



Senior Services Division

Senior News May 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

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OREGON DEPARTMENT
of VETERANS' AFFAIRS

Veterans' Benefits for Older Adults: Are You Missing Out?

Wednesday, May 12, 1-3pm
Online presentation via Zoom
Free, but registration is required:
ashland.or.us/register or 541-488-5342

Did you or a loved one serve in the military? Do you need help obtaining services to assist as you age, such as health care, in-home care, or financial assistance? Veterans, their spouses, and their families may be eligible for benefits through the Federal Veterans' Administration, as well as state and county benefits. Federal laws governing VA benefits are continually changing, so join us to learn what is new and about the benefits available to help as you age.

Presenter **Mark Newell** is the Veteran Volunteer Program Coordinator for the Oregon Department of Veteran's Affairs in Salem. Please note that online registration closes at noon the day before the event, at which time the Zoom link will be emailed. For more information about benefits, call Oregon Department of Veterans' Affairs at 1-833-604-0885 or visit oregon.gov/odva.



Ashland Senior Center Reopening Update

As the COVID-19 vaccine reaches more Oregon residents daily, many patrons are asking us, "Will Ashland Senior Center reopen soon?"

Unfortunately, it may be many months before Oregon Health Authority (OHA) allows senior centers to reopen. Jackson County is still at the "high risk" restrictions and may go back to "extreme risk" if cases stay high. [Current OHA guidance](#) requires that senior centers remain closed even when counties reach the "low risk" level. We expect OHA to release updated guidance only after the Oregon case rate decreases significantly.

To protect people over 65 from the high risk of COVID-19 complications or death, the State and our local senior programs are taking the most cautious approach. Vaccination gives an extra layer of protection, but it is not 100%. Ashland Senior Center remains closed to the public while providing services remotely. Our partner RVCOG Food & Friends will continue to offer only home delivery and scheduled meal pick up for the foreseeable future.

In the meantime, let's continue to connect via phone, email, and online classes and events. We are also looking forward to bringing back some outdoor activities as the weather improves, still with masks and proper distancing. Watch for class announcements in the June newsletter, and save the date for an Ice Cream Social Drive-Through on July 21.

Are You Ready for Wildfire Season?

Ashland Fire & Rescue and the Wildfire Safety Commission have launched a four-month campaign to help residents prepare for the upcoming wildfire season. Each month the Wildfire Safety Campaign will focus on specific ways to be prepared for wildfire in our area.

April's theme was **Harden Your Home**, educating residents how to reduce the risk from wildfire embers. It is critical to keep your roof, gutters and decks free of leaves and needles. All flammable material, such as wood piles, should be kept at least thirty feet from any structure.



For the month of **May**, it is time to **Firewise Your Landscape!** Residents should focus on preparing their yards for wildfire. Managing home landscaping can help stop flames before they reach your home. Keep bark

mulch, leaves and flammable vegetation at least 5 feet from your home. Cut back weeds and grass to maximum 4 inches tall.

Please refer to the "Firewise Your Landscape" checklist for more actions to take to protect your home: ashland.or.us/Page.asp?NavID=18108. If you would like a checklist mailed to you, call Ashland Senior Services Division at 541-488-5342.

We will continue to highlight the Wildfire Safety Campaign over the next couple of months. **June's** theme is **Be Ready to Evacuate**, while **July's Be Smokewise** theme will help prepare residents for possible smoke incidents.

For more information about the Wildfire Safety Campaign and other preparation checklists, please visit: freadaptedashland.org/wildfireprep

Vaccine Update

The COVID-19 vaccine is now widely available in the Rogue Valley. In Ashland, Bi-Mart and Rite Aid offer a limited number of appointments each week, and Rogue Community Health is vaccinating their own patients. Jackson County also has three high volume sites, by appointment:



- **Community COVID-19 Vaccination Clinic** in Medford: Schedule at 541-789-2813, Option 2 from 8 a.m. to 5 p.m. Monday - Friday. (Opcion 3 en Español.)
- **Jackson County Public Health Walk-Thru Clinic** and FEMA's new **Equity Center Drive-Thru Clinic** are both at Jackson County Expo in Central Point. Learn more and schedule for at jcorcovid19.org/VaccineAppointments.

Ashland seniors who need special assistance accessing a vaccine may call Ashland Senior Services Division at 541-488-5342. Seniors and people with disabilities who live *outside of Ashland* may call the Aging and Disability Resource Connection (ADRC) at 541-618-7572.

Ashland Radio Hour to Air on KSKQ!

Did you miss our live broadcast of Ashland Radio Hour in February? Or would you like to enjoy the wonderful performance again? You will have two more chances! KSKQ is offering two audio broadcasts of Ashland Radio Hour this month.

Tune in to **FM 89.5** in Ashland or **FM 94.1** in Medford.

Sunday, May 16, 8pm
Friday, May 28, 1pm



Ashland Senior Center office will be closed Monday, May 10, for an APRC Furlough Day and Monday, May 31, for Memorial Day.

Memorial for Yoga Instructor Marion Moore

We are all mourning the loss of Marion Moore, beloved longtime Senior Services yoga instructor, who passed away last December. Marion touched many lives through her transformative yoga classes and with her kind and gentle spirit.



Recently, one of her former students, Pam Lucas, arranged to have three young ginkgo trees planted near Ashland Senior Center in Marion's honor. This small memorial grove is located in Hunter Park between the tennis courts and ballfields, visible from the bike path. Please come visit the trees in Marion's memory. If you are interested in donating to the memorial, please call 541-552-2482 for more information.

Gentle Yoga Online

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

Session 1: Wednesdays

May 5, 12, 19, 26

10:30-11:30am

Cost: \$20 (4 classes)

Session 2: Fridays

May 7, 14, 21, 28

10:30-11:30am

Cost: \$20 (4 classes)



Have you tried Zoom yoga with us yet? A regular physical exercise regime has myriad mental and physical health benefits, especially important as many of us remain sequestered at home during the ongoing pandemic. Plus, here's some great feedback from current student Suzy: "I am so happy and grateful you are offering this yoga class again. It has been an uplifting, inspiring experience for my body, mind and soul. My body is getting back 'in the game' being more strong, fit and flexible. My mind is more contented and accepting. And (wow!) I feel more connected with my soul. Linda-Grace is a par excellence yoga teacher for all levels of experience, and Natalie is a warm, kind, effective moderator. THANK YOU!"

AARP Smart Driver Virtual Workshops



The AARP Driver Safety program is hosting free, live and interactive virtual workshops on

topics related to safe driving! These workshops are ongoing and offered on different dates and times, for your convenience. Open to non-AARP members!

- *Smart DriverTEK*: highlights the importance of and how to use new vehicle safety technologies
- *Using App-Based Ridesharing Services*: teaches how to use apps like Uber and Lyft to get a ride safely
- *CarFit*: reviews how to get a proper fit in your vehicle
- *We Need to Talk*: offers guidance on how to have a conversation with a loved one about limiting or stopping driving

Learn more and register at aarp.org/DriverSafetyVirtual.

AARP continues to offer their Smart Driver program online for a small fee. It is a great refresher for your driving skills and may also offer a discount on your auto insurance (ask your insurance carrier). Learn more and register at aarpdriversafety.org.

We look forward to offering these classes in-person again at Ashland Senior Center when it is safe to do so; please check back for updates.

ASAC Update

Ashland Senior Advisory Committee (ASAC) will meet next on **May 3, 3:00-4:30pm** 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.



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Thank you to our Vaccine Clinic Partners!
February - May 2021



Senior Services Division



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



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