



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

Monday, March 13, 2023 @ 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)
Welcome Bob Kaplan as new City Council Liaison
- II. Approval of Minutes – January 9, 2023 (all, 2 min)
- III. Additions or Deletions to the Agenda (all, 2 min)
- IV. Public Input (10 min) - *See page 2 for instructions.*
- V. St. Vincent de Paul: support for very low-income seniors in Ashland,
John Engelhardt, President of Ashland Chapter (20 min)
- VI. Budget Listening Session and Progress Report, Michael Black, APRC Director (15 min)
- VII. Standing Reports (25 min)
 - a. APRC Liaison (Bachman)
 - b. City Council Liaison (Kaplan)
 - c. Education Report (Mettler)
 - d. Senior Services Superintendent Report (Glatt)
- VIII. Items from ASAC Members or Work Groups (10 min)
 - a. Intergenerational Dialogue in SOU Psychology of Aging Class (Toyokawa)
 - b. Livable Ashland Alliance update (Theis/Bellegia)
 - c. Other items from ASAC members? (All)
- IX. Next Meeting: Monday, May 8, 3:30-5:00pm, on Zoom
- 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
January 9, 2023

Committee Members Present:

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

Staff Present:

- Isleen Glatt
- Natalie Mettler

CALL TO ORDER

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

OPENING

Citizen guests: Bob Kaplan

APPROVAL OF MINUTES

Motion: Bachman/Theis m/s to approve the minutes from November 14, 2022. Voice vote – all AYES. Minutes approved.

ADDITIONS OR DELETIONS TO AGENDA

None.

PUBLIC INPUT

Guest Bob Kaplan introduced himself. He is a new City Councilor exploring serving as liaison to ASAC.

REBUILDING TOGETHER ROGUE VALLEY (RTRV) PRESENTATION

Kendyl Berkowitz, Acting Executive Director of Rebuilding Together Rogue valley, presented on the operations, funding and services for seniors offered by the organization. See [presentation slides](#).

Berkowitz added the following information during a question-and-answer period:

- *How long is the client waitlist?*
This depends on the service. Costly items like ramps and other bigger projects lack funding and take longer. “Friday installs” are low-cost, high-impact projects like shower bars and are more quickly completed.
- *Could volunteers help with client intake?*
RTRV currently uses an answering service that takes clients through intake questions. More volunteer involvement would be good in future, but the answering service is meeting the need for now and allowing RTRV staff to focus on critical work.
- *Beyond ramps, DMEs and hallway widening, what other work does RTRV do to help people that in a home that’s not otherwise livable?*

This depends on the specific grant for which an individual qualifies. Some grants have covered exterior repairs such as siding or downspouts. It is challenging to succinctly cover all relevant questions within different grant stipulations during client intake.

- *Is the waitlist length due to funding issues or a shortage of contractors?*
RTRV has enough general contractors but struggles to find specialists such as electricians and plumbers. Funding is the biggest obstacle.
- *Are grants sufficient to cover the cost of a stair-lift installation?*
Stair-lifts have not yet been requested by any client. Staff is unsure of the cost, but open to such work given funding availability.
- *Are wheelchairs getting more streamlined, thereby circumventing the need for hallway widening?*
Not sure if wheelchairs are improving to the point to obviate hallway issues. Wheelchairs are not qualified Durable Medical Equipment (DME) for RTRV's funding purposes.
- *Could RTRV generate more income by serving higher-income clients who pay for their services?*
If clients are over-income but otherwise qualify for assistance, RTRV puts them directly in touch with contractors.
- *What counts as DME?*
Depends on specifications within each grant, but includes smoke detectors, grab bars, toilet risers, shower stools, shower wands, air purifiers, air filters, commodes, carbon dioxide detectors, bed railings, stair railings at the front door.

