



Senior Services Division

Senior News April 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342 AshlandSeniorCenter.org tty: 711

seniorinfo@ashland.or.us

COVID-19 Vaccine Update

As of March 1, all 52,000 Jackson County seniors 65 and older became eligible to receive the COVID-19 vaccine. Weekly vaccine supply in the County has not kept pace so far, but is increasing. Some current options are below, but check for updates at jacksoncountyor.org/hhs/COVID-19/COVID-19-News/covid-19-vaccine.

The high-volume **Community COVID-19 Vaccination Clinic** continues in Medford, by *appointment only* for eligible groups including seniors. Call **541-789-2813, Option 2** from 8 a.m. to 5 p.m. Monday - Friday. (*Opcion 3 en Español.*) There may be a long wait to get through due to high call volume.

Ashland Senior Services Division is maintaining a list of Ashland residents 65+ seeking the COVID-19 vaccine. So far, of over 550 seniors on our list, we have helped 200 find a vaccine, and directly served another 166 at a Mercy Flights vaccination clinic on March 10 (see page 3). Future clinic dates are not known at this time. **Ashland residents 65+** may sign up at ashland.or.us/senior or 541-488-5342.

Jackson County seniors and people with disabilities who live outside of Ashland should call the Aging and Disability Resource Connection (ADRC) at 541-618-7572 to get on their list instead.



Healthy, Easy Cooking for Seniors

Wednesday, April 14, 1-3pm
Online presentation via Zoom
Free, but registration is required:
ashland.or.us/register or 541-488-5342



Food & Friends Ashland meal site coordinators Zara and Brady Davis will demonstrate easy, healthy meal preparation for seniors living alone or in couples. Cooking is great for better nutrition and a fun form of self-expression! Menu planning and following recipes can also help you stay sharp and promotes continued independence.

In this class, you will learn how to make three meals from a set list of ingredients. The meals are designed to promote health, with benefits for your brain, gut and heart, and against inflammation. You will also learn about ingredients, how to shop effectively, menu planning, and other useful tips. Space is limited, so please sign up soon! Please note that online registration closes at noon the day before the event, at which time the Zoom link will be emailed.



OREGON DEPARTMENT
of VETERANS' AFFAIRS

Veteran Benefits: Are You Missing Out?

Did you or a loved one serve in the military? Do you need help obtaining services to assist as you age, such as health care, in-home care, or financial assistance?

Veterans and their spouses or dependents are not always aware of the Veterans' Affairs (VA) benefits to which they may be entitled. Federal laws governing VA benefits are continually changing, so you may now be eligible for benefits for which you were denied in the past. Even if you currently receive VA benefits, you may still be eligible for additional benefits. This could include an increase in your disability compensation due to the worsening of your service-connected conditions, or special monthly compensation if you require aid and attendance due to your service-connected disability.

Call 1-833-604-0885 to speak with an Oregon Department of Veterans' Affairs (ODVA) trained Veteran Volunteer today at no charge, or find updated information online at oregon.gov/odva.

Save the date! ODVA Veteran Volunteer Coordinator Mark Newell will offer an online presentation about Veteran Benefits on May 12, 1-3pm.



COVID-19 Senior Resources

To help seniors find the resources they need during the pandemic, we are maintaining a special webpage with regular updates: ashland.or.us/COVID19SeniorResources

Find local grocery stores and pharmacies with senior hours, learn about delivery options, find free online exercise classes and more.

Need help? Call 541-488-5342.

ASAC Update

At the March 8 meeting, Ashland Senior Advisory Committee (ASAC) enjoyed a presentation from Planning Manager Maria Harris of the City of Ashland Planning Department about a variety of age-friendly housing options that the City is promoting through the master plan, zoning, and other strategies. Changing population demographics have led to a need for more smaller units rather than the larger family homes which compose most of Ashland's housing stock.

Ashland Parks and Recreation Commission Director Michael Black reported on the 2021-2023 biennium budget process to date; budget is extremely tight for all City departments due to consequences of the COVID-19 pandemic.

ASAC will meet next on a slightly different day and time: **May 3, 3:00-4:30pm** over Zoom. All meetings are open to the public. The agenda will be posted on ashland.or.us/APRCAgendasAndMinutes.

ASAC welcomes public input! Please submit comments to seniorinfo@ashland.or.us or 541-488-5342.

**Ashland Senior Center office will be closed
Monday, April 19, for an APCR Furlough Day**

Thank you!

COVID-19 Vaccine Clinic on March 10

We were so pleased that we were able to connect 166 Ashland seniors 65+ to the COVID-19 vaccine at our March 10 Drive-Through Vaccination Clinic. Many, many thanks to our partners **Mercy Flights**, **Ashland Fire & Rescue** and **SOU**. We are also grateful to the amazing volunteers who made this event possible: **CERT** volunteers, **Ashland Rotary** members and friends, and our own stellar Senior Services volunteer, **Kathy McNeal**, who made hundreds of calls to help schedule appointments.

If you or someone you know would like to be notified when a vaccination opportunity becomes available, please sign up for our Vaccine Interest List for Ashland residents 65+ at ashland.or.us/senior.



Hearing Loss Support Group Every other Thursday, 1-2pm

The Hearing Loss Association of America, Oregon Chapter, has organized a new support group for people with hearing loss. For now, the group is meeting online.

Many people experience some hearing loss as they age. The loss of hearing can isolate you from others. Fortunately, sharing your experience with other people who are hard of hearing can be supportive and help you cope better with your loss.



People who are hard of hearing and live in Jackson and Josephine Counties are coming together to support one another and to learn ways to enhance speech understanding. Meetings are bi-weekly on Thursdays, from 1-2pm using Google Meet. Participants can turn on optional closed captions to aid understanding.

To learn more or to join the discussion, email clarkoa38931@gmail.com.

Gentle Yoga Online!

Register at ashland.or.us/register or 541-488-5342.

Session 7:
Wednesdays
Apr 7, 14, 21, 28
10:30-11:30am
Cost: \$20 (4 classes)

Session 8:
Fridays
Apr 2, 9, 16, 23, 30
10:30-11:30am
Cost: \$25 (5 classes)





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 1699 Homes Avenue
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RETURN SERVICE REQUESTED

**Thank you to our Vaccine
 Clinic Partners!**



MERCY FLIGHTS



Senior Services Division



And thank you to ALL our amazing
 volunteers and instructors who do so much
 to support seniors every month!

**Vaccination gives us hope
 the pandemic will end**

But in the meantime, we need to continue safety
 measures to keep the virus from spreading:

- Wear a mask
- Physically distance from others
- Wash your hands
- Avoid gatherings
- Stay home when you're sick



For more information visit
healthoregon.org/coronavirus or call 211

