



**ASHLAND PARKS AND RECREATION COMMISSION
SENIOR SERVICES ADVISORY COMMITTEE (S-SAC)**

MEETING AGENDA

March 11, 2019 @ 3:30 – 5:00 pm

ASHLAND SENIOR CENTER, 1699 HOMES AVENUE

- I. Opening (5 min)
Introduce Laura Stott, Senior Services Office Assistant II
- II. Approval of Minutes – December 10, 2019 (all, 2 min)
- III. Additions or Deletions to the Agenda (all, 1 min)
- IV. Public Input (10 min)
- V. Request from RVCOG Senior and Disability Services regarding S-SAC name (Theis, 10 min)
- VI. Subcommittee Reports (20 min)
 - a. Advocacy (Bellegia, convener)
 - b. Education Programs (Mettler, staff)
 - c. Public Awareness (Russell-Miller, convener)
- VII. Prioritize purchases from Parks Foundation fund (Glatt, 10 min)
- VIII. Standing Reports (15 min)
 - a. APRC Update, if any pertaining to seniors (Gardiner)
 - b. City Council Update, if any pertaining to seniors (Akins)
 - c. Senior Services Superintendent Report (Glatt)
- IX. Items from S-SAC Members (all, 10 min)
- X. Future Meetings (5 min)
Monday, April 8, 2019, time TBD, at Ashland Senior Center, 1699 Homes Ave
 - a. Request for meeting time change to 4:30 (Thies)
 - b. Conflict with May meeting (Glatt)
- XI. 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).



Please welcome our NEW
Senior Services Office Assistant II,
LAURA STOTT!

The Senior Services Division is pleased to announce that **Laura Stott** has joined us as **Senior Services Office Assistant II**, starting January 2, 2019.

Laura brings many years of experience working with seniors and excellent administrative skills. Her warm personality and passion for being with seniors shone through in her application and interview. Laura previously worked with an elder law office in Arizona, and later taught English in Japan!



Laura will do reception and scheduling in the Senior Services Division office, at the Senior Center. She will open the Senior Center daily, set up for the different activities, and provide information and referral services for seniors and families. She will also provide administrative support for the Senior Services team.

Laura says, “I am very excited to join the team at the Senior Services Division and look forward to getting to know all the patrons. I enjoy learning about seniors’ lives and experiences—which I find endlessly interesting.”

City of Ashland
PARKS AND RECREATION COMMISSION (APRC)
SENIOR SERVICES ADVISORY COMMITTEE (S-SAC)
Meeting Minutes
December 10, 2018

Committee Members Present:

- Rob Casserly
- Mike Hersh
- Mary Russell-Miller
- Stef Seffinger
- Sandy Theis, Chair

Staff Members Present:

- Michael Black
- Isleen Glatt
- Natalie Mettler

Committee Members Absent:

- Anne Bellegia
- Mike Gardiner

CALL TO ORDER:

This called the meeting to order at 3:32pm at Ashland Senior Center, 1699 Homes Ave in Ashland.

APPROVAL OF MINUTES:

Seffinger/Russell-Miller motion/second (m/s) to approve the minutes of October 8, 2018. Voice vote – ALL AYES. Motion passed.

Casserly/Hersh m/s to approve the minutes of November 13, 2018. Voice vote – ALL AYES. Motion passed.

ADDITIONS OR DELETIONS TO AGENDA:

None.

PUBLIC INPUT:

None.

DISCUSSION & VOTING ON SENIOR SERVICES DIVISION (SSD) MISSION, GOALS, AND PRIORITY STRATEGIES:

After discussion, minor edits (in italics) were made to the proposed mission, which now reads as follows:

“The Ashland Parks and Recreation Commission Senior Services Division enhances the lives of [removed: Ashland] seniors by promoting healthy aging, well-being, dignity and independence. We empower older adults as valued, contributing members of the community and together advocate for the diverse needs of seniors and their families throughout Ashland.”

