



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

Monday, January 10, 2022 @ 3:30 – 5:00 pm

Virtual Meeting on Zoom Platform

To join meeting or give public input, see instructions on page 2.

- I. Opening (Gardiner, 1 min)
- II. Approval of Minutes – November 8, 2021 (all, 2 min)
- III. Additions or Deletions to the Agenda (all, 2 min)
- IV. Public Input (10 min) - *See page 2 for instructions.*
- V. Housing and Homelessness Solutions in Ashland - Linda Reid, Housing Specialist, City of Ashland Planning Dept. (25 min)
- VI. Overview of Local Utility Assistance Programs (Glatt, 10 min)
- VII. Standing Reports (20 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, 15 min)
 - a. Livable Ashland Update (Theis/Bellegia)
 - b. Other items from ASAC members or work groups?
- IX. Next Meeting: Monday, March 14, 3:30-5:00pm via Zoom (Gardiner, 5 min)
Consider in-person vz. Zoom meetings
- 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).

TO ATTEND THE MEETING:

If you wish to virtually attend an Ashland Senior Advisory Committee meeting, send an email to isleen.glatt@ashland.or.us, no later than by 10:00 a.m. on the day of the meeting. Please provide the following information, then staff will send you the link and/or phone codes:

- 1) Write "ASAC Participation Request" in the subject line of the email.
- 2) Include your name.
- 3) Specify the date of the meeting you wish to virtually attend or listen to.
- 4) Specify whether you will be participating by computer or telephone.
- 5) Provide the name you will use if participating by computer, or the telephone number you will use if participating by telephone.

TO GIVE PUBLIC INPUT IN THE MEETING:

If you would like to give public input for the meeting, please submit your written comments or a request to speak to isleen.glatt@ashland.or.us, no later than by 10:00 a.m. on the day of the meeting. Please include the information above plus the topic you would like to speak on. For oral comments, you will be invited to unmute and speak during the Public Input portion of the agenda.

City of Ashland
ASHLAND PARKS AND RECREATION COMMISSION (APRC)
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
Meeting Minutes
November 8, 2021

Committee Members Present:

- Anne Bellegia
- Cori Frank
- Mike Gardiner, Chair
- Mike Hersh
- Debra Johnson
- Kathy McNeal
- Stef Seffinger
- Sandy Theis

Staff Present:

- Isleen Glatt
- Natalie Mettler

CALL TO ORDER

Gardiner called the meeting to order at 3:30pm.

OPENING

Guests present: Rob Casserly (OLLI), Jennifer Bruce (OHSU student), Deidre Golberg (OHSU faculty supervisor)

APPROVAL OF MINUTES

Motion: Theis/Seffinger m/s to approve the minutes from September 13, 2021. Voice vote – all AYES. Minutes approved.

ADDITIONS OR DELETIONS TO AGENDA

Glatt requested all members' permission to take a screenshot of this Zoom meeting; image will be edited and used as an ASAC group photo on the Senior Services Division (SSD) website and other marketing materials. Members agreed, and Gardiner added this item to the end of the meeting.

PUBLIC INPUT

None.

ASAC MEMBER INTRODUCTIONS AND BACKGROUND

All ASAC members and APRC staff each introduced themselves with a little background information for the benefit of newer members.

INCREASING SOCIAL CONNECTION FOR OLDER ADULTS IN ASHLAND

Glatt credited Theis with making the connection for SSD to work with OHSU students in practicums that are appropriate for community agencies such as SSD. OHSU nursing student Jennifer Buce presented the results of her spring 2021 practicum with the SSD. The project goals were to assess the current state of social connection and available resources for seniors in Ashland, assess the Ashland Senior Phone Buddy (ASPB) program and research background literature on the issue of social connection. This issue is significant because Ashland has 6.7% more older adults (65yrs+) than the national average and social connection (or lack thereof) has important health outcomes. Of the 97 Ashland residents surveyed (62-98 years of age), many reported more social isolation due to the COVID-19 pandemic. They also reported that phone calls were the most helpful means of maintaining

social connection during this time. Her recommendations for the ASPB program were to institute quarterly check-ins with participants, better publicity to promote the program and to proceed with the new volunteer model (versus former peer-to-peer model). Looking forward, the program needs to recruit more volunteers, build more community connections and assess digital access.

Hersh asked how the survey sample was validated as significant and typical. Glatt responded that staff and faculty guided the students toward a convenience sample methodology, and the students also tried to reach a broader sampling from different settings. Theis asked what the biggest takeaway from this research had been. Bruce answered that it was the need for programs to help people feel more connected, especially in these unprecedented times. Johnson noted that pets also help combat loneliness. Bellegia added that Zoom has also helped many stay connected. Theis, speaking as a current ASPB volunteer, praised the training and regular volunteer meetings, which help volunteers feel supported.

