Activity Space.
 - The Ice Cream Social for Seniors and Their families is also outdoors on August 9.
 - The Classical Guitar Society of Southern Oregon will present a performance and education event on August 30.



- **Seniors Celebrating Creativity:** The fiber art of professional artist Susan Burnes is now on display in Ashland Senior Center dining room and activity room, July through September.



- **Fall Vaccination Clinic:** Staff are working on a setting up a vaccination clinic for the fall to offer flu and COVID-19 shots to seniors. Through a grant-funded program of AGE+, Ashland Senior Services Division will receive some reimbursement per vaccine delivered, which will be used to fund uninsured or under-insured patients.

VULNERABLE SENIORS

- **Outreach Calls:** Volunteer Kathy McNeal continues to make quarterly outreach calls to check in with our most vulnerable patrons.
- **Incidents:** In May there were two incidents requiring police assistance at Ashland Senior Center in the last 2 weeks. One resulted in an aggressive individual being permanently “trespassed” (barred) from Ashland Senior Center. In the second incident, a long-term participant was permanently trespassed for incidents of inappropriate sexual advances toward aged and vulnerable participants. Adult Protective Services is investigating the latter case.

PARTNERSHIPS

- OHSU:** The OHSU nursing students completed their spring term practicum as of June 8, focusing on needs assessment of local seniors about current access to the internet, needs and barriers. After interviewing a number of seniors and other key informants, they developed and field tested a written survey for broader distribution when we have more students helping us in a future term. The field test results suggest that lack of internet access and skills is a significant barrier for older adults to be able to take care of their personal business such as DMV appointments, health care, shopping and more. In the initial sample, lack of internet access was not a factor social isolation and loneliness.
- Community Volunteer Network:** Cassie Rose, Executive Director sent this compliment in response to the July newsletter: “I just wanted to say how great we think you are! Our community is better because of you.”

ADVOCACY

- In February, Glatt submitted a recommendation to City of Ashland Administration suggesting that the income qualification for the City’s Senior & Disabled Utility discount be raised from the current 100%-125% of Federal Poverty Levels (FPL) to 138-150% of FPL (as for Medicaid), to allow more very low-income seniors to qualify. The City Administration and Council are actively discussing this with the larger picture of utility costs and ways to help low-income residents. This item will be discussed at the City Council retreat on July 17.

PUBLIC AWARENESS

- Senior News:** The June and July [Senior News](#) issues featured new and ongoing programs and offered helpful community information including new COVID-19 vaccination booster guidelines; the new RVTD Route 17 bus route which started in Ashland in June 26; and resources for Parkinson’s, emotional support/crisis lines, and wildfire risks.



BUDGET/FACILITIES

- New Drinking Fountain with Bottle Filler:** The old, failing drinking fountain set at Ashland Senior Center was replaced with a modern ADA water fountain and bottle filler combo. The cost was covered by a grant from the Ashland Parks Foundation Senior Center fund.
- AARP Community Challenge Grant:** The AARP Community Challenge grant proposal for a demonstration project of “conversation clusters” seating in parks was not selected for funding. Superintendent Glatt and ASAC member Bellegia met with APRC chair Rick Landt to solicit his input on the project locations and request his support for APRC Capital Improvement Project funds for the project. Glatt will be bringing a revised proposal to APRC for input and hopefully approval.



SOU Intergenerational Discussions January- June 2023 report

Noriko Toyokawa, SOU Professor of Psychology

1. The purpose of the international discussions is twofold.
 - (1) SOU students can **learn about lifespan development** learned in the classroom by directly discussing life issues with older adults in the community.
 - (2) **Building a sense of community** where age diversity is respected as the dynamic resource for individuals and social development.

2. The method of the intergenerational discussions
 - (1) Community adults are recruited through the Ashland Senior Center, the Osher Lifelong Learning Institute (OLLI) at SOU, the Rogue Valley Council on Government (RVCOG), and the Association of American Retirees Persons (AARP) Southern Oregon.
 - (2) The free movie link for the discussion and a list of discussions are delivered to all participants a few weeks before the class.
 - (3) All participants discuss the psychology of the movie’s main characters (small group discussion, then class discussion).

3. Dates, Movies, Topics, and Participants

	Date	Topic	Movie	Participants	
				Students	Volunteers
1	February 16 (Morning class)	Meaning of romantic (a long-term relationship) in late life	The race gets sweater near the final rap	20	20
2	February 16 (Afternoon class)	Meaning of romantic (a long-term relationship) in late life	The race gets sweater near the final rap	10	10
3	March 16 (Morning class)	Meaning of life and well-being over the lifespan	Life as a house	20	15
4	March 16 (Afternoon class)	Meaning of life and well-being over the lifespan	Life as a house	10	15
5	June 1	How to prepare for a university to work transition	Postgrad	15	5
6	June 7	How to enhance intergenerational interactions	Driveways	20	20

4. (1) Examples of students' comments

The international discussions were the highlight of this class. Having directly learned from the demographics we were learning about was a gift that will stick with me. I met wonderful people and have been able to work with one of the outside classes. This is certainly something that should remain in class. I know organizing it was tremendous work, but it was worth it.

Engaging in ways that make learning feel not like a chore
Volunteers from the community are actively engaged in leadership positions.
It is encouraging!

Older people want to help the younger generations!

One of the community volunteers at my table said, 'It takes time to find out what we want to do. You have plenty of time to find out what you want.' I was so relieved to hear that!

(2) Examples of volunteers' comments

It is fun to talk with young people!

I learned about young people's perceptions of life, which helped me think of how to support them.

It is an excellent opportunity to share my experiences with young people.

It is an excellent mutual learning opportunity. I enjoy students' ideas.

Students are engaged in the discussion. I am impressed with them!

I enjoyed discussions with students and also enjoyed my age peers after the discussions!

Long-term goals

- Speakers' bureau (e.g., Opportunities for community volunteers who want to share their messages with college students)
- Intergenerational lunch on campus
- Project-oriented activities (e.g., volunteers and students work on educational, social media on age-friendly community, adult development, how to live in the era of artificial intelligence)