



Senior Services Division

Senior News

March 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

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Getting a COVID-19 Vaccine

As of March 1, all Oregon seniors 65 and older

qualify to receive the COVID-19 vaccine. However, knowing where to get a dose in the Rogue Valley is still a challenge due to the unpredictable supply.



Ashland Senior Services Division has been working with

Jackson County Public Health and local aging services agencies to help seniors access the vaccine. See vaccine facts on page 2.

Vaccines are being administered at multiple locations throughout the county, as supply permits: mass vaccination events, White City VA for their enrolled patients, some local medical clinics for their patients, and some small clinics for special populations. Federally contracted pharmacies initially administered vaccine at congregate living facilities; some now offer shots at their retail sites, but their few doses go fast.

A high-volume **Community COVID-19 Vaccination Clinic** started February 25 in Medford, *by appointment only* for eligible groups

including seniors. Call **541-789-2813** during business hours and choose **option 2**. Expect a long wait to get through due to high call volume. At this time Asante and Providence patients may schedule through their MyChart accounts.

However, vaccine availability is changing constantly, and doses are limited at each site. Check for updates at: jacksoncountyor.org/hhs/COVID-19/COVID-19-News/covid-19-vaccine.

Vaccine Interest List for Ashland Seniors*

Ashland Senior Services Division is compiling a list of seniors 65+ seeking the COVID-19 vaccine. As vaccine appointments arise at various local clinics, we will be able to link the people on our list. We expect to have some opportunities in Ashland within the next few weeks.

Ashland seniors may register at ashland.or.us/senior or 541-488-5342.

Due to heavy call volume, if you have already signed up on the list, *please do not call for updates*. We will call you when there is an opening for you.

***Note:** **Jackson County seniors and people with disabilities who live outside of Ashland** should call the Aging and Disability Resource Connection (ADRC) at 541-618-7572 to get on their list instead.

Ashland Senior Center office will be closed Monday, March 22, for an APRC Furlough Day

COVID-19 Vaccine Facts

A vaccine is preventative and makes your body stronger to fight COVID-19. It may also keep you from getting seriously ill even if you do get COVID-19. You cannot get COVID-19 from a vaccine.

- **Two Doses:** You will need two doses of the vaccine. It is important to get the second shot 3-4 weeks after receiving your first dose.
- **Side Effects:** You may have some side effects such as a sore arm, muscle aches, joint pain, tiredness, headache, chills, or maybe a fever. These side effects often mean the vaccine is working to keep your body healthy and should go away in a few days.
- **Vaccination Card:** Your vaccine provider will give you a vaccination card saying what COVID-19 vaccine you got, the date you got it, and where you got it. You will need this card for your second dose. Don't lose it!
- **Will there be a cost?** COVID-19 vaccines will be provided at no cost to you. You do not need health insurance. If you have health insurance, providers may charge your insurance company an administrative fee for giving you the vaccine. You might be asked for your insurance card when you get the COVID-19 vaccine.
- **Watch out for scams:** Public health officials and health care providers will never ask for money, your bank account, credit card, or social security number. Offers to sell or ship doses of the vaccine are also a scam.
- **Help Navigating:** Call the Aging and Disability Resource Connection (ADRC) at 541-618-7572.

ASAC Update

Ashland Senior Advisory Committee (ASAC) will meet next on **March 8, 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.

Staff Changes:

Farewell to Corey and Welcome to Sybil

We are sad to announce that **Corey Whitaker** left the Senior Services Division in February to take an exciting opportunity working with children. Corey was a valued member of the Senior Services team since August 2019, and she will be sorely missed. Corey asked us to tell you how much she enjoyed serving the senior community through her work with us. We wish her the best in her new career.

We are happy to welcome **Sybil Bowser** as our new Office Assistant! Sybil shares:

"I am very excited about working with fellow staff, seniors and volunteers at the Senior Center. I am still somewhat new to Ashland, and I think this will be a fun way to meet members of the community. I feel honored to be here."



Dementia Caregiver Support Group Online

Third Wednesdays, 5:30-7pm, via Zoom
FREE. Register at 541-488-5342.

Gentle Yoga Online!

Register for upcoming sessions at ashland.or.us/register or 541-488-5342.

Session 5:

Wednesdays
March 3, 10, 17, 24, 31
10:30-11:30am
Cost: \$25 (5 classes)

Session 6:

Fridays
March 5, 12, 19, 26
10:30-11:30am
Cost: \$20 (4 classes)



Thank You, Ashland Radio Hour!

We had such fun hosting the live broadcast premiere of Ashland Radio Hour, an original piece performed by The OLLI Players on February 10. Thank you to the marvelous cast & crew for all your hard work in putting on a wonderful performance—and to the 150 who joined us in the audience!

People from all over the country logged in to watch this online event, including family members of the cast in Chicago and Boston and residents of an assisted living community in South Beach, OR!

We had some lovely feedback from the cast:

"Thank you for the opportunity to bring a little light & giggles to others!"

"Bringing joy to others has been a total joy in and of itself!"

...and from the audience:

"Thank you for hosting Ashland Radio Hour. It was wonderful to see so many people at one time, especially in times of isolation and distancing."

"Thank you so much for making that play available over the phone. It was just fabulous."

"Thank you all for giving your time to keeping us seniors out of trouble for part of our afternoon!!!"



Mobile Hotspots to Connect to the Internet — from JCLS Connect

Jackson County Library Services (JCLS) has many programs to benefit those of us isolated at home. Last month, we shared about their Windows in Time series (jcls.org/programs/wit) and free At Home Services program (jcls.org/ahs) through which you can check out a wide variety of material through the mail, including free Crafts-at-Home kits.

Another great resource is the **JCLS Connect** program, through which adult library users in good standing may check out mobile hotspots for up to two weeks. If you do not have your own internet, mobile hotspots allow

you to connect to the internet at home from your WiFi-capable device. This is great for checking email, accessing resources, completing forms online, and many other uses!

You may request a mobile hotspot through the JCLS catalog (jcls.bibliocommons.com) or call the Ashland Library Circulation Department at 541-774-6980.





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COVID-19 Precautions for Home Repairs & Other Visitors

If you need to have a repair person or other visitor in your home, Oregon Health Authority suggests these steps to limit the risk of spreading COVID-19.

- Ask the repair company what they are doing to reduce the risk of spreading COVID-19.
- Make sure the visitor knows that you expect them to wear a well-fitting mask.
- Stay at least 6 feet away from the visitor.
- Everyone in the house should wear a mask while the visitor is present, including those who live there.
- Open doors and windows.
- Place a fan near an open window or door, blowing outside.
- Turn on the exhaust fans in your bathroom and kitchen.
Keep them running for one hour before and after the visit to remove virus particles.

For more information on improving the ventilation in your home:

<http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/Improving-Ventilation-Home.html>



Source: Oregon Health Authority Coronavirus Update, 1/27/21