



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

Monday, September 12, 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 – July 11, 2022 (all, 2 min)
- III. Additions or Deletions to the Agenda (all, 2 min)
- IV. Public Input (10 min) - *See page 2 for instructions.*
- V. Ashland Disaster Preparedness (30 min)
Paul Collins, CERT Volunteer
Sydney Jenkins, Fire & Life Safety Specialist, Ashland Fire & Rescue
- VI. Impact of Budget Cuts (Black, 5 min)
- VII. Upcoming Referendums (Gardiner, 10 min)
- VIII. Standing Reports (20 min)
 - a. APRC Liaison (Bachman)
 - b. City Council Liaison (Seffinger)
 - c. Education Report (Mettler)
 - d. Senior Services Superintendent Report (Glatt)
- IX. Items from ASAC Members or Work Groups (All, 10 min)
 - a. Livable Ashland Alliance update (Theis/Bellegia)
 - b. Other items from ASAC members?
- X. Next Meeting: Monday, November 14, 3:30-5:00pm, on Zoom
- 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).

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
July 11, 2022

Committee Members Present:

- Anne Bellegia
- Cori Frank
- Debra Johnson, Vice Chair
- Jim Bachman
- Kathy McNeal
- Mike Gardiner, Chair
- Noriko Toyokawa
- Stef Seffinger

Staff Present:

- Isleen Glatt
- Natalie Mettler

Committee Members Absent:

- Sandy Theis

CALL TO ORDER

Gardiner called the meeting to order at 3:30pm. He welcomed new ASAC member Noriko Toyokawa, Assistant Professor of Psychology at SOU. Each member introduced themselves with their relevant backgrounds.

OPENING

Citizen guests: Nancy Boyer, Rob Casserly, Dean Silver.

APPROVAL OF MINUTES

Motion: McNeal/Frank m/s to approve the minutes from May 9, 2022. Voice vote – all AYES. Minutes approved.

ADDITIONS OR DELETIONS TO AGENDA

Frank asked to put the impact of budget cutbacks on the Senior Services Division (SSD) on the agenda. This will be covered in the APMC and City Council Liaison's standing reports. She also asked when the City's survey results will be back. Gardiner answered that the collection of survey results was completed on July 8 but there is not yet a date for when results will be made public. Seffinger confirmed.

PUBLIC INPUT

None.

STANDING REPORTS

a. APMC Liaison

Commissioner Bachman reported that APMC Director Black presented his proposal for \$350,000 in cuts to the APMC budget. Recommendations include reducing staffing by not hiring temps and seasonal workers furlough days for the Director position, withdrawing from the lease on Pioneer Hall, and reducing spending on equipment and fleet. Bachman expects the Commission to approve these recommendations in their 7/13/22 meeting. He is concerned that the reduction in staff and equipment for parks will have a negative impact on parks' maintenance, and that putting off equipment and fleet maintenance will increase future costs in this era of inflation. In addition, APMC is still absorbing the news that the City Council is considering the City Manager's proposal to revise the City Charter to change how APMC has functioned for the last 100+ years and how the

City uses the Food & Beverage tax. He deferred to local media reporting about what will be on the November ballot.

b. City Council Liaison

Councilor Seffinger confirmed that Commissioner Bachman covered the main issues about the budget. She said citizens will decide, via ballot, about the future structure of APRC leadership and how APRC relates to the City regarding employee policy. The Council is also considering changes in how commissions are established, which may result in reclassification of some commissions as committees, a reduction in the number of committees, and an increase in ad-hoc working groups.

Bellegia noted that ASAC, as an advisory committee and advocacy group, should see the budget changes as cause for concern. Such changes have the potential to affect all age groups. For example, gutting resources for maintenance will create increasing safety issues.

c. Education Report

Mettler announced upcoming educational presentations: End-of-Life Planning (8/17/22), Author Talk: Sue De Marinis, *The Station Master's Wife* (9/21/22), Yoga Basics Workshop (9/28/22). She also reported that monthly computer basics classes will be offered, in partnership with Jackson County Library Services, during September through December. She invited all to the Ice Cream Social for seniors and their families on 7/13/22.

d. Senior Services Superintendent Report

Glatt echoed Mettler's invitation to the Ice Cream Social. She referred to her report included in the meeting packet.