STANDING REPORTS

a. APRC Liaison

Commissioner Bachman reported that the APRC business meeting is back in-person this Wednesday, January 11. They have a full agenda, including: presentation by Friends of Ashland Parks & Open Spaces about the citizen initiative to dedicate to the City's Food & Beverage tax as APRC funding, work with Ashland Fire & Rescue on prescribed burns on Parks' lands, public input for finalizing the East Main Street park design, and budget presentation. Bellegia asked about timing to revisit constructing adult playground equipment in City parks. Gardiner announced a new January 30 date for the City of Ashland Town Hall gathering to identify citizen priorities in the next budget biennium. Bellegia asked if this Town Hall is replacing the longer Citizen Budget Committee process of the past. She is concerned that budget cuts will impact senior services, which should be a priority to protect. Kaplan, as a member of the public who has served on the Citizen Budget Committee, confirmed that that process will be shorter and starting later than before. He clarified that the City approves the overall budget for APRC, then the Commissioners approve a dedicated amount for SSD. He hopes that there will be more of a process to onboard and educate members of the Citizen Budget Committee. Bachman noted it is unclear what the Commissioners' discretion to allocate their funding will be under the new City Manager system.

b. City Council Liaison

There is currently no City Council Liaison.

c. Education Report

Mettler reported strong registration for upcoming January-April educational presentations and social events, as well as regular programs; this is a positive outcome of getting the word out early via APRC *Playguide*, as well as monthly *Senior News* newsletter. She also reported representing SSD to the public at the JCLS Community Table event on January 7, 2023.

d. Senior Services Superintendent Report

Glatt highlighted items from her attached report. She thanked ASAC members for helping at recent holiday events. She reported that, going into budget season, there seems to be more money available for capital improvement projects, which APRC leadership will prioritize spending on deferred maintenance, including replacement of the Ashland Senior Center roof. She also shared that she has been advocating with the City staff to raise the income limit for their senior utility discount program in the next biennium budget; she may call on ASAC members to help with this advocacy. She noted that SSD has reached a functional balance after shrinking to two staff. Volunteer help and cautious, sensible growth has supported this balance.

Bellegia noted that the budget savings from no longer paying a third staff person are “false savings;” if SSD staff had more capacity, they could apply for grants and increase sponsors. Bellegia congratulated Glatt on her success in marshalling program sponsors for senior activities. This said she appreciated the opportunity to meet and interact with SSD patrons while volunteering at recent holiday events.

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

a. Livable Ashland Alliance update

She reported that the Livable Ashland Alliance met last week and has been meeting every other month. Each representative discusses their agency’s livability related work at these meetings, and this generates synergy among member agencies. Each agency has been asked to commit to a livability initiative, which generally dovetails with work the agency is already doing. The group continues to look at the possibility of securing fiscal sponsorship, which could support project coordination to guide creating an action plan. Bellegia reported that the Ashland YMCA is considering taking on a significant role in providing community childcare services. She also invited Toyokawa to give an update on her proposal for SOU to apply to join the Age-Friendly University Global Network. Toyokawa reported that the proposal has been accepted by the SOU president and leadership and is now pending submission. Toyokawa added that she is teaching two sections of Psychology of Aging and looking for older adults to join her class discussions.

b. Other items from ASAC members

Frank asked about education for seniors on how to use supermarket e-coupons, which she sees as a practical need for community seniors. Mettler will work with Frank to organize such education. Glatt asked what topics ASAC members would like to see presented in future meetings. The following were suggested as priorities: opportunity to give input to APRC Director Black on budget; services provided by a death doula and End of Life planning; Ashland at Home services, care circles and other informal options for care at home; SSD staff perspective on greatest needs for seniors and most helpful community organizations.

Next meeting – Monday, March 13, 2023, 3:30-5:00pm (Zoom)

Adjournment – 4:56pm

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:

Rick Landt
Leslie Eldridge
Jim Lewis
Jim Bachman
Justin Adams



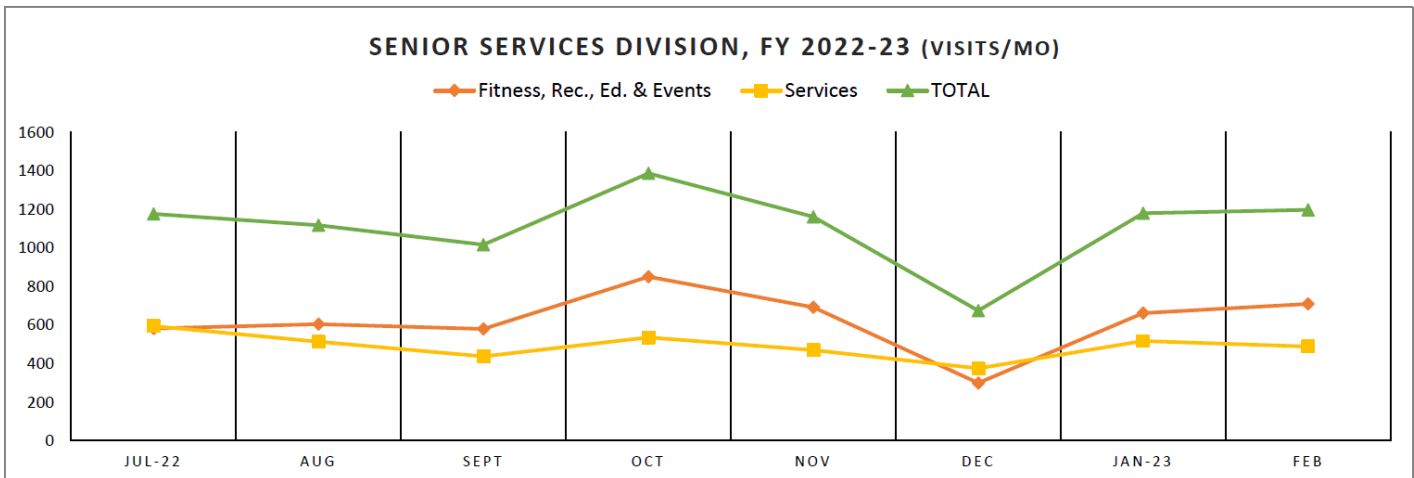
Michael A. Black, AICP
Director

541.488.5340
AshlandParksandRec.org
parksinfo@ashland.or.us

STAFF MEMORANDUM

TO: Ashland Senior Advisory Committee (ASAC)
FROM: Isleen Glatt, Senior Services Superintendent
DATE: March 8, 2023
SUBJECT: Superintendent's Report to ASAC

PROGRAMMING & SERVICES



- **Service Statistics** dipped in December when several instructors took time off for the holidays, but visits came back strong in January and February. Total visits average 1113 per month year to date, approaching the peak before covid of 1200 visits/month.

Registrations have been very high for all winter-spring programs, including our monthly free education programs. We see much higher registrations and an influx of new senior patrons when the PlayGuide is mailed to every home. Coordinator Mettler is adding additional dates for some programs that filled months in advance, such as the special Japanese Garden Walk for seniors.

- **Education/Presentations:** A January 18 presentation on “health and wellbeing for older adults” was attended by 20 seniors. The presentation was a partnership with Jackson County Health and Human Services’ Older Adult Behavioral Health Specialist, who has become a critical referral for our at-risk elders with complex needs.

On February 22, local historian Peter Finkle engaged a full house of 50 participants for his talk on “Quirky Ashland History”. Finkle has generously offered future presentations for our senior community and walking tours during favorable seasons.



- **Seniors Celebrating Creativity:** The colorful paintings of Merike Wallace are currently on display in Ashland Senior Center dining room, January – March. Artist Priscila Franco will exhibit April-June. Interested local artists age 50+ should contact us at 541-488-5342.



VULNERABLE SENIORS

- **Outreach Calls:** Volunteer Kathy McNeal continues to make quarterly outreach calls to check in with our most vulnerable patrons.
- **Ashland Senior Phone Buddy:** For the last few months, staff have been working on solutions for the Ashland Senior Phone Buddy program, which relies on the use of a CallHub phone server to facilitate calls and collect data, to ensure that all participants get regular calls. Originally free during a beta testing pilot, CallHub introduced a monthly fee this year. The proposed \$500/month fee schedule was not affordable for the participant volume of our small town program (currently serving seven participants). After exploring many options for how to alter the program, we went back to the vendor and negotiated a \$100/month fee with a smaller call volume limit. This will allow us to continue offering this critical service for some of the most vulnerable, isolated seniors.
- **Digital Access:** Staff have been working for several years on increasing digital access and digital literacy for low-income seniors. Glatt submitted a preliminary Letter of Interest to Ashland Community Health Foundation to fund a digital access project to reduce social isolation. Although the letter of interest resulted in a request for a full proposal, subsequent conversations with potential partners revealed that the project was much more

complicated and expensive than originally conceived. Glatt withdrew the application for 2023 but will continue to explore options for a possible future application.