Russell-Miller/Casserly m/s to approve the mission as amended. Voice vote – ALL AYES. Motion passed. Mission will now be submitted for APRC for approval.

Glatt summarized how the goals proposed by S-SAC have been paired to the strategies they prioritized at the November 13 meeting. After a brief discussion, Hersh/Seffinger m/s to accept the goals strategies, subcommittees, and timeline. Voice vote – ALL AYES. Motion passed.

Bellegia and Glatt suggested modifying the Advocacy goal description – that S-SAC can provide input to planning by City of Ashland and other entities (local, regional, state, and even federal). Seffinger requested clarifying what was meant by other entities by adding “(such as regional partnerships).” Russell-Miller/Seffinger m/s to accept this amendment to the motion just passed. Voice vote – ALL AYES. Motion passed.

The amended Senior Services Goals and Strategies are attached to these minutes and will be submitted to APRC for approval.

DISCUSSION ON S-SAC SUBCOMMITTEES:

S-SAC subcommittees will be free to nominate community members to their rosters, to be formally appointed by Chair Theis. A member of each subcommittee volunteered as a convener to organize meetings and communications, as noted on the attached. The subcommittees will start their work in January.

UPDATES:

A. AD HOC POOL COMMITTEE, S-SAC LIAISON

Glatt reported that the Ad Hoc Pool Committee is looking at modeling their needs assessment process after that of the Ad Hoc Ashland Senior Program Advisory Committee (ASPAC), to include research, surveys, listening sessions, and other outreach to maximize community participation. Seniors’ needs in the pool remodel may include a warming pool, a walkway connecting pool to Senior Center and/or improvements to the Senior Center and Hunter Park such as portable classroom or adult exercise equipment. Black noted that, given the scale and expense of the pool project, most likely a bond will be used to cover costs. APRC Chair Gardiner appointed Senior Center patron Jackie Bachman to be a voting member of the Ad Hoc Pool Committee, where she will advocate for the interests of Senior Center users and other community seniors and act as a liaison to S-SAC.

B. “WHAT SENIORS NEED” JOINT STUDY SESSION, 12/17/18

Glatt requested that all S-SAC members attend the City Council-APRC Joint Study Session on 12/17/18 at which she, Bellegia and Theis will present “What Seniors Need.”

STANDING REPORTS:

A. APRC update, if any pertaining to seniors

Black reported that APRC will be holding a goal-setting session in February and would like S-SAC representation to ensure budget coverage for future senior services. Theis volunteered to represent S-SAC.

B. City Council update, if any pertaining to seniors

Seffinger reported the City Council will engage in strategic planning prior to their budget session. She will alert Glatt and S-SAC to opportunities to give input regarding senior needs; the key Commissions to address are those on (affordable) Housing and Transportation. Black added that APRC will work in conjunction with S-SAC to address the City Council and relevant Commissions.

C. SSD Superintendent report

Glatt summarized her report from the agenda package which lists SSD progress in operations/programming, partnership-building, marketing, advocacy, and budget/facility maintenance. She congratulated S-SAC on successfully meeting their initial three goals set in August 2018: drafting bylaws, creating program goals, and presenting on senior needs to the City Council.

UPCOMING MEETINGS:

Because the S-SAC subcommittees will be meeting in January, all agreed, after discussion, to cancel the regularly scheduled January 14, 2019 meeting. The next regular S-SAC meetings will be on February 11, 2019, 3:30-5:00pm and March 11, 2019, 3:30-5:00pm, both at the Ashland Senior Center, 1699 Homes Ave. S-SAC will look at decreasing to meeting every other month at the March meeting.

ADJOURNMENT:

There being no further business, the meeting was adjourned at 4:55pm.

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

These minutes are not a verbatim record. The narrative has been condensed and paraphrased at times to reflect the material presented, discussions, and decisions made. APRC S-SAC Meetings are digitally recorded; the recordings are available upon request.