Glatt then responded to Frank's request about budget cut impacts on SSD. She offered some history on the current situation: at the beginning of the pandemic, APRC laid off employees including three office assistants, but SSD was able to retain their office assistant. This helped support all the intervention, education and support work SSD was able to offer to community seniors, even while all staff were working remotely. This work included being an information source for seniors, help accessing other community services, continuing to host the RVCOG Food & Friends program to ensure vulnerable Ashland seniors could get meals delivered at home, and a major project to help seniors access the early COVID-19 vaccines.

Ashland Senior Center finally reopened to the public in March 2022, but shortly thereafter lost their office assistant due to other circumstances. That position could not be refilled during the City's hiring freeze. Glatt believes that no one in APRC or the City wants to reduce services to seniors, but given the need to make cuts, she predicts APRC will formally decide to no longer fund the 0.75 FTE Office Assistant II position at SSD. SSD will instead have 0.25 of an 1.0 FTE position, to be shared with the Recreation Division. This staff person will primarily help with activity registration and vacation coverage for SSD staff. She reminded all that another strategy to cope with reduced staffing has been closing Ashland Senior Center to the public on Fridays. Friday activities have been shifted to other weekdays to avoid cutting activities and services. Net activities and services are therefore similar to when SSD was fully staffed, but SSD can no longer plan as expansively as they had been tasked in the restructuring of the Division.

Glatt highlighted from her report the discussion about Ashland Senior Center potentially being used as a City cooling center. So far, a cooling center has been held at Pioneer Hall and the City is working with Jackson County Library Services to use Ashland Library as an alternative site. Glatt thinks the trend of using these other locations will continue.

ASANTE ASHLAND COMMUNITY HOSPITAL'S (AACH) AGE FRIENDLY HOSPITAL INITIATIVE

Dr. Steven Hersch, AACH Administrator and Vice President of Medical Affairs, presented on AACH's work to become an age-friendly hospital, including training, protocols, design of the ward and recruiting for an Asante Foundation Chair in Geriatrics (see [presentation slides](#)).

Hersch explained that Asante has chosen an age-friendly approach to address the community's changing needs as the local demographic of older adults continues to grow. An aging population has unique needs as their physiological reserves decrease over time. AACH was chosen as the pilot site in the Rogue Valley for this initiative as it is a high-touch facility with a culture of teamwork across departments and strong community engagement. The core principles of Asante's Age Friendly Hospital System are captured in the 4 M's framework: What Matters, Medication, Mentation and Mobility. Other locations and organizations address some of these needs, but AACH is seeking to bring them together. The hope is that, if successful, this program will grow out into the community organically.

During a question-and-answer period:

- Frank asked how patient care is coordinated, such as through a case manager or discharge planner. Hersch responded that AACH facilitates two work group meetings per month to discuss how to coordinate across relevant disciplines and departments, and the discharge planners are included.
- Seffinger asked if there are any psychology or counseling specialists available to discharged patients through this program, and whether the medicinal use of marijuana and psilocybin is being considered. Hersch answered that mental health support is by telehealth on a case-by-case basis. The use of medical marijuana remains inconsistent with Asante's mission, and medical use of psilocybin is permitted only within very narrow confines that Asante does not meet.
- Bellegia noted that primary care providers are a critical part of patient care, and the shortage of such providers in this region impacts care before and after hospitalization. Hersch noted that the shortage of primary care providers is nationwide.
- Bellegia also noted that it is a tall order to carry out integrated communication with patients and their family members. Hersch explained that AACH communicates with out-of-system primary care providers via written communication and phone calls. Hersch would like to see support from the community to support integration of care and communication. Community members can be trained to help others. Bellegia thanked Hersch for Asante's efforts in community education so far, such as making community members more literate in using MyChart.
- Johnson asked how long follow-up is provided for a discharged patient. Hersch noted that a number of efforts are made to reduce readmission, but the length of follow-up care is contingent on a patient's diagnosis and who provides their primary care. Nurse navigators are assigned to certain high-need diagnosis patients, such as heart failure and COPD, to help patients navigate the post-hospitalization transition. There is also a longitudinal care team for those with an Asante primary care provider. This team will follow a patient for months to track social determinants of health. He recognized that patient follow-up care is not as universal as anyone would like but is limited by funding and resources. Seffinger asked about coordination for patients with Providence primary care providers. Hersch said it would be the

