



Senior Services Division

Senior News June 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342 AshlandSeniorCenter.org tty: 711

seniorinfo@ashland.or.us



RVTD Travel Training: New Programs and Services to Help Riders

Wednesday, June 16, 1-3 pm
Online presentation via Zoom
FREE, but registration is required:
ashland.or.us/register or 541-488-5342

Rogue Valley Transportation District (RVTD) has rolled out some exciting new programs and services for local bus riders! Come learn about these options, including the new UMO pass, which can help you save money and expand your transportation opportunities.

Co-presented by Mike Bowman, RVTD Travel Trainer, and Edem Gomez, RVTD Transportation Demand Management Planner. Please note that online registration closes at noon on June 15, at which time the Zoom link will be emailed.



Fire Season is Here: It is Time to Prepare

Ashland's Wildfire Safety Campaign continues into June with **Be Ready to Evacuate!** Fire season is upon us. We need to be prepared to evacuate or shelter-in-place before a wildfire strikes. It is imperative to read and complete the "Be Ready to Evacuate" checklist found here: [ashland.or.us/SIB/files/June_2021\(1\).pdf](http://ashland.or.us/SIB/files/June_2021(1).pdf). The checklist also provides a supply list for a two-week survival kit in case it is necessary to shelter-in-place. If you would like a checklist mailed to you, call Ashland Senior Services Division at 541-488-5342.

Next month's theme is **Be Smokewise**, helping residents prepare for possible smoke incidents. For more information about the Wildfire Safety Campaign and other preparation checklists, please visit: freadaptedashland.org/wildfireprep.

To sign up for local emergency alerts, please see Page 2.



Ashland Senior Center office will be closed
Monday, June 21, for an APRC Furlough Day.



Sign Up for Emergency Alerts!

With fire season approaching, we want to again remind everyone to sign up for local emergency alerts if you have not already. In an emergency, alerts go out over these systems to all landline phones in designated addresses, but you must opt in if you want a call or text alert on a cell phone number. We recommend you sign up for both City and County alerts:

City of Ashland Nixle System – On a cell phone, text to 888777 as the recipient and put 97520 in the message line to sign up for emergency "Alert" and "Advisory" text alerts. To learn more or manage your settings, visit ashland.or.us/nixle.

Jackson County Citizen Alert System – Opt in at jacksoncountyor.org/emergency/resources/citizen-alert or call Jackson County at 541-776-7338.

If you would need help to evacuate or shelter-in-place during an emergency, sign up for the **Disaster Registry**. Call Rogue Valley Council of Governments at 541-664-6674.



Be part of the first project on the aging, health and service needs of LGBTQ+ and Two Spirit older adults in Oregon!

Are you a LGBTQ+ adult and 55 years of age or older living in Oregon? If so, please visit [Oregon-Survey.org](http://OregonSurvey.org) to complete a confidential and anonymous survey, available in 9 languages. And enter a drawing for one of five \$100 gift certificates!

For more information or to request a paper survey to complete by mail, please contact OregonSurvey@uw.edu or 888-643-4498.

Gentle Yoga Online & Outdoors

We are continuing to offer Zoom yoga and pleased to start offering an outdoor option as well, all taught by Linda-Grace Wilhelm!

The outdoor class will meet in Hunter Park next to the Senior Center with social distancing and masks as necessary, starting mid-June (see below for details). If outdoor conditions prevent safely meeting outdoors, we will alert you by email by 8:15am on the morning of class and provide a Zoom link instead. The outdoor class will replace Wednesday Zoom class in July and August.

Register at ashland.or.us/register or 541-488-5342. Please note that online registration closes at noon the day before the first class, at which time the Zoom link (if any) will be emailed.



Session 3A (Zoom):
Wednesdays
June 2, 9, 16, 23, 30
10:30-11:30am
Cost: \$25 (5 classes)

Session 3B (Outdoors): Wednesdays
June 16, 23, 30, 9-10am
Cost: \$15 (3 classes)

Session 4 (Zoom): Fridays
June 4, 11, 18, 25, 10:30-11:30am
Cost: \$20 (4 classes)

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.



Walker School Parking Changes

As part of the bond-funded remodeling of Ashland schools, Ashland School District is planning to reconfigure the parking for

Walker Elementary. The proposed plan will move the parking lot and student drop off to the corner of Homes Avenue and Hunter Court, with driveways on both streets.

This will change the traffic circulation and parking on Hunter Court and may have some impact on patrons of Ashland Senior Center. Several street parking spaces next to the school fields will be removed.

To learn more about the proposed changes, visit the Ashland School Board page at ashland.k12.or.us/CCBIndex.asp?CCBID=2. The Board meets on Monday evenings. If you would like to submit written or oral public comment about the changes, contact jacqueline.schad@ashland.k12.or.us or 541-482-2811.

ASAC Update

At the May 3 meeting, Ashland Senior Advisory Committee (ASAC):

- Welcomed new member Debra Johnson, bid farewell to outgoing member Mary Russell-Miller, and elected Mike Gardiner as the chairperson for fiscal year 2021-2022.
- Discussed Ashland School District's proposed parking changes at Walker Elementary and the potential impact on patrons of Ashland Senior Center.
- Encouraged advocacy for sufficient budget for Ashland Parks and Recreation and the Senior Services Division in the next biennium. Budget is extremely tight for all City departments due to consequences of the COVID-19 pandemic.

ASAC will meet next **July 12, 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.

Self-Care Classes from RVCOG

Rogue Valley Council of Governments (RVCOG) Senior & Disability Services is offering two important classes beginning mid to late summer:

Powerful Tools for Caregivers is a 6-week self-care education program for unpaid caregivers of older adults or persons with a disability. The class will help reduce personal stress; increase self-care activities; reduce guilt, anger, and depression; and help with setting goals and making difficult decisions.

The **National Diabetes Prevention Program** is a year-long group program that helps eligible participants to make lifestyle changes that reduce their risk for Type 2 diabetes.

Classes may be in-person or possibly virtual or hybrid. There is a small fee to cover materials; scholarships are available. For more information and to sign up for the classes, please call the RVCOG Aging and Disability Resource Connection (ADRC) at 541-618-7572.





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1699 Homes Avenue
Ashland, OR 97520

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for Seniors & Their Families

WED, JULY 21, 2021
1-2:30 pm

Ashland Senior Center
FREE!

Sign up at 541-488-5342



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Senior Services Division

Village
at Valley View

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



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