Gardiner asked if the largest need for ASPB is for more volunteers; additional volunteer recruitment ideas were discussed. Glatt will send the ASPB recruitment flyer and job description to ASAC members to share as they can.

LIVABLE ASHLAND UPDATE

Theis reviewed that the initial application for Ashland to join AARP's network of Age-Friendly Communities was approved by the City Council and APRC and accepted by AARP in February 2020. She stressed that the focus is on all ages, not just seniors, to minimize any dichotomy and conflict or competition among generations. Unfortunately, the COVID-19 pandemic and 2020 wildfires have slowed momentum on the steering committee's work and stakeholder participation. Theis and Bellegia are Co-Chairs of the Livable Ashland steering committee. Other members represent Mountain Meadows, JCLS, Ashland-at-Home, Asante Ashland Community Hospital, Ashland Community Hospital Foundation, AARP Southern Oregon, APRC SSD, SOU, RVCOG, and Ashland City Council. Participation is still desired from the Ashland Chamber of Commerce and Ashland YMCA.

Theis explained that a needs assessment has been conducted with data from prior surveys. This looked at needs across lifespan, highlighting intergenerational initiatives, with the rationale that if something isn't good for everyone, it's also not good for seniors. She added that this steering group arose out of the ASAC Advocacy working group. It is a body without funding or authority, but it can do valuable work identifying and assessing livability issues in the community, convening meetings of stakeholder representatives and encouraging collaboration among stakeholder organizations to benefit the overall community. The group will seek increased visibility in Ashland and the Rogue Valley and work to advocate for local government support for Livable Ashland initiatives. The steering group is using AARP's 8 Domains of Livability to guide their work: 1) Outdoor spaces and buildings; 2) Transportation; 3) Housing; 4) Social participation; 5) Respect and social inclusion; 6) Work and civic engagement; 7) Communication and information; 8) Community and health services. An example of stakeholder collaboration to achieve livability goals might be working with APRC and neighborhood groups to install park benches by playgrounds, making those spaces more all-age friendly.

Currently, steering committee members are in the process of choosing initiatives that align with their agencies' goals and interests. They are also working on a report for AARP and continuing needs assessment and recruitment for additional members. Bellegia added that Livable Ashland initiatives are budget-neutral, as member stakeholder organization are doing or will do much of this work. Donations can also be solicited to cover other costs. Currently there is an opportunity to bridge inequalities that have emerged or been exacerbated by the COVID-19 pandemic. WHO and AARP are interested in seeing the expansion of all-age friendly work in Southern Oregon and Oregon overall. The aspiration is for initiatives to benefit all income groups.

STANDING REPORTS

a. APRC Update

Gardiner reported that the City Council has approved the APRC budget through the second year of the current biennium (through June 2023). But funding is not secure beyond this date. Commissioners and staff are working on a recommendation for stable funding to present to the City, hopefully in December.

b. City Council Update

Seffinger voiced her concern that seniors need to make their needs clearer to the City Council; she is worried such needs aren't prioritized as they should be. She also reported that recruitment for City Manager is proceeding with three candidate interviews scheduled. An important upcoming Council item concerns wastewater treatment.

c. Education Report

Mettler shared that staff is currently working on the APRC WinterSpring 2022 Playguide, which covers program offerings during January through April 2022. She explained that SSD has not offered a monthly education event since the summer due to low registration for Zoom classes. Instead, staff has focused on promoting relevant programs offered by partners, such as the upcoming OLLI Plan 4 Care series. Staff is working with JCLS to develop an ongoing computer lab for older adults. They are also developing a walking group program.

d. Senior Services Superintendent Report

Glatt referred to her report included in the meeting packet. She added that staff have emailed patrons about vaccine and booster access. She also gave a brief reopening update: staff plans to slowly resume in-person programs in January, with public health precautions in place. Food and Friends is also planning to resume limited congregate meals in January, but details are not yet finalized. Finally, she shared that she was part of a City stakeholders meeting discussing recommendations on how to respond to future extreme heat and other extreme weather events.

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

None.

