



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

MEETING AGENDA

January 13, 2020 @ 3:30 – 5:00 pm

ASHLAND SENIOR CENTER, 1699 HOMES AVENUE

- I. Opening (1 min)
- II. Approval of Minutes – November 4, 2019 (all, 2 min)
- III. Additions or Deletions to the Agenda (all, 2 min)
- IV. Public Input (10 min)
- V. Transportation Commission update, new RVTD projects – Scott Fleury, Deputy Director of Public Works (15 min)
- VI. Suggestion to ask ASAC members to attend other community meetings and report back (Mike Hersh, 10 min)
- VII. Standing Reports (25 min)
 - a. APRC Update, if any pertaining to seniors (Gardiner)
 - b. City Council Update, if any pertaining to seniors (Seffinger)
 - c. Education Report (Mettler)
 - d. Senior Services Superintendent Report (Glatt)
- VIII. Items from ASAC Members or Work Groups (all, 20 min)
 - a. Advocacy/Age-Friendly Communities (Bellegia)
 - b. Public Awareness (Russell-Miller)
 - c. Mayor Stromberg's offer to take ASAC members to see local universal housing development (Glatt)
- IX. Upcoming Meetings
 - a. Monday, March 9, 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave
 - b. Monday, May 11, 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave
- 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).

City of Ashland
ASHLAND PARKS AND RECREATION COMMISSION (APRC)
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
Meeting Minutes
November 4, 2019

Committee Members Present:

- Anne Bellegia, Co-Chair
- Rob Casserly
- Mike Hersh
- Mike Gardiner
- Mary Russell-Miller
- Stef Seffinger
- Sandy Theis, Chair

Staff Members Present:

- Isleen Glatt
- Natalie Mettler

CALL TO ORDER

Theis called the meeting to order at 3:31pm

OPENING

Invited speakers and other guests gave short introductions: John Stromberg (Mayor of Ashland), Kelly Madding (City Administrator), Jackie Bachman (Housing & Human Services Commissioner, OHRA board member), Linda Peterson Adams (Transportation Commissioner), Gina Duquette (Housing & Human Services Commissioner), and Jean Conger (Senior Services patron).

APPROVAL OF MINUTES

Motion: Gardiner/Bellegia m/s to approve the minutes from October 14, 2019. Voice vote – All AYES.

ADDITIONS OR DELETIONS TO AGENDA

Bellegia announced that OLLI will be presenting a murder mystery dinner theatre event from December 11-15. Proceeds from the show will go towards the cost of renovating OLLI's Campbell Center.

PUBLIC INPUT

None

PRESENTATION BY ASHLAND MAYOR JOHN STROMBERG & ADMINISTRATOR KELLY MADDING: How to identify and recruit senior advocates to serve on City commissions & advisory committees

Glatt explained ASAC has been receiving requests from various City committees for recommendations of potential members to represent seniors needs and issues. Stromberg and Madding were invited to today's meeting to counsel ASAC on how to be more proactive in getting senior advocates to apply for City commissions and committees.

Stromberg clarified that the Mayor, by charter, appoints commission members, whose appointment is then subject to City Council approval. Stromberg believes that commissions don't work well as platforms for advocacy. Rather, the Council benefits most from objective, thoughtful, well-researched advice. He pointed to Healthy Democracy Oregon as a model for a productive political process. For a city of its size, Ashland has a complex city government with only a small staff at the top (Mayor, six Councilors, Administrator, Lawyer) who bears all responsibility for policy decisions. Combined with a very engaged citizenry, the City government's

role is especially challenging when dealing with portentous decisions. He credited Seffinger with representing senior needs on an issue-by-issue basis to the Council, and noted that certain commissions, such as those dealing with housing and transportation, most need senior representation to consider the impact of new ordinances or other changes on community seniors. Stromberg suggested the Council invite ASAC's informal input on upcoming important topics, such as a City evacuation plan, to ensure input for senior needs.

