



Senior Services Division

Senior News January 2022

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342

AshlandSeniorCenter.org

tty: 711

seniorinfo@ashland.or.us

Mindful Yoga for Chronic Pain

Wednesday, January 26, 1-3pm

Online presentation via Zoom

Free, but registration is required:

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



Yoga therapist and mindfulness educator Abby Hatfield will offer a preview of her upcoming course on using gentle, mindful movement and meditation practices to relieve symptoms of chronic pain.

Abby will offer a 10-minute meditation and 20-minute movement sequence demo which participants may opt to join. Come learn, ask questions, and find out how these techniques may work for you! This presentation and the full series are open to all aged 18+.

Abby will teach the full, 8-class Mindful Yoga for Chronic Pain course and an 8-class "Know Thyself" Meditation course during February through April.



Reopening Update

Ashland Senior Services Division is pleased to announce a gradual reopening of activities at Ashland Senior Center and The Grove. We started December 6 with limited in-person office hours, and traditional activities will return during January and February if COVID-19 conditions and staffing remain stable. Masks and distancing are required for anyone in the building.

The Ashland Senior Center office is currently open during Monday, Wednesday and Friday, 9am-1pm. Appointments are recommended but not required. We continue to assist seniors *by phone and email* during our full hours of Monday-Friday, 8:30-3:30pm at 541-488-5342.

Our partner RVCOG Food & Friends hopes to resume offering lunches at Ashland Senior Center soon, with start date still to be determined. They plan to start in-person dining with limited seating, by reservation. For questions, please call Food & Friends at 541-734-9505.

We look forward to seeing you soon!

**Ashland Senior Center will be closed
Monday, January 17, for Martin Luther King Jr. Day**



Digital Education at Ashland Senior Center



We are pleased to offer computer education in partnership with Jackson County Library Services (JCLS) to improve digital literacy for seniors. Our previously postponed

Computer Labs for Older Adults are now scheduled for January 19 and 25 (see details below). More computer labs will be offered monthly, as well as a special program for Apple product users (iPhone, iPad, MacBook), from March-May. Stay tuned for updates!

We also offer one-on-one computer tutoring by skilled volunteers. This service is currently available by phone only, but we expect tutors will resume in-person later this season. And the public-access computer at Ashland Senior Center will soon be available by reservation; call to check.

Computer Lab for Older Adults

Wednesday, Jan. 19, 1-2:30 pm or 2:45-4:15 pm

Wednesday, Jan. 25, 1-2:30 pm or 2:45-4:15 pm

In-person at Ashland Senior Center

FREE, but registration is required: 541-488-5342

Struggling to use your computer, tablet or phone? Help is here! Learn and review basic digital literacy skills, get one-on-one assistance with your issues and/or device, and learn about the many resources available through the Jackson County

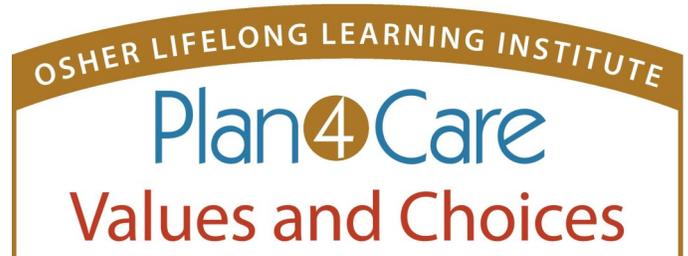
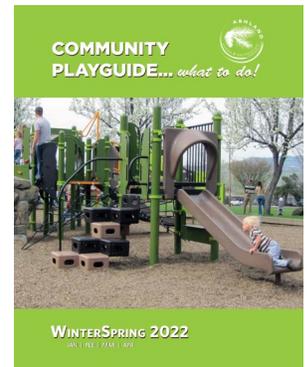
Library System. Laptops and tablets will be provided, or bring your own device. Sign up for one of the January 19 or 25 sessions. All levels encouraged to attend. Space is limited. Sign up now!

Instructors are from Jackson County Library Digital Services Department. Please note that changes are possible depending on the current public health situation.



Activities and Classes!

The printed Ashland Parks & Recreation Community PlayGuide is back – check your mailbox! The WinterSpring 2022 edition offers in-person and virtual activities, classes and events from January through April of this new year. Check out our senior offerings for art, dance, game groups, meditation, tai chi and yoga! The PlayGuide is also available online at ashland.or.us/register (click image of PlayGuide). For questions and registration assistance: 541-488-5342.



Registration is now open for the OLLI's free Vital Issues Forum: Plan4Care series. Join a panel of experts to learn about the needs that older adults and their families might face, along with practical guidance for navigating the complex planning process and locating resources that will be vital to health and well-being.