Next meeting – Monday, January 10, 2022, 3:30-5pm (likely Zoom but hoping for in-person soon)

Adjournment – 5:01 pm

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

ASHLAND PARKS & RECREATION COMMISSION

340 S PIONEER STREET • ASHLAND, OREGON 97520

COMMISSIONERS:

Mike Gardiner
Rick Landt
Julian Bell
Leslie Eldridge
Jim Lewis



Michael A. Black, AICP
Director

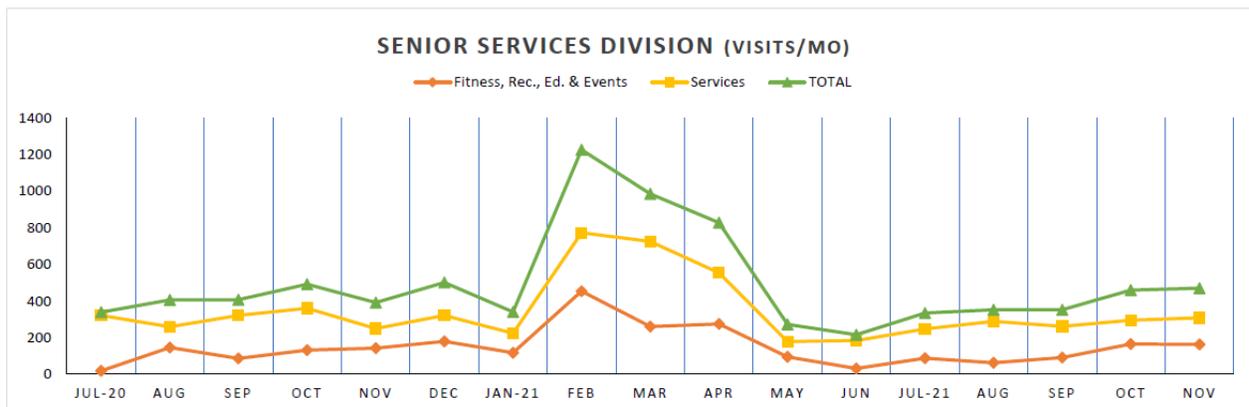
541.488.5340
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parksinfo@ashland.or.us

STAFF MEMORANDUM

TO: Ashland Senior Advisory Committee (ASAC)
FROM: Isleen Glatt, Senior Services Superintendent
DATE: January 5, 2022
SUBJECT: Senior Services Superintendent's Report to ASAC

OPERATIONS

- **Reopening Update:** The Senior Services Division office reopened to the public on December 6 with limited hours of 9:00am-1:00pm, Monday, Wednesday and Friday. If pandemic conditions and staff capacity allow, we plan to gradually bring back other programs during January through March. Office hours will expand to Monday-Friday, 8:30am-3:30pm starting January 11. Masks are required in the building, and distancing will be maintained whenever possible. Our partner RVCOG Food & Friends will resume serving congregate meals on site at Ashland Senior Center as of January 10, with limited seating by reservation and COVID-19 restaurant protocols enforced.
- **Service Statistics** for October and November show a slight increase in recreation visits due to holiday drive-throughs.



- **Client Database:** The Senior Services Division has launched a custom database designed by City of Ashland IT staff, at no cost to the Division beyond the annual fee APRC pays for IT support. This simple, user-friendly database program is allowing the Division to track all

program participants, callers, volunteers and instructors in a consolidated system with emergency contact information, service contacts and consultation notes, to better support patrons. Clients have been uploaded to the new database, and we will work during the next couple months to integrate additional records from other sources.

PROGRAMMING

- **Thanksgiving Drive-Through:** On November 22, Ashland Firefighters Union served pie and beverages to 50 local seniors. Patrons enjoyed connecting with the firefighters and appreciated the COVID-safe holiday cheer.



- **Holiday Lunch Drive-Through for Seniors:** On December 23, in spite of the rain that day, almost all of our 100 registered participants showed up to receive the lasagna lunch provided by Village at Valley View, a \$20 grocery gift card donated by Rotary Club of Ashland with help from Shop N Kart market, or a gift donated by Ashland High School Interact Club and some anonymous donors. A large crew of volunteers helped us pull off this big event. Seniors expressed much appreciation for this bright spot in their holidays.



- **Education Programs:** Efforts in November and December focused on the holiday events, but education is resuming with a virtual classes on Mindful Yoga for Chronic Pain on 1/26/22 and Africa on 2/16/22. As part of the Division's focus on increasing digital access for seniors, staff have coordinated with Jackson County Library Services to begin offering computer labs for older adults at Ashland Senior Center, starting in January.
- **Yoga Props:** Supporter John Wimberley donated \$500 last summer in memory of his wife, long-time Gentle Yoga instructor Miriam Moore. The funds have covered new blocks, straps and blankets for the yoga classes, which now continue with other instructors. In-person yoga classes resumed January 5.

