



Senior Services Division

Senior News July 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520
541-488-5342 AshlandSeniorCenter.org tty: 711
seniorinfo@ashland.or.us

Presentation: Resources Available from RVCOG Senior & Disability Services

Wednesday, July 7, 1-3 pm
Online presentation via Zoom
FREE, but registration is required:
ashland.or.us/register or 541-488-5342.

Join us to learn about free and low-cost direct services offered by **Senior & Disability Services** (SDS) of the Rogue Valley Council of Governments (RVCOG). The RVCOG is our Area Agency on Aging, the agency designated by the State to address the needs of seniors and adults with disabilities. Among other work, SDS facilitates community-based programs to help clients continue to live at home with dignity and independence. Their services include the free ADRC (Aging and Disability Resource Connection), help finding options as your housing or care needs change, low-cost health classes, free counseling programs, and support for family caregivers.



Presented by Heidi Gehman, SDS Direct Services Programs Supervisor. Please note that online registration closes at noon on July 6, at which time the Zoom link will be emailed.



Ice Cream Social Drive Through

Wednesday, July 21
1-2:30pm
Next to Ashland Senior Center. **FREE, but registration is required:**
541-488-5342

Our summer ice cream social for seniors and their families is back, as a drive-through again! Village at Valley View is generously donating all the supplies for delicious ice cream sundaes, as well as an alternative of fruit salad or diabetic ice cream for those who prefer. Please drive down Hunter Court on the side of Ashland Senior Center. We also welcome those arriving on bicycle or foot. When you call to register, we will give you a specific arrival time so that no one is waiting long. We are looking forward to seeing you and hearing how you have been doing. We miss you!



Ashland Senior Center office will be closed on Monday, July 5th, for Independence Day.

Reopening Update



As of this writing, we are anticipating a day soon when Oregon reaches a 70% adult vaccination rate and the state lifts most restrictions. The City of Ashland and Ashland Parks & Recreation plan to

reopen gradually, starting July 12 with in-person services during limited hours. The Ashland Senior Center *office* will be open Monday-Thursday, 10am-2pm. Appointments are recommended but not required, and we will continue to assist seniors over the phone: 541-488-5342.

The rest of the Senior Center building will remain closed for now. Outdoor yoga and some other outdoor programs will be offered this summer. When it is safe for seniors to enjoy indoor group activities again, we will gradually resume other services and activities over the next few months, with COVID-19 precautions in place. Staff have made several changes to ensure a sanitary facility:

- Installed hand-sanitizer dispensers throughout the building
- Removed cloth upholstered furniture that can't be cleaned between uses
- Installed a plexiglass barrier in the office reception area
- Planned for cleaning of commonly used surfaces and seating between each program

Watch the *Senior News* for new announcements as activities resume. We look forward to a day soon we can welcome you all in person!

ASAC Update

Ashland Senior Advisory Committee (ASAC) will meet next on **July 12, 3:30-5:00pm** over Zoom. All meetings are open to the public. The agenda with will be posted on ashland.or.us/APRCAgendasAndMinutes.

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



Home-Delivered Food Box

Would you benefit from free groceries delivered to your home once or twice a month?

Ashland Emergency Food Bank (AEFB) is pleased to announce increased capacity for delivering food boxes. The boxes are tailored to your dietary needs, and AEFB can accommodate a range of requests. If you are unable to make it to the Food Bank to receive a food box, please contact AEFB at **541-488-9544** or info@ashlandemergencyfoodbank.org.

This program is open to all residents of Talent, Ashland, and the surrounding rural areas. No proof of income is required. Able-bodied folks who can make it to the AEFB facility at 560 Clover Lane are encouraged to go in person. They are open during 9:30am-12:30pm, Monday-Friday and the 3rd Saturday of the month. They are also open the 4th Wednesday of the month, 5:00-7:00pm.



Be Smokewise!

Ashland's Wildfire Safety Campaign completes in **July** with tips on preparing for wildfire smoke intrusion. Be prepared for excessive smoke by completing the **Be Smokewise!** checklist found here: ashland.or.us/SIB/files/July_2021.pdf. If you would like a checklist mailed to you, call Ashland Senior Services Division at 541-488-5342.

For more information about the Wildfire Safety Campaign and other preparation checklists, please visit: [freadaptedashland.org/wildfireprep](https://readaptedashland.org/wildfireprep).

St. Vincent de Paul Helping in Times of Need

The Ashland chapter of St. Vincent de Paul is an incredible resource in our community. Using funds raised from the Medford thrift store and other grants, they work to help residents stay housed and meet urgent needs. They often help with financial assistance for rent, utilities, replacing identification, medicines, insurance, or other vital needs.



For assistance, call 541-708-5650 during Monday-Friday, 9am-4pm. Their kind and dedicated volunteers assess needs and match to assistance and other local resources.

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 1699 Homes Ave, Ashland OR 97520.

Gentle Yoga Online & Outdoors

Taught by Linda-Grace Wilhelm. Register at ashland.or.us/register or 541-488-5342.

Session 5 (Outdoors):
Wednesdays, 9-10am
July 7, 14, 21, 28
Cost: \$20 (4 classes)

Session 6 (Zoom):
Fridays, 10:30-11:30am
July 2, 9, 16, 23, 30
Cost: \$25 (5 classes)



VOLUNTEER with Ashland Senior Phone Buddy



A simple phone call from you can change a life!

Regular social calls have been shown to improve health and well-being for socially isolated older adults. Training provided.

Call for more information and an application.



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Emergency Broadband Benefit Program

The Federal Communications Commission's (FCC) Emergency Broadband Benefit Program (EBB) provides a temporary discount on monthly internet service for qualifying low-income households. Please contact your local internet provider to see if they offer the EBB Program discount. For more information about the EBB Program, please visit: getemergencybroadband.org.



Ashland Fiber Network (AFN) is not part of the EBB program, but they do offer an ongoing reduced cost internet service for income-qualified seniors and people with disabilities. The service is \$25/month, compared to the regular service of \$55/month.

If you are already receiving a utility discount from the City of Ashland, you qualify automatically; just call AFN (541-552-2222) to sign up for internet service. Otherwise, make an appointment with the Senior Services Division office (541-488-5342) to apply for the internet or utility discount—or both!



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 Ashland, OR 97520

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Get a COVID-19 vaccine







It's SAFE!

\$0.00

It's FREE!



It will help PROTECT you and your family!



You might get side effects. But you should FEEL BETTER in a few days.



Get the FIRST vaccine you can!



Keep taking basic prevention steps until you are fully vaccinated.

Thank you to our July sponsors!

Your kindness and giving brightens our lives.







A Department of RVCOG

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