



Senior Services Division

Senior News October 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520
541-488-5342 AshlandSeniorCenter.org tty: 711
seniorinfo@ashland.or.us

Lithia Park Guided Walk for Seniors and their Family & Friends

Wednesday, October 13, 1-2:30pm
Outdoor event
FREE, but registration is required: 541-488-5342

Join us for free, guided walk of beautiful Lithia Park. Enjoy the autumn foliage and learn about the history, flora and fauna of our town's crown jewel! The walk will be led by a knowledgeable and passionate local volunteer, our own APRC Commissioner Mike Gardiner. This walk will be held at a slow pace and stay on accessible paths, to accommodate any participants with limited mobility issues. Please



meet at the front entrance of Lithia Park across from the Plaza at the event time. Masks required. Water and snack bars provided by our sponsor, The Springs at Anna Maria.

It's time for the flu vaccine!
The Oregon Health Authority says the flu vaccine may take up to two weeks to become effective, so getting it earlier in the season is ideal. Please visit healthoregon.org or call 211.

Halloween Drive-Through Fun

Friday, October 29, 1-2:30pm
Ashland Senior Center, Hunter Court side

Please join us for a drive-through Halloween celebration! Thank you to our sponsors **Maple Ridge Senior Living, Skylark Assisted Living and Memory Care, Right at Home, and The Springs at Anna Maria.** Costumed staff from each will give out some sweet and useful treats.



Patrons who wear a costume will get their photo in the *Senior News* or Ashland Parks & Recreation Facebook!

Please RSVP to seniorinfo@ashland.or.us or 541-488-5342. We will give you a 10-minute arrival window. We also welcome those arriving on foot, but please stay at least 6' apart. Everyone must wear a mask. We are looking forward to seeing you all—and showing off our costumes!



Engage with Online Classes through the Senior Center!

We are pleased to offer art, dance and yoga classes, for adults age 50+, through Zoom this fall. For full details or to register, check out our Ashland Parks & Recreation Fall Playguide at ashland.or.us/register or call 541-488-5342.

Explore Art!



Taught by Shea Cathey, each session of three classes will feature a different medium. Students will complete one or more pieces of art through step-by-step instruction.

The October session will be a painting sampler. Classes via Zoom

are Saturdays, 1-3pm, Oct 2, 9, 16. \$60/3 classes. A supplies list will be provided prior to first class.

Beginning Broadway Dance for Boomers & Beyond

Dance is considered one of the best ways to improve and maintain brain elasticity! Students will learn beginning, gentle, fun dance steps to Broadway and musical theater songs. Taught by Audrey Flint. Classes via Zoom are Thursdays, 10am-11am, Oct 14-Dec 9 (no class Nov 25). \$60/8 classes.

Gentle Yoga

The focus of this one-hour hatha yoga class is to increase strength, flexibility and balance while alleviating stress and fatigue.



Participants must be aware of their own limits in order to participate safely. Have a mat, two blankets and a lightweight portable chair for each Zoom class. The October sessions will be:

- Session 2A: Wednesdays, 10:30-11:30am
Oct 6, 13, 20, 27 (\$20/4 classes)
Instructor: Linda-Grace Wilhelm
- Session 2B: Fridays, 9-10am
Oct 1, 8, 15, 22, 29 (\$25/5 classes)
Instructor: John Marion Wimberley

Help with Utility Bills

Did you know that the City of Ashland offers assistance to help low-income utility customers with their bills?

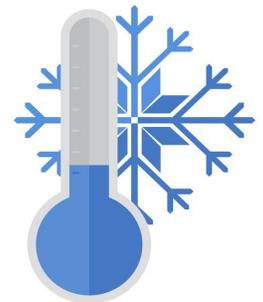


Year-Round Senior & Disabled Discount

The City offers a year-round discount to very low-income customers age 65+ or qualified disabled persons age 60+. Depending on income, qualified recipients may receive a 20% or 30% discount on their entire utility bill. For an application, visit ashland.or.us/utilityassistance or call Ashland Senior Services Division at 541-488-5342.

