



Senior Services Division

Senior News December 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342

AshlandSeniorCenter.org

tty: 711

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Reopening Update

The City of Ashland and Ashland Parks & Recreation Commission are exploring ways that public buildings may reopen while keeping the public and staff safe from COVID-19. After the late summer surge of the Delta variant, cases in Jackson County have subsided but are still at a level considered "high risk" by the CDC. Persons over 65 or with underlying health conditions continue to be at the most risk for serious infection, especially if they have not been vaccinated.

We are hoping to soon have a date for limited reopening starting in December. Initially, the *office* will be open Monday, Wednesday & Friday, 9am-1pm. Appointments are recommended but not required. Masks and distancing are required for anyone in the building. We will continue to assist seniors over the phone at 541-488-5342.

Soon some in-person services will be available by appointment only. Our partner RVCOG hopes to resume offering the Food & Friends lunch program on site with limited seating, by reservation, and COVID-19 precautions strictly enforced.

In January, if public health conditions are safe for seniors to enjoy indoor group activities again, we will gradually resume activities with precautions in place. Vaccinations are strongly encouraged, but are not required at this time.

Watch the *Senior News* for new announcements as activities resume. We look forward to seeing you in person!



Holiday Lunch Drive-Through

Thursday, December 23, 11:30am-1:00pm

Ashland Senior Center, Hunter Court Side

Free, but registration is required:

seniorinfo@ashland.or.us or 541-488-5342

Come celebrate the season and join us for a free holiday lunch drive-through! **Village at Valley View** will provide a delicious lasagna lunch (vegetarian option available), and members of the **Ashland High School Band** will play carols. The first fifty people to sign-up for this event will receive a gift card from the **Rotary Club of Ashland!**

Please RSVP to seniorinfo@ashland.or.us or 541-488-5342, no later than noon on Tuesday, Dec. 21. We will give you a 10-minute arrival window. We also welcome those arriving on foot, but please stay at least 6' apart. Everyone must wear a mask at all times. We look forward to celebrating this festive time with you!



**ASHLAND
HIGH BAND**

Rotary



Club of Ashland

Halloween Drive-Through Fun

We had so much fun at our Halloween Drive-Through on Friday, Oct 29! Thank you to all our fabulous sponsors: **Maple Ridge Senior Living, Right at Home, Skylark Assisted Living & Memory Care, The Springs at Anna Maria, and Retirement Connection.** Thank you also to our wonderful musicians, the **Rogue Valley Sauerkrauts of Ashland Brass.** And of course, our incredible volunteers and patrons. The costumes were fantastic!



Finding Joy in the Holidays

Here's a few tips for older adults collected from different sources:

- ❖ **Reset expectations.** Today is different than past holidays.
- ❖ **Practice gratitude.** Focus on the gift of life.
- ❖ **Connect.** Reach out to loved ones and friends.
- ❖ **Simplify your plans.** Enjoy what truly matters.
- ❖ **Do something helpful for someone else.** Give the gift of kindness.
- ❖ **Watch a silly holiday movie.** Laugh!



Winter Soundwalk

Enjoy the season with a self-guided audiovisual Winter Soundwalk around Ashland, November 26 - January 6. The SoundWalk offers a curated, self-guided, interactive, audio/visual experience that weaves together the audio recordings of musicians from around the globe with visual art installations by local professional & student artists.

Co-sponsored by Rogue World Music, APCR and Ashland Chamber of Commerce. More info at: rogueworldmusic/soundwalk.

**ROGUE
WORLD
MUSIC**

Ashland Senior Center will be closed Friday, December 24, for the Christmas holiday and Friday, December 31, for the New Year holiday.



Holiday Fraud Prevention

Stay safe from frauds and scams throughout the holiday season! Unfortunately, the types and numbers of scams continue to proliferate, as does advice on how to identify and deal with them.



[AARP's Fraud Watch Network](#) is an excellent resource to identify scams and get support. Their Fraud Resource describes many common scams, including insurance, Social Security and Coronavirus scams. Learn tips on how to spot and avoid them: aarp.org/money/scams-fraud/about-fraud-watch-network. You can also call their helpline: 877-908-3360.

The Federal Trade Commission (FTC) gives the following advice to avoid being scammed:

- Block unwanted calls and text messages
- Don't give your personal or financial information in response to a request that you didn't expect, especially a request via phone, email or text
- Resist the pressure to act immediately; legitimate businesses will give you time to make a decision, while scammers pressure you for quick action
- Know how scammers tell you to pay: never pay via gift card or using a money transfer service
- Stop and talk to someone you trust before acting



Report scams to the FTC: ReportFraud.ftc.gov or 877-382-4357.

Engage with the Senior Center: Classes in December and Beyond!

We are pleased to continue offering yoga classes for adults age 50+ through Zoom in December. For full details or to register, check out our Ashland Parks & Recreation Fall PlayGuide at ashland.or.us/register or call 541-488-5342.



Gentle Yoga (instructor: Cheri Theobald)

- Session 4A: Wednesdays, 10:30-11:30am, Dec 1, 8, 15, 22, 29 (\$25/5 classes)
- Session 4B: Fridays, 9-10am, Dec 3, 10, 17 (\$15/3 classes)

Our Winter-Spring PlayGuide, covering Jan-April 2022 programs, will be coming out in early January. Pandemic conditions permitting, we will offer: Young at Art, Computer Lab, AARP Smart Driver, Dance classes, Tai Chi, Gentle Yoga, Meditation, Yoga for Chronic Pain and game groups! Stay tuned!

ASAC Update

At the November meeting, Ashland Senior Advisory Committee (ASAC) heard a report from OHSU nursing student Jennifer Bruce on her practicum project with the Ashland Senior Services Division. She and her project partner researched loneliness and isolation among local seniors during the pandemic and assisted with the development of the Ashland Senior Phone Buddy program. In addition, Sandy Theis of Livable Ashland Steering Committee reported on progress to date.

ASAC will meet next on **January 10, 3:30-5:00pm** over Zoom or in person, conditions permitting. 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.



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*Warmest Wishes for a
 Happy Holiday Season and
 a Wonderful New Year!*

**Thank you to our
 December sponsors!**
Your kindness and giving brightens our lives.



Village
at Valley View



**ASHLAND
 HIGH BAND**



Rotary Club of Ashland

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