Sessions will take place on Sundays, 2-3:30 pm via Zoom:

- **January 23:** Anticipating Care Needs and Considering Personal Values
- **January 30:** Developing and Communicating an Action Plan
- **February 6:** Identifying Resources for Implementing a Care Plan

To register, please visit: inside.sou.edu/olli or call 541-552-6048.

Highlights of 2021

Please join us in celebrating the highlights of 2021 with this photo collage. It's hard to believe the COVID-19 pandemic has been going on for almost two years, requiring much creative adaptation. We hope that, like us, you have found ways to stay safe and enjoy connecting with community.

To protect our patrons, Ashland Senior Center was closed to the public for most of 2021 except for a brief office reopening in July and starting again in December. But we continued to serve hundreds of seniors every month via phone, email, online and outdoors. A core service is helping seniors find the resources they need. For example, we helped over 600 seniors access vaccinations last winter and again this fall when boosters were approved. We also launched Ashland Senior Phone Buddy as a volunteer program to create more social connection for seniors at home. In addition, our partner RVCOG Food & Friends continued to package meals at Ashland Senior Center, providing 1100 meals per month to Ashland seniors via home delivery or pick-up.

Thank you to our many 2021 sponsors, partners, and instructors who made outdoor and online events and classes possible. We also thank the dedicated staff and volunteers who made outreach calls, adopted a phone buddy, or staffed our fun drive-through events—bringing connection and joy to our beloved patrons.

With much gratitude to our caring community, Isleen, Natalie, and Sybil



Ashland Radio Hour Performance

"Thank you so much for making that play available over the phone. It was just fabulous, thank you, thank you. There's no words...It was wonderful, and I so appreciate it." — audience member



Healthy, Easy Cooking for Seniors (on Zoom)



COVID-19 Drive-Through Vaccination Clinic



Ice Cream Social Drive-Through



Lithia Park Guided Walk



Cookout Drive-Through



Ashland Senior Phone Buddy Volunteer Training



Halloween Drive-Through



Rogue Valley Sauerkrauts of Ashland Brass



Firefighters' Thanksgiving Drive-Through

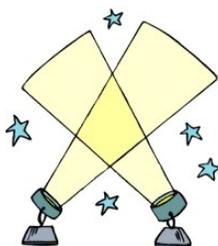


Gentle Yoga



Patron Spotlight:

Sharon Spalding



We are thrilled to announce that Sharon Spalding, a long-time patron of Ashland Senior Center, was one of ten winners honored in November with an Everyday Hero award from United Way of Jackson County. The award comes with a prize of \$500!

We nominated Sharon because we know how she quietly helps all those around her. She has a special place in her heart for the most vulnerable in our community, even as she herself navigates the challenges of aging.

Sharon was born in Iowa and grew up in Los Angeles. She worked as an executive secretary and married a chemist. She moved to Ashland in 1976, and her two sons still live nearby. She earned a degree at SOU when she was 50! Sharon went on to work in eldercare for many years.

Sharon has a long history of volunteering locally, such as with the Ashland Chamber and starting the Rent-A-Kid program at Ashland High School. Now Sharon helps friends and neighbors with rides, shopping, and locating community resources. She calls frequently to check on many elder friends, helping everyone stay in touch during the pandemic.

Sharon also collects leftover goods from yard sales and neighbors that she donates strategically to help community members—winter jackets for unhoused youth, 20 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. Sharon is a remarkable community member and neighbor!

AARP Smart Driver Classes

The AARP Smart Driver program is a refresher course specifically designed for drivers age 50 and older. You may also receive a discount on your auto insurance upon completion of the course (check with your provider).

Unfortunately, AARP has extended their cancellation of in-person classes due to concerns about the

pandemic, so Ashland Senior Center will not be hosting this program until later this year. However, in addition to the online, self-paced course they already offer, AARP has developed a virtual option for this class where you can learn from a live instructor via Zoom. Learn more at: aarp.org/auto/driver-safety.



ASAC Update

Ashland Senior Advisory Committee will meet next on **January 10, 3:30-5:00pm** 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.

Your Donations Help Local Seniors



Senior Services Division

If you would like to support the work of Ashland Senior Services Division and Ashland Senior Center for community seniors, we would welcome your tax-deductible donation.

Please visit ashlandseniorservices.org and click on the green donation button at the upper left. Or mail a check made out to Ashland Parks Foundation to: Ashland Senior Center, 1699 Homes Ave, Ashland OR 97520.



Senior Services Division
 1699 Homes Avenue
 Ashland, OR 97520

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Thank You!

We had a wonderful time at the Firefighters' Thanksgiving Drive-Through on Monday, Nov 22! Thank you to Ashland Firefighters Union for your generous donation to our community seniors, and thank you to all who came to celebrate this Thanksgiving tradition with us!



Thank you to our January sponsors!

Your kindness and giving brightens our lives.



Special thanks to SHIBA volunteer **Christine Meredith** for providing so many extra appointments during the Medicare Open Enrollment!



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