same as with any non-Asante primary care provider: calling the primary care provider to discuss that patient's care and directing them to review the patient's after-visit summary. He affirmed that area physicians often have productive professional relationships beyond their affiliation, and this facilitates good coordination.

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

Bellegia reported that Livable Ashland steering committee met in June and will meet again in August but has been hampered by scheduling issues to bring all partners to the table. As a body without a budget, their role is in identifying existing organizations with relevant initiatives on which to collaborate. The group is waiting to update the City Council before making a public announcement about their work.

Next meeting – Monday, September 12, 3:30-5:00pm (Zoom)

Members agreed to return to meeting on Zoom due to high COVID-19 rates and to reduce required staff time.

Adjournment – 4:54pm

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

ASHLAND PARKS & RECREATION COMMISSION

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COMMISSIONERS:

Rick Landt
Jim Lewis
Jim Bachman
Julian Bell
Leslie Eldridge



Michael A. Black, AICP
Director

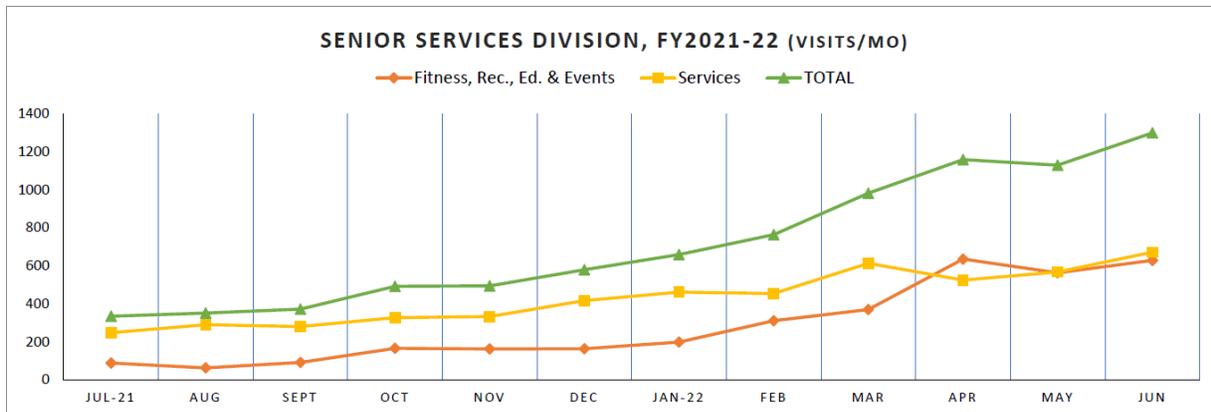
541.488.5340
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STAFF MEMORANDUM