PARTNERSHIPS

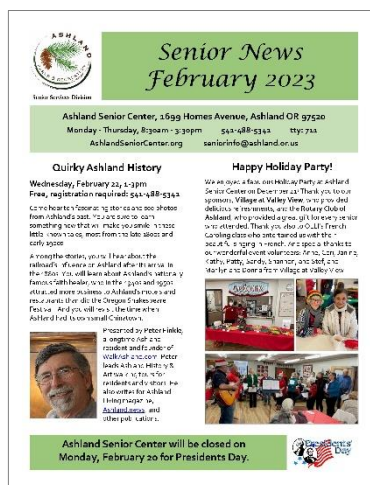
- Southern Oregon Lions Sight and Hearing Center:** A new collaboration with the Lions is making free eyeglasses and over-the-counter hearing aids more accessible to Ashland seniors. We have always referred seniors to the Lions sight and hearing program, but all services were in Medford. Now we are hosting an information display, sign-ups, and screening appointments at Ashland Senior Center.
- Education Partnerships:** Expanded partnerships are enriching our education programming for seniors this winter and spring. **Jackson County Library System**, which already offers a monthly Tech Basics class at Ashland Senior Center, is adding three fun workshops here during March-April while the Ashland Library branch is partially closed for HVAC work. **AARP**, which offers the 6-hour Smart Driver program here 4 times per year, is adding a new Safe DriverTEK class to help seniors learn about the new safety technologies in modern cars.
- RVCOG Food & Friends** resumed serving congregate lunch at Ashland Senior Center on Fridays starting February 3, bringing the program back to their pre-pandemic Monday-Friday schedule. Because Ashland Senior Center is closed to the public on Fridays, Food & Friends is responsible for opening the building during their service hours and locking up carefully when done. We maintain a site agreement and insurance documentation on file.

ADVOCACY

- Ashland City Council:** Superintendent Glatt fulfilled separate requests from *Councilor Bob Kaplan* (December) and *Councilor Paula Hyatt* (February) to provide each a tour of Ashland Senior Center and overview of the services. Both appreciated learning about the needs of Ashland seniors, what the Senior Services Division offers, and where the community gaps are. They both expressed support for our work.

PUBLIC AWARENESS

- The February and March [Senior News](#) issues both featured great new and ongoing programs at Ashland Senior Center. Each issue also offered helpful community resources such as the Lions' financial assistance for glasses and hearing aids, free smoke detector testing and replacement from Ashland Fire and Rescue, and AARP Tax-Aide.



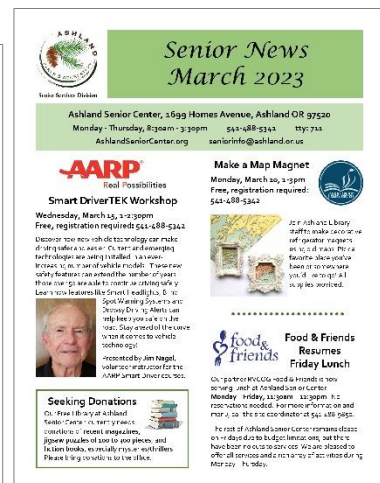
Senior News February 2023

Ashland Senior Center, 1599 Homes Avenue, Ashland OR 97520
 Monday - Thursday, 9:30am - 3:30pm 541-488-5343 tty: 734
 AshlandSeniorCenter.org seniorinfo@ashland.or.us

Quirky Ashland History
 Wednesday, February 22, 1:30pm
 Free, registration required: 541-488-5343

Happy Holiday Party!
 We are having a fun, festive holiday party at Ashland Senior Center on December 23. Thank you to our sponsors, Village at Valley View, to the wonderful folks in the community, and the Holiday Club of Ashland, who provided a wonderful evening for us to be celebrated. Thank you also to OLLI, Fresh Chandeliers, and the Ashland Senior Center staff. It was a very special night. We hope you had a wonderful time. We will be back for you on Monday, February 27, 10:00am to 12:00pm. We hope to see you at the party!