In the ensuing discussion, Hersh supported the idea of thoughtful and pragmatic advocates on commissions, given some recent history with controversial city decisions. Stromberg remains sympathetic to change being hard and wondered how to humanize the process. Theis suggested recruiting commissioners who think broadly, i.e. focusing on all-age-friendly rather than just seniors. Bellegia agreed and added that ASAC has an opportunity to educate commissioners and the public about the implications of decisions that are sensitive to senior needs. For example, creating age-friendly housing ultimately offers lower costs to families than long term care of their elder family members. Community education could help shift the culture away from a more self-interested approach to one of better problem-solving. Stromberg concurred that drawing on ASAC's expertise and insight can help support more meaningful conversations before key issues become overly politically charged. Bachman and Theis both pointed to Team Ashland as a positive example of City government connecting with the public. Madding said she will discuss with Theis about offering a similar program again through OLLI. She also stated that the more people participate in decision-making at the macro-level, the better, as this gives the Council a broader, more balanced perspective. Theis suggested that best practices from AARP's Age-Friendly Communities initiative may be helpful.

Stromberg noted that in Ashland, and the broader US, the problem is that seniors are not recognized for fulfilling unique and productive functions in society. Glatt responded that part of ASAC and the SSD's mission is to reframe "senior" to encompass the spectrum of abilities and capacities of older adults. Yes, they have certain specific needs, but they also make important contributions, as can be seen in the new *Seniors Celebrating Creativity* art exhibit at the Senior Center and the upcoming Senior Volunteer Fair.

Theis summarized the discussion with a plan for ASAC and the City Council to maintain an ongoing conversation on what's best for Ashland citizens broadly, in a way that includes seniors. ASAC can invite City Council members to attend their meetings, or communicate through Seffinger, as Council liaison to ASAC. Seffinger added that working with AARP to cultivate an age-friendly perspective will bring to fruition a lot of goals she has for the Council and relevant commissions, by increasing awareness of how policy decisions affect all parts of the community. She sees promising synergy among local groups such as the Chamber of Commerce, Asante Ashland Community Hospital and OLLI, who are all working on community well-being. Bellegia agreed that this is a real-life example of how seniors working together across organizations helps the community as a whole.

POOL RENOVATION UPDATE: Benefits to Seniors

Gardiner reported that the APRC voted at their last business meeting to accept all 34 recommendations by the Pool Ad Hoc Committee for the renovation of the Daniel Meyer pool. They are currently exploring funding options; their preferred option is a revenue bond that would advance capital to be paid back through the APRC's portion of the Food and Beverage tax (from 2021 through 2030), so that there is no additional tax for the community. Gardiner indicated that a new walkway from the Senior Center's Hunter Park-side deck to the pool will require a slight shift in the fence line between the two facilities, but that this will improve access for seniors to both the pool and the Senior Center activity room. There will be no change to the Senior Center building. Community seniors will benefit from the addition of a therapeutic pool with a zero entry ramp. Bellegia asked if there will be any cover for the pool, or other way to extend the pool season. Gardiner responded that there currently aren't funds for such a cover, but that the swim community is eager to fundraise for such an option in the future.

STANDING REPORTS

a. APRC Update

In addition to the pool renovation update, Gardiner also shared that the Japanese Garden Plan has been approved, with construction to start this winter. The new garden will be entirely ADA accessible. Also, the Lithia Park Master Plan will be voted on later this month. It includes a provision for handicapped parking in the vicinity of the Japanese Garden.

b. City Council Update

Seffinger invited ASAC to share senior perspectives at the Revitalize Downtown Ashland Open House on November 6 at Carpenter Hall.

c. Education Report

Mettler announced that there will be two events at the Senior Center on November 13, in honor of Veteran's Day: a brief celebration honoring veterans followed by an educational presentation. She also outlined future event calendaring, as SSD is moving towards organizing events on an annual cycle.

d. Senior Services Superintendent Report

In addition to the report included in the meeting packet, Glatt spoke briefly about the new *Seniors Celebrating Creativity* art exhibit and invited ASAC members to the upcoming November 25 Firefighters' Thanksgiving and December 24 Holiday Luncheon Party, both at the Senior Center.

ITEMS FROM ASAC MEMBERS AND WORK GROUPS

Theis and Glatt will speak at the November 18 APRC Study Session about the AARP Age-Friendly Community proposal with which ASAC has been involved. Bellegia has been involved in conversations about AARP encouraging the entire state of Oregon to become Age-Friendly.