APRC Senior Services Division - Goals and Strategies adopted 12/10/18 for recommendation to APRC

Goals	Strategies Prioritized by S-SAC	Subcommittee	2018-19	2019-2021
Build partnerships with the many local and regional organizations that serve seniors to foster collaboration and create a stronger safety net.	Build relationships with community organizations & City departments	Staff, with S-SAC advisors/linkages on request	X	
Identify and reach frail or vulnerable seniors who may be isolated and connect them to services that could help them maintain independence and well-being.	Gatekeeper program <ul style="list-style-type: none"> Explore Gatekeeper program models and best practices to identify vulnerable older adults and link to support services. If accepted, pursue funding and initiate program, including evaluation plan. 	Gatekeeper Isleen Glatt* Anne Bellegia		X
Raise community awareness of senior needs, available resources, wide range of seniors/families served, and special Ashland Senior Services Division initiatives.	Social marketing campaign <ul style="list-style-type: none"> Rebrand and message about larger role in community via website, materials, publicity. Develop and implement comprehensive social marketing plan. 	Public Awareness Mary Russell Miller* Anne Bellegia Mike Hersh Isleen Glatt (Natalie Mettler)	Advise & assist as needed. May start draft plan w/o staff.	X
Advocate for the needs of Ashland seniors and provide input to the City of Ashland and other entities (such as regional partnerships) regarding policies that affect seniors.	Advocate for needs of seniors and their families in community planning <ul style="list-style-type: none"> Advocate for Age-Friendly Communities, in conjunction with other initiatives for livable communities for all ages. Attend City commissions or public meetings, provide public comment on senior needs 	Advocacy Anne Bellegia* Sandy Theis Stef Seffinger Isleen Glatt	Responsive and begin planning for age-friendly	X
Evaluate/maintain/improve/add facilities to ensure sufficient, safe, accessible venues for programs and activities.	Engage with pool planning to link Senior Center and other senior needs <ul style="list-style-type: none"> Eg: Intergenerational design concept, adult playground equipment. 	Pool/Hunter Park Mike Gardiner Isleen Glatt <i>Jackie Bachman</i>	X	X
Expand programs: Provide recreation, education, and health promotion programs. Raise awareness of and diversify programs to serve a wider range of senior ages and needs.	Expand & refine education programming <ul style="list-style-type: none"> Expand education programming at Senior Center and other venues. Include more for active seniors (eg: Prepare for Care curriculum) Partner with OLLI and others. 	Education Programs Rob Casserly* Sandy Theis Natalie Mettler	X	
Expand services: Provide older adults and their families with information and referrals to services, benefits, and support.	<i>No priority strategy chosen.</i>	Staff	Staff training	Add new services

* Convener

ASHLAND PARKS & RECREATION COMMISSION

340 S PIONEER STREET • ASHLAND, OREGON 97520

COMMISSIONERS:

Mike Gardiner
Joel Heller
Rick Landt
Jim Lewis
Matt Miller



Michael A. Black, AICP
Director

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TO: Senior Services Advisory Committee (S-SAC)
FROM: Isleen Glatt, Senior Services Superintendent
DATE: February 5, 2019
SUBJECT: Request for Input on Use of Ashland Parks Foundation Senior Center Fund

At the October 8, 2018, S-SAC meeting, Director Black reported a balance of over \$31,000 in the Senior Center fund of the Ashland Parks Foundation. S-SAC agreed to discuss purchases at a future meeting.

Many ideas have been suggested by patrons, volunteers, staff, S-SAC and the previous Ashland Senior Center Advisory Committee for use of the funds to benefit Senior Center patrons. Staff recommend prioritizing in the following order:

1. Furniture (\$5000-10,000)
 - 2 armchairs (compact recliners or with 1 ottoman) and side table for corner of dining room
 - 7 to 10 comfortable, portable arm chairs for activity room
 - 4 to 10 lightweight or rolling folding tables for activity room
2. High priority small items (up to \$1200)
 - 3 floor lamps for activity room (brighter light needed for some activities)
 - 2 portable air filters for smoke season for dining room & activity room
 - Podium and microphone to accommodate OLLI classes
 - 2 stable flip chart easels
 - Blankets and mats for yoga classes (currently use cushions arm chairs)
3. Lower priority small items (up to \$1300)
 - Senior Services display boards for outreach/marketing
 - More bulletin boards or white boards
 - Small stipends for special speakers, when necessary
 - Sound system for dining room
4. Repaint interior of Senior Center (\$5000-10,000)
5. Matching funds for future grants (\$5000-10,000)