Ashland Senior Center will be closed on Monday, February 20 for Presidents Day.



Senior News March 2023

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 Monday - Thursday, 9:30am - 3:30pm 541-488-5343 tty: 734
 AshlandSeniorCenter.org seniorinfo@ashland.or.us

AARP
Smart DriverTEK Workshop
 Wednesday, March 15, 1-2:30pm
 Free, registration required: 541-488-5343

Make a Map Magnet
 Monday, March 20, 1-3pm
 Free, registration required: 541-488-5343

Food & Friends Resumes Friday Lunch
 Monday, Friday, 11:30am - 12:30pm
 Free, registration required: 541-488-5343

Seeking Donations
 We are looking for donations of new and gently used clothing, shoes, and household items. We are also looking for donations of new and gently used books, especially fiction and non-fiction. We are also looking for donations of new and gently used electronics, such as tablets and e-readers. We are also looking for donations of new and gently used kitchen items, such as blenders and toasters. We are also looking for donations of new and gently used home decor items, such as lamps and picture frames. We are also looking for donations of new and gently used garden items, such as tools and plants. We are also looking for donations of new and gently used toys and games. We are also looking for donations of new and gently used furniture, such as chairs and tables. We are also looking for donations of new and gently used appliances, such as blenders and toasters. We are also looking for donations of new and gently used electronics, such as tablets and e-readers. We are also looking for donations of new and gently used kitchen items, such as blenders and toasters. We are also looking for donations of new and gently used home decor items, such as lamps and picture frames. We are also looking for donations of new and gently used garden items, such as tools and plants. We are also looking for donations of new and gently used toys and games. We are also looking for donations of new and gently used furniture, such as chairs and tables. We are also looking for donations of new and gently used appliances, such as blenders and toasters.

BUDGET/FACILITIES

- **2023 Sponsors:** Activity and event sponsorships help offset a share of our costs and allow us to continue offering many programs at no charge

Weekly/Monthly Program Sponsors

- Rogue Valley Manor for Education
- Right at Home for Game Groups
- Weatherly Senior Communities for Weekly Movies
- ATRIO Health Plans for Young at Art (*right →*)

Event Sponsors:

- Bonaventure of Medford sponsors Volunteer & Instructor Appreciation Party (May 24)
- Village at Valley View for Cookout (June 10), Ice Cream Social (August 9), and Holiday Party (December 22).
- Ashland Police Department co-sponsors the Cookout



Young at Art Bulletin Board Display

- **Donations & Sponsorships Totals:** Cash donations and sponsorships plus in-kind donations to Senior Services Division totaled \$17,000 in FY 2021-22. Sponsorships and in-kind are even higher in FY 2022-23 now that all services and activities are fully operating, reaching \$4500 in cash sponsorships and an estimated \$18,000 in-kind based on current commitments from partners; totals should exceed \$23,000 for the year.
- **AARP Community Challenge Grant:** Staff is working on another AARP Community Challenge grant application, this time to fund a demonstration project of “conversation clusters” seating to facilitate conversation and connection outdoors in a COVID-safe way.

PATRON FEEDBACK

- “Thank you so very much for the kind gift of a scholarship to the Line Dancing class. It means a great deal to me to be able to take time off and have some fun, in the midst of all the work there is to do. Lynn is a wonderful & spirited teacher, and the class helps me start my week on a positive note. I am very grateful.”
- “I am so grateful to you and staff for all that you do for us. It really adds so much more meaning to our lives. I look forward to Tuesday of each week when I can come with my friend for the movie and popcorn. We are truly fortunate to have this Senior Center with its dedicated staff and good people around.”