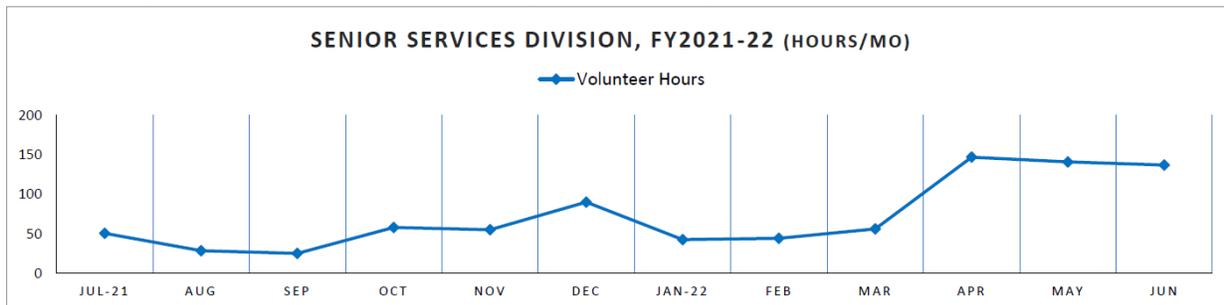
TO: Ashland Senior Advisory Committee (ASAC)
FROM: Isleen Glatt, Senior Services Superintendent
DATE: September 7, 2022
SUBJECT: Superintendent's Report to ASAC

PROGRAMMING & SERVICES

- **Service Statistics** for FY 2021-2022 show a steady rise after the office reopened in December and remaining in-person services resumed in March. In June 2022, we provided almost 1300 visits and services, matching the pre-pandemic peak in January 2020.



- **Volunteer Hours** for the year also show a sharp rise with the addition of office volunteers covering reception for up to 20 hours/week starting in April.



- **Ice Cream Social:** Our annual Ice Cream Social was a huge hit on July 13, with over 100 in attendance. Thank you to our sponsor Village at View, the Ashland Brass and Broadway Dance Boomers who performed, our many volunteers, and all the ASAC members who attended. See photos below and some fun videos on [Facebook](#).



- **Education Programs:** The AARP Smart Driver program returned in person to Ashland Senior Center in July, for the first time since 2019, with a small class of 15 to ensure social distancing. In August, Dwight Wilson, Executive Director of Celia's House, gave a thoughtful presentation on End-of-Life Planning; participants, most in their 80s and 90s, discussed the deeper issues around advanced directives, appointing the right power of attorney, and options for "solo agers" without family.



- **Go Bag Display:** Ashland Senior Advisory Committee (ASAC) member Cori Frank set up a sample Go Bag display with a checklist handout (see photo at right). Seniors who came to view it said that seeing a sample made it less intimidating to create their own Go Bag. As part of ongoing education efforts, the Ashland CERT coordinator will speak to ASAC on 9/12/22, and we are scheduling a public emergency preparedness presentation for spring of 2023.



- **Resource Consultations:** Much of staff time is spent on helping seniors and their families find the resources they need. Sometimes that can require extensive consultation with the individual and coordination work with other agencies. Here are some recent examples, with names and identifying details removed:
 - A frequently homeless elder with mental health and physical challenges visits the Senior Center for meals and other services; staff have worked extensively with the Jackson County Department of Human Services Senior Services office to locate their case worker and help the case worker reach them to renew benefit eligibility.
 - An older adult is about to have major surgery. She and her family requested referrals for food delivery, transportation and in-home care that will sustain her at home through her recovery.
 - An adult daughter who lives out of area is trying to set up transportation and other supports for her parent in Ashland with early dementia. Multiple referrals were

provided for parent's needs, geriatric care management resources, and caregiver support for daughter.

- **Advanced Directives Assistance:** ASAC member Debra Johnson is volunteering to provide a new, free service for Ashland seniors. Starting in October, Johnson will meet with seniors one-on-one at Ashland Senior Center to help them prepare or review their Advanced Directives. She brings extensive experience in end-of-life planning from her career as a geriatric care manager and current work with for End of Life Choices Oregon. Advanced Directives assistance has not been available in the community for several years without a fee. We are grateful to Johnson for helping us fill this gap.