Recommendation

Staff recommends that S-SAC members discuss these or other options and recommend purchase priorities at their February 11, 2019, meeting. Staff will then research costs and submit specific requests to the Parks Foundation via Director Black.

Senior Services Superintendent Report to S-SAC For February 11, 2019 Meeting

During December 2018 – January 2019, the Senior Services Division has accomplished the following:

Operations/Programming

- In December, there were 501 visits to senior movement classes and 186 visits to weekly games groups, Friday movies, and discussion group. Food and Friends is serving 22-25 people per day and had 30 people for their special holiday lunch on December 21. The December 24 holiday party at the Senior Center attracted 38 participants.
In addition, our office provided 200 information and referral contacts, and there were 70 visits to services including ADRC resource counseling, Medicare insurance counseling, computer tutoring, blood pressure or foot care clinics, and sewing clinic. We provided 21 passes (20 rides each) for the bus or Valley Lift.
- On December 24, 38 seniors and 8 volunteers enjoyed a holiday party at the Senior Center thanks to many donors and volunteers. Village at Valley View provided a delicious lunch of pizza and salad, and our volunteers gave each participant a gift of holiday cookies. Rotary volunteers distributed lovely gifts wrapped last week by Ashland High School students. Frederick Mayer the Fiddling Santa played Christmas and Hanukkah tunes on his fiddle and led caroling after lunch.
- Staff are working with Volunteer Coordinator Lori Ainsworth to acknowledge our Senior Services volunteers. In addition to three annual events for all APRC volunteers, we are giving thank you cards and small gifts to a few volunteers who have gone above and beyond. We are also adding an afternoon tea party at the Senior Center on April 10, 3:30-5:00 for all Senior Services volunteers, instructors and S-SAC, including volunteers from our partner agencies.
- Staff are working on a policy to establish consistent criteria and fees for different types of activities and renters at the Senior Center, to maximize room rental revenue while optimizing low cost, high quality activities for seniors.
- Jackson County Library Services, a valued referral for free computer, touchpad and phone tutoring, is now providing tutoring onsite at the Senior Center on the last Friday of the month. This is a very helpful service for seniors, and our other computer tutoring volunteers have been booked up to two months out.

Partnerships

- Superintendent Glatt is continuing to build relationships with community partners, including Village at Valley View and Brookdale Senior Community, Ashland Fiber Network, and Community Volunteer Network. Upcoming meetings include the directors of YMCA, Asante Ashland Hospital, and Access.
- Glatt and Chair Theis met with Heather Voss of OHSU nursing program (SOU campus) to discuss future “clinical practicum” projects by students to that could support SSD goals. We will look to start in 2020.
- Staff are working with Ashland Fiber Network (AFN) to promote AFN’s senior discount internet service (\$25/mo vs. regular \$55/mo).
- We hope to collaborate with Community Volunteer Network/RSVP Program on a future senior volunteer fair at the Senior Center to both link Ashland seniors to healthy engagement and increase capacity of senior serving programs to serve Ashland residents.
- RVCOG will offer their Living Well with Chronic Pain course at the Senior Center February 20 – March 27.

