



Senior Services Division

# Senior News November 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342 AshlandSeniorCenter.org tty: 711

seniorinfo@ashland.or.us

## Firefighters' Thanksgiving Drive-Through

Monday, November 23, 1-3pm

Ashland Senior Center, Hunter Court side

Free, but registration is required:

[seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us) or 541-488-5342

While Ashland Senior Center remains closed to the public, this year Ashland Firefighters Union is offering a drive-through celebration for seniors with pie and a chance to say hello and thanks to our Ashland Firefighters!



Please RSVP to [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us) or 541-488-5342, **no later than noon on Friday, Nov. 20.** We will give you a 15-minute arrival window to ensure no one has to wait in their car. We will also welcome those arriving on foot, but please stay at least 6' apart. Everyone must wear a mask at all times. We look forward to seeing you all.

Thank you to Ashland Firefighters Union for your generous donation to our community seniors!



## Almeda Fire Recovery

FEMA Applications due by November 14!

As we continue to grieve after the Almeda fire, there are many efforts underway to help our communities recover. Anyone who has suffered losses not completely covered by insurance should apply for assistance from the Federal Emergency Management Administration (FEMA). Applications must be submitted by November 14!

If you have already applied and been denied, it may be due to an error on your application that can be corrected. Please seek help to find the error and reapply!



FEMA

Apply at [disasterassistance.gov](https://disasterassistance.gov), call FEMA at 1-800-621-3362 for assistance, or get help in person. FEMA representatives are at the following three Multi-Agency Resources Centers during 8am - 6pm, seven days a week:

- Central High School, 815 S. Oakdale, Medford
- Phoenix Civic Center, 220 N Main St
- Talent Elementary School, 307 W Wagner St.

## ROGUE VALLEY REBUILDS

For more help with your post-fire recovery, visit the County's new website at [RogueValleyRebuilds.org](https://RogueValleyRebuilds.org).



## Honoring Veterans

We want to acknowledge and give many thanks to all members of our military branches, both past and present.

In the words of John F. Kennedy, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."



## Sign-up for Controlled Burn Notifications!

This fall, the Ashland Forest Resiliency (AFR) partners will continue to burn piles of brush and small trees in the forests above town. Controlled burning under safe conditions and following all COVID-19 regulations

during the cool season reduces our wildfire threat in the Ashland watershed and to our town.

You can check Ashland air quality and health tips online at [smokewiseashland.org](http://smokewiseashland.org).

To register for controlled burn notifications, please call 541-552-2218.

## Engage with Online Classes through the Senior Center!

We are pleased to offer art and yoga classes through Zoom this fall. For full details, check out our Ashland Parks & Recreation Fall Playguide at [ashland.or.us/register](http://ashland.or.us/register). Register at the link above or 541-488-5342. Here are the upcoming classes:

### Art is for Everyone!

Taught by Shea Cathey, each session of three classes will feature a different medium and students will complete one or more pieces of art through step-by-step instruction. The November session will be chalk pastels. Classes are via Zoom on Saturdays, 1-3pm, Nov 7, 14, and 21. The cost is \$60 plus supplies. A supplies list will be provided prior to the start of classes.

### Gentle Yoga

Taught by Linda-Grace Wilhelm, the focus of this one hour hatha yoga class is to increase strength, flexibility and balance while simultaneously alleviating stress and fatigue.



Participants must be aware of their own capabilities in order to participate safely, and have a mat, two blankets and a lightweight portable chair for each Zoom class. The November sessions will be:

- Session 3: Wednesdays 10:30-11:30am, Nov 4, 11, 18, 25 (cost \$20/4 classes)
- Session 4: Fridays 10:30-11:30am, Nov 6, 13, 20 & Dec 4, 11, 18 (cost \$30/6 classes)

### SAVE THE DATE!

### Nature Journaling Workshop

Instructor Libby VanWyhe will lead this fun Zoom workshop on December 9, 1-3pm. For more info, or to register, go to [ashland.or.us/register](http://ashland.or.us/register).

**Ashland Senior Center office will be closed Wednesday, November 11, for Veterans Day and November 26 and 27 for Thanksgiving.**

## Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action



The University of Washington is offering free programs for LGBTQ seniors with memory loss as part of an important study. The **Aging with Pride: IDEA** study includes nine virtual sessions with a trained coach. The program focuses on problem solving, skill building and low impact exercise. Participants don't have to leave home to participate!

Either the person with memory loss or care partner must be LGBTQ. You do not need a care partner to participate. Participants earn up to \$125.

To learn more, call 1-888-655-6644 or visit [AgeIDEA.org](http://AgeIDEA.org).

### Ashland Senior Advisory Committee (ASAC) Update

The September 14 meeting was canceled in the aftermath of the Almeda fire. ASAC will meet next on **November 9, 3:30-5:00pm**, over Zoom.

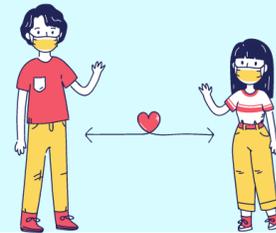
All meetings are open to the public. The agenda with Zoom link will be posted on [ashland.or.us/APRCAgendasAndMinutes](http://ashland.or.us/APRCAgendasAndMinutes).

**ASAC welcomes public input!**

Please submit comments to [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us) or 541-488-5342.

## Updates to the Statewide Face Covering Requirement

- Face coverings are now required in all private and public workplaces.
- Face coverings are required in outdoor and indoor markets, street fairs, private career schools and public and private colleges and universities.
- Face coverings are recommended in place of a face shield, except in limited situations when a face shield is appropriate such as when communicating with someone who is deaf or hearing impaired and needs to read lips.



For more information visit [healthoregon.org/coronavirus](http://healthoregon.org/coronavirus) or call 211

Oregon Health Authority

## Thank You

Our Halloween Drive-Through event was a so much fun! We thank all of our sponsors for providing wonderful goodies for everyone who participated.

Maple Ridge Senior Living  
Skylark Assisted Living and Memory Care  
Right at Home  
Retirement Connection





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1699 Homes Avenue  
Ashland, OR 97520

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*Thank you to our November sponsors and donors!*

*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!