



Senior Services Division

# Senior News November 2021

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

541-488-5342

AshlandSeniorCenter.org

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seniorinfo@ashland.or.us

## Firefighters' Thanksgiving Drive-Through

Monday, November 22, 2-3:30pm  
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 due to the COVID-19 surge, we are instead honoring the Thanksgiving tradition with a Drive-Through event. The **Ashland Firefighters Union** will provide pie and a beverage.



Come say hello and thanks to our Firefighters!

Please RSVP to [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us) or 541-488-5342, no later than noon on Friday, Nov. 19. We will give you a 10-minute arrival window. We also welcome those arriving on foot, but please stay at least 6' apart. Everyone must wear a mask at all times. We are looking forward to seeing you!

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



## COVID-19 Boosters and Third Doses

COVID-19 **Pfizer vaccine booster doses** are now recommended for the following people who had received the Pfizer vaccine, to be administered at least six months after their second dose:



- Adults age 65+
- Adults age 18+ with underlying medical conditions or who live/work in a high-risk setting, including congregate care settings

By the time you read this newsletter, Federal and Oregon officials may have approved booster doses for people who received the Moderna or Johnson & Johnson vaccine, with similar guidelines. Check for Oregon updates at [govstatus.egov.com/or-oha-booster-covid-19-vaccine](https://govstatus.egov.com/or-oha-booster-covid-19-vaccine).

COVID-19 **third doses** are also available for recipients of **Pfizer** or **Moderna** vaccines who are moderately to severely immunocompromised and at least 28 days after their second dose. Check with your doctor or pharmacist to see if you qualify.

COVID-19 vaccinations are now widely available through pharmacies and clinics. Check current availability at [jacksoncountyor.org/hhs/COVID-19/Vaccine-appointments](https://jacksoncountyor.org/hhs/COVID-19/Vaccine-appointments).

And don't forget about your **flu vaccination!** Per the CDC, you may receive your COVID vaccine or booster and flu vaccine at the same time.



## Honoring Veterans

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



## Thank you!

We had a wonderful time on our Lithia Park Guided Tour on October 13. We learned so much about the flora, fauna and history of Ashland’s crown jewel! Heartfelt thank you’s to our wonderful guide, APRC Commissioner and Volunteer, **Mike Gardiner**, and to our event sponsor, **The Springs at Anna-Maria**.



## Engage with Online Classes through the Senior Center!

We are pleased to offer art and yoga classes for adults age 50+ through Zoom this fall. For full details or to register, check out our Ashland Parks & Recreation Fall PlayGuide at [ashland.or.us/register](http://ashland.or.us/register) or call 541-488-5342.

### Explore Art!

Taught by Shea Cathey, each session of three classes will feature a different medium. Students will complete one or more pieces of art through step-by-step instruction. The November session will be a mixed media sampler with watercolors and chalk pastels. Classes via Zoom are Saturdays, 1-3pm, Nov 6, 13, 20. \$60/3 classes. A supplies list will be provided prior to first class.



### Gentle Yoga

The focus of this one-hour hatha yoga class is to increase strength, flexibility and balance while alleviating stress and fatigue. Participants must be aware of their own limits in order to participate safely. Have a mat, two blankets and a lightweight portable chair for each Zoom class.



Instructor Cheri Theobald will teach both November sessions:

- **Session 3A:** Wednesdays, 10:30-11:30am, Nov 3, 10, 17, 24 (\$20/4 classes)
- **Session 3B:** Fridays, 9-10am, Nov 5, 12, 19 (\$15/3 classes)

**Ashland Senior Center office will be closed November 11 for Veterans Day and November 25 and 26 for Thanksgiving.**



## Holiday Wellness in Challenging Times

Throughout 2021, the pandemic has continued to restrict our opportunities to connect with each other. This ongoing frustration and stress may be further compounded for some during the end-of-year holidays. Some people may feel overwhelmed by family or social pressures, while others may feel more isolated. Please be sure to practice self-care, which may include finding a good listener to strengthen your social support network.



Here are some free local resources to help:

- Age Wise Age Well: peer counseling for seniors by skilled volunteers, 541-857-7780
- OPAL: helps people 60+ find ways to feel less lonely and isolated, 541-618-7572
- Jackson County Mental Health: 24-hour mental health crisis support, 541-774-8201
- Safe & Strong Helpline: Oregon emotional support and resource referral, 1-800-923-4357
- Senior Loneliness Line: ongoing support, listening and resource referral, 503-200-1633
- AARP Friendly Voice: calls from trained and friendly volunteers: 1-888-281-0145
- David Romprey Oregon Warmline: non-judgmental and confidential peer support, 1-800-698-2392

**Ashland Senior Advisory Committee (ASAC)** will meet next on **November 8, 3:30-5:00pm** over Zoom. All meetings are open to the public. The agenda will be posted on [ashland.or.us/APRC/AgendasAndMinutes](http://ashland.or.us/APRC/AgendasAndMinutes). To observe or give public comment, call 541-488-5342.

# AGE+

Communities + Generations + Innovations

## Conversation on Aging

Tuesday, November 9, 2021

6:00-8:00pm, Free

Ashland Senior Services Division is partnering with AGE+ and other local organizations to hold a virtual community conversation. Join us to talk about the future of aging in the Rogue Valley.



What supports and services are important to you as you age or care for a loved one?

What do you want to see for your family and neighbors?

Help us plan today for a better tomorrow for all generations. Everyone is welcome! **Register at 503-408-4752 or [ageplus.org/register](http://ageplus.org/register).**



## NAMI Peer-to-Peer Class

Do you or someone you love live with mental illness? The National Alliance on Mental Illness (NAMI) can help.

NAMI Southern Oregon is a peer organization offering support and education to people with mental illness and their families. They are "dedicated toward alleviation of symptoms and improving the general well-being of all those persons suffering from a mental illness."

Their next Peer-to-Peer class starts November 11, Thursdays, 6-8pm, via Zoom. This free class is focused on mental health, wellness, and recovery for people experiencing a mental health condition. They also offer Family-to-Family classes. For more information, contact NAMI Southern Oregon at 541-774-7872 or [info@namisouthernoregon.org](mailto:info@namisouthernoregon.org).



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Ashland, OR 97520

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*May your Thanksgiving  
be full of peace, love and joy!*

Thank you to our  
November 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!