



Senior News July 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

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Reopening When Safe

As of this writing, Jackson County is in Phase 2 of Oregon's reopening plan. Yet public health guidance for older adults and people with underlying medical conditions is to continue to "stay home and stay healthy."

While some cities have chosen to reopen recreation or senior programs, Ashland is taking a cautious approach and closely watching the state's surge in COVID-19 cases. For the safety of all, Ashland Senior Center remains closed to the public for now.

In the meantime, we are investigating offering classes outdoors or online. And we continue to offer support services and referrals by phone and email. Reach out to let us know how you are doing and how we can help!

We look forward to welcoming you back when we can safely do so. We miss you all!

Curbside Check Out for Jigsaw Puzzles!



Want a fun, new diversion while staying safe at home? Ashland Senior Center is now lending out jigsaw puzzles on Thursdays, 1:00 - 2:00 pm., starting July 2! To ensure safe distancing, please call for your specific pick-up time. Staff will meet you at the curb and offer a couple choices of puzzles to take home and enjoy. For the safety of all, please remain in your vehicle at all times and wear a mask; staff will be wearing gloves and a mask. When you are ready to return or exchange the puzzle, please make another Thursday appointment. For more information, call 541-488-5342.

Reopening Survey

Thank you to all who completed the Survey on Reopening Senior Programs. For everyone else, there is still time to make sure your voice is heard! The survey will remain open through **July 15**. Complete the survey online at ashland.or.us/engage/SeniorCenterReopening or call 541-488-5342 to complete over the phone.



Senior Center office is closed on Friday July 3rd for Independence Day and July 6th for a Furlough Day.

We will respond to any messages when we return. Please see article on page 2 for more information on APRC Furlough Days.

Offices Closed during Furlough Days



All of Ashland Parks and Recreation Commission (APRC) offices, including the Senior Services Division, will be closed on Monday, July 6, for the first of twelve furlough days.

The pandemic has caused severe disruption and economic losses throughout the country, and APRC is no exception. To remain solvent to provide parks and services to the Ashland community in the long term, APRC has laid off staff and cut many other expenses, but additional cuts are necessary. For the Fiscal Year 20-21 (July 2020 - June 2021), all APRC staff will take a designated day each month as unpaid furlough. While parks will be open, all services will be suspended on those days. Future furlough dates will be announced each month in the *Senior News*.

Thank you for your understanding. We are all making sacrifices to get through this crisis together.

OLLI Adult Learning Program Goes Digital This Fall



Looking for safe opportunities for fun and connection? Osher Lifelong Learning Institute (OLLI) at Southern Oregon University is offering all 107 fall classes online!

OLLI AT SOU

The annual fee of \$125 lets members take as many courses as they want in each of three terms. OLLI also offers members Zoom instruction and Member-to-Member Remote Tech Support. **And scholarships are available!** Call OLLI 541-552-6048 to learn more.

OLLI members will receive the fall catalog by mail. Non-members can be included in the mailing by emailing their name and mailing address to olli@sou.edu by July 8. Starting July 27, the catalog will be available online at inside.sou.edu/olli.



Thank You to Mask Makers

Thank you to the many volunteers from **Adopt a Neighbor Ashland** and the **Sewing Masks and Protective Gear Facebook Group** who donated hand-sewn masks for seniors:

The CDC advises the use of cloth face coverings and physical distancing to slow the spread of the COVID-19 virus. Seniors may request a free cloth mask at 541-488-5342 or seniorinfo@ashland.or.us. For Ashland residents, a mask can be delivered directly to your home.

Or AARP shows how to make a mask with an ankle sock and scissors: <https://www.aarp.org/health/healthy-living/info-2020/sock-face-mask.html>.

Note: Cloth masks do protect against smoke. In a smoke event, please stay indoors as much as possible and use an N-95 mask when outdoors.



AARP Smart Driver Classes Postponed

On June 9, AARP announced that it is canceling all its in-person events and activities through December 2020 as a precaution against the COVID-19 pandemic. Classes at Ashland Senior Center tentatively may resume in January 2021.

For those with internet access, consider taking the Smart Driver course online at aarpdriversafety.org. Or if you would like to be on a waiting list for the next available in-person class at the Senior Center, contact us at 541-488-5342 or seniorinfo@ashland.or.us.



Answer the Call!

Contact tracing to prevent the spread of COVID-19

Contact tracing is one of the key tools for preventing the spread of COVID-19. Contact tracers call people who may have been exposed to someone who has tested positive for COVID-19 to provide guidance and support, and connect them with community resources. This is a coordinated statewide effort of the Oregon Health Authority, local and tribal public health authorities, and community-based organizations. All the information you provide will be treated like a private medical record that is strictly confidential and not shared with other agencies, including immigration officials.

The graphics at right show what you will be asked in a legitimate contact tracing call and what questions you will never be asked. If you receive a suspicious call, hang up immediately!

Learn more at healthoregon.org/contacttracing.
Please answer the call to help protect us all!

Contact tracers will ask you:

- ✓ What county you live in
- ✓ Your date of birth
- ✓ Your contact information
- ✓ Your occupation
- ✓ Whether you have symptoms of COVID-19



Contact tracers will never ask for your:

- X Social security number
- X Immigration status
- X Credit card number, bank account or billing information

If someone calls you asking for this information, hang up. They are **not** part of our local or state public health response.



Air Purifiers for Smoke Vulnerable Ashland Residents

The City of Ashland has secured a grant from the Oregon Department of Environmental Quality to protect our most vulnerable citizens from the effects of smoke by supplying free HEPA grade room air purifiers.

Smokewise Ashland is now accepting applications from Ashland residents with both financial need and extra vulnerability to smoke, which includes adults over age 65, children under 15, and anyone predisposed by heart or lung disease, asthma or COPD. **Applications are due by July 17 at 5:00pm.**

Apply online at ashland.or.us/airpurifier, or call Ashland Senior Center at 541-488-5342 to apply by phone. The 500 highest need households will be selected from among all the applications received. Purifiers will likely be delivered by August 1st.

Standalone HEPA purifiers are easy to operate, do not require modifications to existing heating or air conditioning, and provide the highest level of filtration and protection. For those who are able purchase their own, they are available online or in local stores for \$150 - \$250.



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

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SKYLARK

Assisted Living and Memory Care

Caring People | Serving People | Improving Lives

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