VULNERABLE SENIORS

- **Ashland Senior Phone Buddy:** With the addition of new volunteers trained on December 10, the program is now ready to accept new participants. Interested seniors may call 541-488-5342 to enroll. Staff are also encouraging referrals from our partner agencies. In addition, new volunteers should call for an application; trainings are offered several times per year.
- **Outreach Calls:** Volunteer and ASAC member Kathy McNeal made holiday outreach calls to 80 of our most vulnerable patrons. Many recipients said that the outreach calls brightened their day, and they expressed gratitude for all the attention that the Ashland Senior Center gives them.

Ashland Senior Phone Buddy

Stay connected with your community!

Ashland Senior Phone Buddy program matches seniors with local volunteers for regular social phone calls.



 Ashland Senior Services Division
541-488-5342
seniorinfo@ashland.or.us

PARTNERSHIPS

- **Sponsors/Education/Services:** The Senior Services Division has partnered with many organizations and businesses throughout the fall and winter to offer drive-through events and education programming. November and December partners included Ashland Firefighters Association, Village at Valley View, and Rotary Club of Ashland.
Community Volunteer Network continues to provide a skilled volunteer for the ongoing Senior Health Insurance Benefits Assistance (SHIBA) program; longtime SHIBA volunteer Christine Meredith once again doubled her hours to help Ashland seniors during the annual Medicare open enrollment period.
- **RVTD Ashland Connector:** Ashland Connector, the on-demand curb-to-curb van service run by RVTD for the price of a bus fare, was temporarily suspended as of 12/13/21 due to a shortage of drivers. RVTD plans to resume Ashland Connector service when they have enough drivers. Prior to the suspension, they had already stopped their system of limiting pick up and drop off to specific stops in “commercial” zones, so they removed the Ashland Connector sign from in front of Ashland Senior Center. Instead, when they resume, they will pick up and drop off anywhere in the city, except a few locations such as apartment complexes still have a signed pick-up site to make it clear where the van will meet passengers.
- **United Way Everyday Hero Award:** Staff nominated patron Sharon Spalding for an Everyday Hero award, a new initiative of the United Way of Jackson County. Sharon was thrilled to be one of ten winners who were each awarded \$500. Now in her mid-80s, Sharon continually helps friends and neighbors in need, and she collects free leftovers from yard sales that she donates strategically to help community members--winter jackets for unhoused youth, carloads of goods to fire recovery centers, clothes for the women's shelter, children's books for Head Start participants, goods for seniors at Ashland Senior Center, and more.



PUBLIC AWARENESS

- Senior News:** The [December Senior News](#) featured our Holiday Lunch Drive-Through, other holiday articles, and many resources for seniors. The [January](#) issue focused on the re-opening of Ashland Senior Center and the programs to be offered in person and online; the issue also featured a photo collage of 2021 accomplishments and reintroduced the “Patron Spotlight” column.



BUDGET/FACILITIES

- In November, rodent activity was discovered in the Ashland Senior Center attic and crawlspace (but not in any food or program areas). Contractor Bugs Northwest set traps, located entry points, and installed barriers. Only one rodent has been caught in several months of monitoring. Staff will continue to monitor the situation with either internal staff or an ongoing contract.
- In preparation for reopening, APRC facilities staff installed more soap and towel dispensers at remaining sinks throughout the building. There are now seven handwashing and four sanitizer stations in the Senior Center. Staff put out additional pump bottles of sanitizer for events/classes as needed.

PATRON FEEDBACK

- “LOVE these [drive-through events] that are letting us celebrate, laugh, meet safely.... I feel gratitude for you, and all who have done so much to keep us all cheered, every day, not just Thanksgiving.”
- “I am VERY grateful for the call and everything the Senior Center has helped me and my husband with, such as the referral to Call-A-Ride. You are all angels for everything you do on a daily basis.”
- “The lasagna lunch was delicious. Thank you so much for this great event!”
- “I want to thank you so much for the lasagna yesterday. It was just lovely! [My friend] and I went back to her house and we had it together...I am so grateful for the Rotary Club grocery gift card; I can really use the help. We had a lovely time together, and I want to thank you so, so much.”

STAFF TRAINING

Staff continue to expand their gerontology knowledge and DEI awareness by taking advantage of free professional development offered online. Recent webinars include:

- Superintendent Glatt: Service Animal Regulations and Policy Implementation, Oregon Recreation and Parks Association DEI Exchange (discussion group)
- Office Assistant II Bowser: Compassion Resiliency in the Workplace