VULNERABLE SENIORS

- **Extreme Heat:** Oregon Health Authority (OHA) announced in late July that they are distributing a total of 4000 portable air conditioning units to low-income and at-risk Oregonians. Superintendent Glatt located the local distributor, Unete, researched other assistance options for low-income seniors needing help with home cooling, and shared the information with key local partners. Unete quickly distributed all the units they had, but OHA has now implemented a direct application and distribution process (see [Portable Air Conditioning Deployment Program](#)). A community organization must complete the application on behalf of a qualifying recipient; please refer Ashland seniors to 541-488-5342 for assistance applying.
- **Resources for Seniors:** Since full reopening in March, the Division has resumed distributing extensive donated resources to support Ashland seniors in need.
 - The **Mike Hersh Memorial Food Pantry** is stocked every week to help low-income seniors supplement their nutrition needs. It includes other resources such as donated adult diapers and toilet paper
 - Our **Free Library** is now fully stocked and actively circulating donated books, DVDs, jigsaw puzzles and magazines. We have an extensive new collection of LARGE PRINT books donated by patrons. Office volunteer Patty Winner is keeping it fresh and appealing.
 - In the last few months, staff acquired and distributed 90 **COVID-19 home test kits** from Jackson County Public Health and 300 **digital thermometers** from Harry and David. Staff also helped Ashland Emergency Food Bank access and share these resources with their clients. As federal distribution of tests kits is ending, staff discovered that local pharmacies are charging high prices for kits and refusing to bill Medicare or other insurance. Glatt was able to acquire another 90 kits from Jackson County Public Health in August.
 - With smoke again in the Rogue Valley, staff acquired a new supply of **N95 smoke masks** from the City of Ashland and is distributing them for our patrons' protection. The Division also continues to distribute masks for COVID-19. Interested seniors may request masks at Ashland Senior Center office.



- The **Free Table** has new items donated almost every week. In the summer we sometimes have surplus produce donated by local gardeners.

PARTNERSHIPS

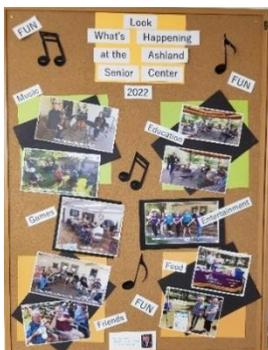
- **SHIBA:** Christine Meredith, longtime volunteer for our partner Community Volunteer Network, provided SHIBA Medicare counseling at Ashland Senior Center for over a decade and by phone throughout the pandemic. She is now stepping down from this role. Until the SHIBA program is able to recruit new dedicated volunteer for Ashland, we are referring seniors to their Medford office to schedule appointments.
- **Sponsorships:** Staff met with the marketing director from Rogue Valley Manor to discuss possible sponsorships or other opportunities for collaboration.

ADVOCACY

- **Livable Ashland Alliance:** Co-Chairs Sandy Theis and Anne Bellegia presented a progress report on the all-age-friendly initiative to Ashland City Council on August 15. The report was well received by Council members, who expressed support for the project.

PUBLIC AWARENESS

- **OLLI Open House:** APRC staff tabled at the OLLI Open House on July 22, attended by over 825 participants. We had lively conversations with attendees about parks, recreation, volunteering, and senior services; renewed connections with many partner organizations; and gathered many new sign-ups for email news.



- **New Display Board:** Office volunteer Patty Winner updated one of the Senior Center bulletin boards to feature photos of our patrons and events, to encourage participation and community.
- **Press:** The Senior Services Division project to create an outdoor venue was featured in an Oregon News Services article on the AARP grants: <https://www.publicnewsservice.org/2022-07-28/senior/grant-program-helps-create-age-friendly-communities-in-or/a80088-1>

BUDGET/FACILITIES

- **New Outdoor Venue:** Parks staff have started work on the outdoor venue space at Ashland Senior Center, funded by the \$6250 grant from Oregon AARP. The grant is paying for the materials, and construction labor is APRC's in-kind match.