Cassery offered to organize some outreach to recruit SOU faculty and administrative staff as advocates for seniors on City commissions, perhaps when the Age-Friendly proposal is further along.

UPDATED MEMBER TERMS, 2019-20 OFFICERS, AND 2020 MEETING DATES

Glatt clarified that the updated member terms included in the packet will now all end June 30, in staggered years to ensure continuity. She provided the 2020 meeting dates for ASAC members to get them on their calendars.

UPCOMING MEETINGS

- a. Monday, January 13, 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave
- b. Monday, March 9, 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave

Adjournment – 4:52 pm

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

Senior Services Superintendent Report to Ashland Senior Advisory Committee For January 13, 2020 Meeting

Operations/Programming

- In October 2019, there were 682 visits to senior fitness classes, 241 visits to recreation activities, and 54 visits to education events. Our office provided 223 brief information and referral contacts and 4 extended resource consultations. Partners and volunteers provided 64 visits for computer tutoring, blood pressure and foot care clinics. We provided 28 passes (20 rides each) for the bus or Valley Lift. RVCOG Food and Friends provided approximately 550 meals onsite and 725 meals to homebound Ashland seniors. Volunteers contributed 47 hours of instruction, event support, and office work.
- In November 2019, there were 593 visits to senior fitness classes, 190 visits to recreation activities, 26 visits to education events, and 85 seniors at the Firefighter's Thanksgiving. Our office provided 220 brief information and referral contacts and 4 extended resource consultations. Partners and volunteers provided 55 visits for computer tutoring, blood pressure and foot care clinics. We provided 22 passes (20 rides each) for the bus or Valley Lift. RVCOG Food and Friends provided approximately 550 meals onsite and 725 meals to homebound Ashland seniors. Volunteers contributed 34 hours.
- Two special events on November 13 welcomed and acknowledged veterans. RVCOG Food & Friends organized a beautiful celebration that was attended by 45 seniors and volunteers: Mayor Stromberg spoke briefly to thank veterans for their service, SOU ROTC performed a flag ceremony, and a small choir of Ashland High School students sang.



In the afternoon that same day, twenty-six veterans/spouses attended an excellent presentation by staff from Jackson County Veterans Services office and VA White City on the topic "Get the Most from Veterans Benefits: Help Available as We Age." Right at Home sponsored the event with a \$300 donation to the Division.



- The annual Firefighters Thanksgiving Dinner at Ashland Senior Center was attended by 120 people, including 85 patrons and a huge crew of firefighters, their family members, and CERT volunteers serving, washing dishes, and having a merry time. Thank you to volunteer

Shea Cathey who decorated the tables to beautifully, to ASAC members Anne Bellegia, Rob Casserly, Mary Russell-Miller and her daughter who helped serve drinks and bus tables, and especially to Natalie Mettler for coordinating the event.



- On December 24, eighty Ashland seniors enjoyed a Holiday Luncheon Party with a fantastic lasagna lunch provided by Village at Valley View, entertainment by Fiddling Santa Fred Meyer and his students, gifts from Rotary Club of Ashland, and photos by volunteer professional photographer Bob Palermini. We were able to welcome almost twice the guests as last year, thanks to the generous sponsorship of Village at Valley View and the way our audience has grown over the last year.

Here's a sampling of the enthusiastic praise from patrons:

"Thank you for an amazing party and all you do throughout the year.

"This party was so fun, thank you."

"Having a Senior Center is a wonderful gift for Ashland."



Photos by Bob Palermini

Partnerships

- The RVTD “Ashland Connector,” a new on-demand van service, started on 12/18/19; see details at ashlandconnector.org. Ashland Senior Center is a “preferred” drop off site; see photos below of Connector sign hung last week. The Senior Services Division is promoting the new service via our newsletter, a lunchtime tabling event on 12/20/19 attended by 20 people, and a larger workshop on 2/6/20. The Connector costs the same as the bus (\$2 regular or \$1 senior/disabled), and seniors can use our free senior bus passes. We are thrilled to be introducing Ashland seniors to this valuable new service that will solve transportation barriers for many.