Assistance with Winter Electricity

The City also has funds available for the Ashland Low-Income Energy Assistance Program (ALIEAP), which assists low-income residents with electric bill costs during the cold winter months.



Eligible Ashland residents must have household income at or below 65 percent of Oregon's median income. Seniors enrolled in the year-round discount automatically get the additional winter credit.

Qualified recipients receive a credit of up to 50% of their electric charges for up to 3 months. Seniors and disabled persons receive up to 50% credit for up to six months. The maximum credit is \$300/yr.

Beginning October 1, applicants may call 541-552-2038 to request a Low-Income Assistance application packet. Applications are also available at ashland.or.us/utilityassistance. If you know of someone who might qualify and needs assistance, please let them know about this program. The application deadline is January 31, 2022.

Internet Discount

Seniors who qualify for the year-round discount may also request discounted internet



service from Ashland Fiber Network (AFN), a special service for only \$25/month. Call AFN at 541-552-2222 to learn more or sign up.

Medicare Open Enrollment Need to Make a Change to Your Medicare plan? Now is the time!

Medicare Open Enrollment for 2022 will be from October 15 through December 7, 2021. During this time, you may reevaluate your existing coverage and make changes, such as switching from Original Medicare to Medicare Advantage (or vice versa). You may also join, change or drop a prescription drug plan.

If you are enrolled in Medicare Advantage, there will be an additional open enrollment period from January 1 to March 31, 2022, when you may switch plans.

Need help to navigate your choices? Call us for a free, one-on-one phone appointment with trained consultant from SHIBA (Senior Health Insurance Benefits Assistance): 541-488-5342. You can also reach SHIBA directly at 541-857-7780.



Free Resources to Improve Your Online & Device Skills

Digital literacy and being able to navigate online are necessary skills in our world today. Unfortunately, we have had to postpone our planned Computer Lab sessions in September and October, in partnership with Jackson County Library Services (JCLS). We will offer these sessions when it is once again safe to hold indoor in-person classes. Call us at 541-488-5342 to be added to our interest list, so we can inform you when we have confirmed dates for these sessions and other opportunities.



We also offer one-on-one computer tutoring by skilled volunteers. This service is currently only available by phone, but will resume in-person when public health guidelines permit.

Here are additional free resources for improving your digital skills:

- Be Savvy – our local Community Volunteer Network’s site with resources for learning and entertainment: [Besavvyso.org](https://www.besavvyso.org)
- Senior Planet – online events and resources to help seniors learn and use technology: [seniorplanet.org](https://www.seniorplanet.org)
- JCLS Computer and Tech help – self-directed tutorials and a form to request online help from staff: [jcls.org/resources/computer-tech-help](https://www.jcls.org/resources/computer-tech-help)

ASAC Update

At the September meeting, Ashland Senior Advisory Committee (ASAC) welcomed new member Cori Frank, a retired nurse who brings a wealth of experience and passion for the needs of older adults. Isaak Oliansky, Executive Director of the Ashland Emergency Food Bank, gave a presentation about how their services help older adults, including home delivery for those who need it.

ASAC will meet next on **November 8, 3:30-5:00pm** over Zoom. All meetings are open to the public. The agenda will be posted on [ashland.or.us/APRCAgendasAndMinutes](https://www.ashland.or.us/APRCAgendasAndMinutes).

ASAC welcomes public input! Please submit comments to seniorinfo@ashland.or.us or 541-488-5342.



Registration is now open for OLLI’s FREE community lecture series. The series runs weekly from October 6 to 27, Wednesdays, 7:00-8:00pm on Zoom. Hear from local physicians about health issues relevant to older adults. Learn more and register at [inside.sou.edu/olli](https://www.inside.sou.edu/olli) or 541-552-6048.



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Thank You!

We had so much fun seeing everyone at the **Cookout Drive-Through** on September 17! Thank you so much to our co-sponsors **Maple Ridge Senior Living** and **Ashland Police Department** for providing the equipment and supplies and preparing the wonderful food!

The burger lunches were delicious, but the best part was seeing all your smiling faces!



Thank you to our October sponsors!

Your kindness and giving brightens our lives.



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!