Public Awareness

- Glatt and Bellegia were interviewed on December 19 for an Ashland Daily Tidings article on senior needs and what the Senior Services Division is doing now.
<http://dailytidings.com/news/top-stories/senior-center-gatekeeper-for-services>. There were a

couple inaccuracies, but overall the December 26 article was positive. We received several calls from patrons in response to the article:

- “I was so lonely I was thinking about selling my home and moving somewhere else, but now I'm looking forward to joining in various activities at the Senior Center, such as the art class and computer tutoring, and feeling excited about making new social connections.”
- “I'm relatively new in town and trying to help an older friend. I had no idea where to turn for help, then I saw the article in the Daily Tidings. Thank you for your help [referring services]. I feel much better after five minutes of talking to you than after months of trying to figure this all out on my own.”
- Ashland Tidings reported on the APRC approval of the Senior Services Division mission, goals, and priority strategies at the 1/28/19 Commission meeting:
<http://dailytidings.com/news/government/guiding-principles-for-senior-services-approved>

Advocacy

- Theis, Bellegia and Glatt presented “What Seniors Need” to a joint study of the Ashland Parks and Recreation Commission and City Council on 12/17/18. A recording is available at: <https://tinyurl.com/WhatAshlandSeniorsNeed>. (Presentation starts at 27:10 minutes.)
- Glatt is serving on RVTD’s Statewide Transportation Improvement Fund Advisory Committee to represent the needs of seniors and social service agencies. The Committee supported RVTD’s grant proposal to pilot on-demand microtransit in Ashland, using vans for “curb to curb” group rides serving neighborhoods on steep hills or far from the bus line. If funded, this would provide an excellent option for senior transportation.
- Of interest for our own advocacy priority, Talent City Council has joined the AARP Age-Friendly Communities initiative, committing to assess and take steps to improve livability:
<http://dailytidings.com/newsletter/grow-old-along-with-talent>

Budget/Facilities

- Senior Services is developing event sponsor relationships with local businesses, with benefit of acknowledgement at the event and in Senior News or PlayGuide. Springs at Anna Maria/Springs at Veranda Park has been providing monthly birthday cupcakes to celebrate lunch participants. Village at Valley View sponsored the Christmas Eve lunch, and Brookdale will sponsor Friday movie popcorn starting in February.
- Glatt and Black are beginning work on the budget proposal for the next biennium.
- The Senior Center dining room developed a 15+ foot crack in the cement slab subfloor, visible under the linoleum tile, but not causing a tripping hazard. Parks staff have determined that there is no structural integrity issue at this time; we will continue to monitor.
- As the last stage of our deck replacement, the walkway from the sidewalk to the deck was replaced in January to ensure water will no longer drain under the deck. The additional cost was \$2700, bringing the total unbudgeted expense to \$11,400 for deck and walk combined.

Staff & Training

- Laura Stott started 1/2/18 as Senior Services Office Assistant II. Please stop by to welcome her. Laura comes to us with many years of administrative assistant experience, including 5 years working for an elder law firm and supporting clients with diverse needs and referrals. She has a true passion for working with elders and hearing the stories of their rich lives.
- Glatt attended a full day training on elder abuse on November 30, Mettler attended a training on self-care for the care provider. Both are shadowing contracted ADRC advocate Katie Merola January – March.
- Glatt has scheduled a series of meetings with community referral agencies to educate the SSD team on local resources.