- On November 15, Glatt attended the AARP pre-conference mixer to strengthen relationships with AARP Oregon staff and local volunteers.
- On December 6, Glatt attended the Ashland Chamber holiday mixer to strengthen relationships with this important partner and network with the many community leaders attending.
- Glatt met with Cathy Crocker, new Executive Director of the Ashland Emergency Food Bank. An article in the Food Bank’s December newsletter featured the high number of seniors they serve as onsite shoppers. ASAC member Hersh and Superintendent Glatt worked with the former ED Traci Darrow last fall to renew their senior food box delivery program with an infusion of new volunteers.

Public Awareness

- In the 11/27/19 *Tidings*, there was great article on the Firefighters Thanksgiving event which celebrated both the firefighters and seniors: <https://ashlandtidings.com/news/top-stories/ashland-firefighters-fork-up-good-cheer-for-seniors> .
- On December 3 Glatt hosted the Ashland Women Leaders gathering at Ashland Senior Center, introducing leaders of key Ashland organizations to the facility and resources provided by the Senior Services Division.
- The January 22 Senior Volunteer Fair was featured in “Ideas for Volunteering” section of in Oregon Healthy Living magazine that went out with weekend Tidings and Tribune published 12/8/19. <https://mailtribune.com/magazines/oregon-healthy-living-winter-2019>
- A 12/18/19 article in the *Tidings* article about the Ashland Connector mentioned the tabling event at the Senior Center, although they printed the wrong date: <https://ashlandtidings.com/news/top-stories/ashland-gets-new-micro-transit-option>

- In the monthly “Parks View” article for *Ashland Tidings*, published 12/24/19, Glatt discussed Senior Services Division progress and featured the January 22 Senior Volunteer Fair. <https://ashlandtidings.com/lifestyle/park-views/ashland-park-views-resolve-to-get-involved-in-the-new-year>

Advocacy

- On 12/18/19, Ashland Parks & Recreation Commission agreed to support the AARP Network of Age Friendly Communities application. Chair Mike Gardiner signed the application, and staff forwarded it to Mayor Stromberg for his signature.
- ASAC members Bellegia and Theis and Superintendent Glatt were asked to present the AARP Age-Friendly Communities proposal to the City Council at their February 4 meeting. They met with City Administrator Kelly Madding on December 30 to educate her about the initiative and hear her concerns. Mayor Stromberg is waiting to sign the AARP Age-Friendly application until after the February presentation.
- Ashland is featured in two videos produced by AARP about the all age-friendly option of accessory dwelling units for urban infill. (Note: videos seem to play better on Chrome than Explorer):
 - <https://videos.aarp.org/detail/video/6036647261001/adus-help-families-address-a-variety-of-housing-needs> (5.25 minutes, Ashland starts 2:54)
 - <https://www.aarp.org/ppi/events/info-2019/affordable-in-law-suites-and-backyard-bungalows.html> (57.13 minutes, Ashland starts 35:10)

Budget/Facilities

- In fulfillment of a long-term goal to make it easier for patrons easier for Senior Center patrons to hear one another during lunch and events, staff purchased acoustic panels with donations in the Parks Foundation. Thank you to Parks Division staff who installed the panels on the dining room ceiling in December. The panels have greatly reduced sound reverberation in the dining room, particularly important for our many patrons with hearing impairment. The benefit was quite evident at the holiday luncheon party on December 24, as guests chatted happily at tables and enjoyed the festive but relaxed feeling in the room.

Staff/Training

- On 11/14/19, Coordinator Mettler attended a full day conference on elder abuse sponsored by RVCOG Senior & Disability Services.
- On 1/2/20, Katie Merola of ADRC trained Senior Services Division staff on different housing options for low-income seniors and clarify when Medicaid will pay for housing as part of care for those who do their own activities of daily living (ADLs).

Patron Feedback

- We have had some lovely feedback from patrons in the last few months related to events, the new acoustic ceiling installation, and the welcoming ambiance of the Senior Center. There has been an influx of new patrons with each new educational and social event. Our event attendance is growing, as is our newsletter mail/email list.
- From a patron’s holiday card to staff: “Thank you for providing such a nice space for us seniors. The Senior Center is pure love, and you are agents of that. Your work is Love In Action. Thank you for sharing so much of yourselves with others.”

Respectfully submitted by Isleen Glatt, Senior Services Superintendent, 1/6/20