



Senior Services Division

Senior News September 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342

AshlandSeniorCenter.org

tty: 711

seniorinfo@ashland.or.us



Reopening Update

The health and safety of Ashland's senior community is of the utmost importance to Ashland Parks and Recreation and the Senior Services Division. In last month's *Senior News*, we optimistically spoke about reopening Ashland Senior Center and bringing back senior activities. Unfortunately, in early August the rapid spread of the COVID-19 Delta variant among both unvaccinated and vaccinated people forced the City to resume more stringent safety protocols.

All *indoor* senior activities have been postponed until public health conditions improve. We will reevaluate as conditions evolve. For updates, check ashlandseniorservices.org or call 541-488-5342.

At this time, Ashland Senior Center and our office are closed to the public. We continue to be available to **help by phone or email during Monday-Friday, 8:30am-3:30pm**. Contact us at 541-488-5342 or seniorinfo@ashland.or.us.

Cookout for Seniors & Their Families

Friday, September 17, 12:00-1:30pm

Free, but registration required: 541-488-5342

Ashland Senior Services Division has joined with Ashland Police Department and Maple Ridge Senior Living to offer another fun cookout for seniors and their families!



If weather, smoke and COVID-19 conditions permit, the event will be outside in Hunter Park in the shade off the Senior Center deck. Otherwise, we will re-organize as a drive-through with assigned arrival times.

Lunch will include a choice of burger or veggie burger with potato salad, cookie and beverage.

Space is limited, so register now! 541-488-5342 or seniorinfo@ashland.or.us.



Closed Monday, September 6, for Labor Day.



Be Prepared to Evacuate

September is Emergency Preparedness month. In the Rogue Valley during fire season, we should all be prepared to evacuate on short notice. Keep a small bag packed with essentials and medicine, know your zone, and make sure you are getting emergency alerts.

Know Your Evacuation Zone

Ashland now has ten evacuation zones which can be evacuated one or more at a time. The City mailed a postcard to every household in June showing the zone for that address. The zone map is also posted at ashland.or.us/evacuation. Or Ashland Senior Services Division staff will mail you a print copy of the zone map on request at 541-488-5342.

Ashland officials will use [Nixle](#) and 1700 AM radio to advise which zones need to evacuate and which routes are safest. There is also a fire hotline at 541-552-2490. Know all the ways out of your zone. For questions, call Brian at Ashland Fire & Rescue, 541-552-2231.

Most other Rogue Valley cities also have evacuation zones. Contact your city government for information.

Ashland Emergency Alerts

Make sure you are signed up for emergency alerts. Landline phones get an automated call, but you must opt in to enroll your cell phone. For City of Ashland emergency alerts, text to 888777 with 97520 in the message box. Learn more at ashland.or.us/nixle.

Jackson County Evacuation Alert

Jackson County recently launched a new alert option via [Nixle](#). Residents can opt in to receive notice of any Level 1, 2, or 3 evacuation alert issued anywhere in Jackson County, not just your own address. To enroll your cell phone, text to 888777 with JACKSONEVACS in the message box.

Disaster Registry

If you would need help to evacuate or shelter-in-place during an emergency, sign up for the Disaster Registry. Call Rogue Valley Council of Governments at 541-664-6674.



Senior Services Division

Your Donations Help Local Seniors

If you would like to support the work of Ashland Senior Services Division and Ashland Senior Center for community seniors, we would welcome your tax-deductible donation.

Please visit ashlandseniorservices.org and click on the green donation button at the upper left. Or mail a check made out to Ashland Parks Foundation to: Ashland Senior Center, 1699 Homes Ave, Ashland OR 97520.



Do you know about OLLI?

The Osher Lifelong Learning Institute at Southern Oregon University (OLLI at SOU) has recently released their Fall 2021 Catalog. OLLI is offering a wide variety of classes, several of which focus on life planning topics such as Alzheimer's disease and dementia, self-advocacy, hospice, and aspects of end-of-life.

For more information about OLLI, including membership dues, scholarships, and the Fall 2021 Catalog, please visit inside.sou.edu/olli/index.html or call 541-552-6048.



OLLI AT SOU

Computer Labs for Older Adults

Wednesdays, September 8 & 22, 1-2:30 pm
In-person at Ashland Senior Center
FREE, but registration is required:
ashland.or.us/register or 541-488-5342



Struggling to use your computer, tablet or phone? Help is here! Learn and review basic digital literacy skills, get one-on-one assistance with your issues and/or device, and learn about the many resources available through

the Jackson County Library System.

Laptops and tablets will be provided, or bring your own device. Sign up for one or both September sessions. Two more sessions are planned for October. All levels encouraged to attend. Space is limited. Sign up now!

Instructors are from Jackson County Library Digital Services Department. Please note that online registration closes at noon the day before a session, and other changes are possible depending on the current public health situation.

Stay on Your Feet!

There is a new community Foot and Nail Care Clinic in Ashland! The clinic serves qualified low-income seniors (55+ years) residing in Ashland, Talent or Phoenix. The clinic provides professional foot and nail care by foot care nurses. Care includes education, assessment, trimming and filing of nails, corn and callous treatment, and moisturizing foot massage. Call the Foot and Nail Care Clinic at 541-482-9331 to see if you qualify.

This service is partially funded by Soroptimist International Ashland, Peace House and generous local community donors.

(This clinic is not affiliated with Ashland Parks & Recreation or Ashland Senior Center.)



August 21st is World Senior Citizen's Day!

World Senior Citizen's Day honors seniors and the wonderful contributions they have made to our community, our country, and our world. We are grateful for you, our treasured senior community!



"For all that, they have achieved throughout their lives and for all that they continue to do, we owe our gratitude and sincere greetings to our senior citizens. We can show our gratitude and appreciation better by making sure our communities are good places. Age and maturity, places where older people can participate as much as possible and find the encouragement, acceptance, support and services they need to continue living a life of independence and dignity."

*- Ronald Reagan, Proclamation 5847 -
National Senior Citizen's Day, 1988*

ASAC Update

Ashland Senior Advisory Committee (ASAC) will meet next on **September 13, 3:30-5:00pm** over Zoom. All meetings are open to the public. The agenda will be posted on ashland.or.us/APRCAgendasAndMinutes.

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

Curbside Check Out for Jigsaw Puzzles!

Want a fun diversion while staying safe at home? Ashland Senior Center is lending out jigsaw puzzles! Please call to arrange a pick-up time: 541-488-5342.





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 1699 Homes Avenue
 Ashland, OR 97520

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PRSRT STD
 U.S. POSTAGE
PAID
 PERMIT #149
 MEDFORD, OR

RETURN SERVICE REQUESTED

Face coverings for COVID-19 vs. wildfire smoke

While cloth masks and face coverings offer protection against COVID-19 by blocking respiratory droplets, **cloth masks and face coverings do not protect you from wildfire smoke.**

N95 or P100 respirators may offer some protection against wildfire smoke if properly fit tested and worn.



Thank you to our September sponsors!

Your kindness and giving brightens our lives.



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