



Senior News June 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342 AshlandSeniorCenter.org tty: 711

seniorinfo@ashland.or.us

Update on Ashland Senior Center

It is now likely that Ashland Senior Center will remain closed through June or later. We look forward to reopening our facilities and welcoming you back when public health guidelines allow it. We miss you all!

We are watching closely as Oregon reopens gradually and carefully. Because people over 60 and those with underlying medical conditions are the most vulnerable to COVID-19, in-person activities for seniors will be among the last to reopen.

Meanwhile, we are busy planning the precautions and programs that will allow Ashland Senior Center and other facilities to reopen safely. And we need your input! Please complete the enclosed survey by mail, phone, or online.

In this edition of *Senior News*, we continue to highlight services available to help local seniors. Please call to tell us how you are doing and how we can help!



Special Help during COVID-19

Knowing it may be months before life returns to normal, please take advantage of these special, free services:

- **Senior Phone Buddy** matches seniors for phone check-ins and socializing.
541-488-5342
- **Senior Resources** provides information on local stores and services to help seniors during this challenging time, plus links to free online classes and entertainment.
ashland.or.us/COVID19SeniorResources
or 541-488-5342
- **Adopt a Neighbor Ashland** helps with shopping and errands. adoptneighbor.org or 541-552-2500.
- **Computer, Tablet & Phone Tutoring** for tech issues related to staying at home, like setting up and using a Zoom account, figuring out online delivery programs, or accessing online learning content. 541-488-5342 or seniorinfo@ashland.or.us
- **Dementia Caregiver Support Group** meets every 3rd Wednesday of the month from 5:30-7:30 by Zoom or phone. Preregistration required: 541-488-5342



Changes at Food & Friends!

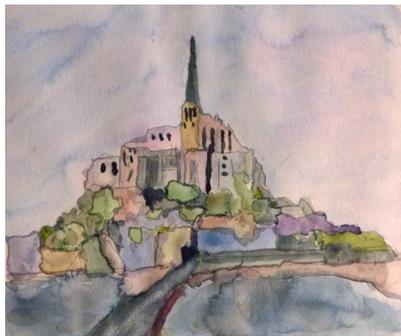
We bid a fond farewell to **Jane Davis**, our Food & Friends meal site coordinator, who is relocating to be closer to family. Jane has been part of the Senior Center since April 2015. Thank you so much, Jane, for everything you have done for our community and we wish you all the very best!

We welcome our new meal site coordinator, **Zara Davis**, who has been volunteering with Food & Friends since September 2019. It's all in the family – Zara's father, William, has been a Food & Friends delivery driver in Ashland for over 10 years! Zara has a background in caretaking and is part of a singer-songwriter team with her husband Dan. She is looking forward to getting to better know all who come for lunch at the Senior Center.



A "Virtual" Art Show

Ashland Senior Center closed on the very day that *Seniors Celebrating Creativity* had scheduled an art opening for Ashland artists **Charlie Noble** and **Mark Meissner**. They each have a beautiful collection of paintings hanging in the activity room awaiting our reopening. In the meantime, Charlie has shared a few photos of his work for a virtual art show here in the newsletter!



Thank You!



SKYLARK
Assisted Living and Memory Care
Caring People | Serving People | Improving Lives

In May, Skylark Assisted Living and Memory Care brightened the day of 12 local elders with a lovely gift basket. They have offered a few more. Call the Senior Center at 541-488-5342 to request one, while supplies last.

Share Your COVID-19 Story

Life has changed so much since the COVID-19 crisis began. The National Council on Aging (NCOA) would like to hear about your experience. With your help, they can tell policy makers what would really make a difference to help seniors—and inspire communities along the way.

Share your story at
ncoa.org/covid-19/share-your-covid-19-story/.



PROTECT YOURSELF! Please wash your hands after touching this newsletter or any object coming into your home from outside.

Staying safe as Oregon Reopens



Stay home if you are sick. If you develop symptoms while in public, return home and self-isolate immediately. Contact your health care provider if you need medical attention.



People who are at risk for severe complications (over age 60 or have underlying medical conditions) should stay home even if you feel well.



Practice good hand hygiene with frequent handwashing for at least 20 seconds or use hand sanitizer (60-95% alcohol content).



Cover coughs/sneezes with elbow or tissue and **avoid touching your face.**



Practice physical distancing of at least 6 feet between you and people who you do not live with.



Use cloth, paper or disposable face coverings in public.



Stay close to home. Avoid overnight trips and other non-essential travel, including recreational day trips to destinations outside the community where you live.

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

Oregon
Health
Authority



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

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Senior Phone Buddy

**Stay connected during this time
of physical distancing!**

The free **Senior
Phone Buddy**
program matches
seniors for regular
check-ins and
socializing.



Ashland Senior Services Division
541-488-5342
seniorinfo@ashland.or.us

Adopt a Neighbor Ashland



Adopt a Neighbor Ashland links healthy volunteers under 60 with their at-risk neighbors to help with shopping and errands. Even with Oregon's phased reopening, those most vulnerable to COVID-19 must continue to minimize exposure.

**Sign up at adoptneighbor.org
or 541-552-2500.**