



Senior News May 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342

AshlandSeniorCenter.org

tty: 711

seniorinfo@ashland.or.us

Sign Up for Senior Phone Buddy!

Social connection is important for all people, and perhaps even more so for older adults and people who live alone. **Let's stay connected during this time of physical distancing!**

If you are an Ashland or Talent senior who would enjoy more (virtual) company, Ashland Senior Services Division can help. Our new, free Senior Phone Buddy program matches seniors for daily check-ins and socializing.



Almost 40 individuals have already been matched up, many already having positive experiences to share!

"I just got a call from my buddy and want to thank you for putting this program into effect. I live in senior housing so have plenty of friends around me, but it's a wonderful program, especially for those who are alone in their own homes. It's very thoughtful of you to put together such a program."

"I got the flyer in the mail and was looking it over and I thought, Oh, this might be a fun idea, so I decided to give it a try. My buddy's into video recording, and I like photography, so that hit a chord. He sounded like a friendly guy, I apparently sounded like a friendly person, too."

For questions or to sign up, contact **Ashland Senior Center** at 541-488-5342 or seniorinfo@ashland.or.us.



Every hand that we don't shake must become a phone call that we place.

Every embrace that we avoid must become a verbal expression of warmth and concern.

Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise.

Rabbi Yosef Kanefsky

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

Remote Computer Tutoring Options



Help is still available for issues with your computer, tablet or phone! (email and internet required)

- Jackson County Library Services can provide support through email or Zoom appointments. Email techsupport@jcls.org or fill out a Digital Services Help Request at <https://jcls.org/digitalservices/help>.
- Contact us at the Senior Center if you need help with tech issues related to staying at home, like setting up a Zoom account, figuring out online delivery programs, or accessing online learning content. We will connect you with one of our computer tutor volunteers.
- OLLI members are eligible for member-to-member tech support. Contact OLLI at olli@sou.edu or 541-552-6048.

COVID-19 Senior Resources

To help seniors find the resources they need during the pandemic, we are maintaining a special webpage with daily updates:

ashland.or.us/COVID19SeniorResources

Find local grocery stores and pharmacies with senior hours, learn about delivery options, find free online exercise classes and more.

Need help? Call 541-488-5342.

Adopt a Neighbor Ashland



Adopt a Neighbor Ashland links healthy volunteers under 60 with their at-risk neighbors to help with shopping and errands. The program seeks to reduce the impact of COVID-19 by helping those most vulnerable to the virus to stay home and avoid exposure.

Since Adopt a Neighbor Ashland launched a month ago, over 70 Ashland residents have been happily matched to a volunteer. (See comments below.)

There are many more volunteers ready to help! To request assistance, sign up at adoptneighbor.org or call 541-552-2500.

Comments from Participants

"Our adopted neighbor is fantastic, and she goes grocery shopping for us. We are very relieved and less stressed because of this wonderful service."

"It put a smile on my face all day knowing someone cares! Thank you so, so much for this needed program!"

"I couldn't be happier with the 'neighbor' who has 'adopted' me. I didn't know him previously. I hope we keep in touch once the COVID-19 crisis has passed."

"Thank you so much! My volunteer is such a kind and professional person. He completed my shopping yesterday, and all went perfectly."

Senior Center staff are off on May 25 for Memorial Day.

We will respond to any voicemails or emails when we return.



Food & Friends Update

Please join us in thanking our partner Rogue Valley Council of Governments for continuing to operate Food & Friends—with careful safety protocols in place. The need for nutritious meals for seniors is critical during this time of “Stay Home, Stay Healthy.” Food & Friends Site Coordinator Jane Davis and volunteers are hard at work packaging and distributing meals from the Ashland Senior Center Monday through Friday. Seniors (60+) may request home delivery or

arrange to pick up meals weekly. To enroll, contact **Food & Friends at 541-734-9505.**



Thank You, Volunteers!

During this challenging time, when so much of our daily lives has come to a standstill, many members of our community have been generously reaching out to help others in need. We would like to honor and thank those who are helping Ashland’s seniors through various programs:

- **Food & Friends** kitchen and delivery volunteers, who continue to provide meals for pick up and to homebound seniors
- **Adopt a Neighbor Ashland** volunteers, who are helping vulnerable neighbors with grocery deliveries and other errands
- **Ashland Senior Services Division** office volunteers, Janine Clayton and Kathy McNeal, who are assisting staff with outreach calls to help connect seniors to needed resources.

Ashland Family YMCA Offers Special Help for Seniors

Ashland Family YMCA is committed to community health and well-being. In response to the COVID-19 crisis, the Y rapidly redeployed staff to new services such as emergency childcare, member engagement, community service, and free online fitness classes and youth activities.



Now through a partnership with Ashland Senior Services Division, staff of Ashland Family YMCA may be able to help seniors with critical needs that can't be met by other community resources, such as transportation to medical appointments or help with safety needs in the home or yard. (Compliance with all safety precautions, such as masks and physical distancing, is required to participate.)

To request assistance, please call **Ashland Senior Center at 541-488-5342.**

Ashland Senior Advisory Committee (ASAC) Update

The City of Ashland has canceled all non-essential meetings during the COVID-19 state of emergency. When permitted to resume, ASAC meetings may be held via Zoom.

Check for updates at

ashland.or.us/APRCAgendasAndMinutes.

ASAC welcomes public input. To submit comments, email seniorinfo@ashland.or.us with ASAC in the subject or call **541-488-5342.**



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

PRSRT STD
U.S. POSTAGE
PAID
PERMIT #149
MEDFORD, OR

“If You Go Out, Spread Out!”

Dawn Mautner, MD, senior health advisor at Oregon Health Authority, offers this advice for enjoying the outdoors right now. When enjoying this beautiful weather, please remember to remain at least six feet away from others. Below are a few other useful do’s and don’ts:

Although the weather is nice we still need you to stay home and limit travel to essential trips

Do...

- If you’re able to maintain social distancing, enjoy outdoor areas of your residence.
- Enjoy solo physical activities or those with members of your immediate household such as walking, biking and running.
- Have a virtual picnic with friends.
- Get things done at home such as gardening or washing your car.
- Open doors and windows to get fresh air while remaining inside.

Don't...

- Participate in group sports.
- Visit crowded parks.
- Attend social gatherings.
- Travel.
- Go out if you’re sick.



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