Senior Services Superintendent Report to S-SAC For March 11, 2019 Meeting

Operations/Programming

- In February 2019, there were 606 visits to senior fitness classes, 218 visits to recreation activities, 13 participants in the AARP Safe Driver Class, and 12 participants in a Sweetheart Swing social organized by a volunteer for Valentine's Day. Food and Friends provided approximately 550 meals onsite and 650 meals to homebound Ashland seniors. Our office provided 287 information and referral contacts, and there were 54 visits to services including ADRC resource counseling, Medicare insurance counseling, computer tutoring, blood pressure or foot care clinics, and sewing clinic. We provided 20 passes (20 rides each) for the bus or Valley Lift.
- In January 2019, there were 686 visits to senior fitness classes and 253 visits to recreation activities. Food and Friends provided approximately 550 meals onsite and 650 meals to homebound Ashland seniors. In addition, our office provided 337 information and referral contacts, and there were 82 visits to services including ADRC resource counseling, Medicare insurance counseling, computer tutoring, blood pressure or foot care clinics, and sewing clinic. We provided 29 passes (20 rides each) for the bus or Valley Lift.
- January was an unusually challenging month with several clients in crisis requiring extended support from staff. We also experienced an incident with a mentally ill person who initially asked staff for simple information then suddenly became very agitated and started saying frightening things; police responded immediately and effectively, and the individual has not been seen again.
- Staff are exploring several options to increase security in the building. Our alarm vendor, SOS Alarm has installed another panic button and done a training for staff. We will work on other measures over the coming months.
- The RVCOG Living Well with Chronic Pain course scheduled for February 20 – March 27 was cancelled due to no enrollment.
- Now that Senior Services Division (SSD) is fully staffed, Senior & Adult Services Coordinator Mettler is working on new and expanded programming for seniors and training with Recreation staff to assist with programming for adults 18 and over. The S-SAC Education Programming Subcommittee is providing guidance and support. We are hope to be a site for one or more OLLI classes.
- Starting April 1, SSD staff start providing the one-hour resource consultation appointments that were provided by contract with ADRC during December 2017-March 2019. We will continue to refer to ADRC and other RVCOG programs as valuable community resources.
- APRC hosted a volunteer recognition dinner on January 31 which honored volunteers from all sectors of Parks, Recreation, and Senior Services. Over 20 Senior Services volunteers attended and got to know each other and staff better at this lovely event.

Partnerships

- During February, Superintendent Glatt met with the CEOs of Access, Ashland YMCA, Asante Ashland Hospital, and the Ashland Chamber of Commerce. There are exciting opportunities for collaboration with the YMCA, Asante, and the Chamber.
- Staff participated in a senior health fair at Brookdale Ashland on February 20. It proved a good opportunity to reach a different segment of seniors and to network with many other senior serving organizations and businesses, several of whom offered to provide education or sponsor events at the Senior Center.
- Relationship building with Brookdale Senior Living in Ashland is benefitting both sides. As of February 1, Brookdale is sponsoring the popcorn for the free Friday movies at Ashland Senior Center. And because Brookdale staff learned of the free bus and Valley Lift passes we provide,

their residents organized an outing to bring 10 residents to sign up for passes here, allowing them to be more independent and to come enjoy some activities at the Senior Center. We also connected Brookdale staff to the RVTD Travel Trainer who will educate their residents in using the bus.

- Ashland Fire and Rescue has officially launched their Home Safety Program to provide income qualified seniors and people with disabilities with home improvements for safety and access, such as grab bars, wheelchair ramps, and smoke-CO2 alarms. We had hosted a pre-launch presentation at the Senior Center in November. In February, Superintendent Glatt participated in a meeting to help trouble shoot barriers identified so far. Ashland Fire & Rescue has contracted with Rebuilding Together Rogue Valley (formerly Age Friendly Innovators) to provide the home assessments and improvements.

Public Awareness

- No report this period.

Advocacy

- No report this period.

Budget/Facilities

- APRC Commissioners and staff are developing goals and a budget for the 2019-2021 biennium. It will be a very tight budget this year and the foreseeable future due to dramatic increases in PERS costs as Tier One PERS employees retire.
- Parks staff installed a bike parking area in front of the Senior Center to encourage alternative transportation options for staff and physically active patrons, and demonstrate that the Center is welcoming to seniors of all ages and ability levels.

Staff & Training

- On 2/4/19, Superintendent Glatt attended a meeting of the Oregon Recreation and Parks Association Section for Older Adult Resources (SOAR) at Willamalane Adult Activity Center in Springfield. It was informative to tour a large senior center and talk with other senior program managers about their practices.
- To learn more about available resources for seniors, staff are shadowing the ADRC specialist while she is here through March 27 and meeting with local agencies. In February, a staff member and lead volunteer from Community Volunteer Network educated SSD staff about their Call-A-Ride, Age Wise-Age Well and Respite programs.

Respectfully submitted by

Isleen Glatt, Senior Services Superintendent