



Senior Services Division

Senior News October 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

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Coming Together after Disaster

Words cannot express our sorrow over the loss and devastation caused by the Almeda fire. Our hearts go out to all those who were displaced and traumatized. Some Ashland Senior Center patrons, Food & Friends volunteers, and City staff are among those who have lost their homes, and many more were evacuated or without power and safe water. Know that we are thinking of you and are here to help in any way we can.

Ashland Parks and Recreation, as part of the City of Ashland emergency operations, is responsible for care and shelter of the community in a disaster. Our team quickly established a helpline and webpage and is working on short and long-term shelter. Call the helpline at **541-552-2500** for help finding resources for fire refugees or guidance on how and where to help. The webpage ashland.or.us/ashlandresponse is updated frequently.

This tragedy is a good reminder that everyone should be signed up for emergency notifications from both the City and the County. Sign up for the City of Ashland's notification system at ashland.or.us/nixle, or just text '97520' to 888777. Sign up for the Jackson County Citizen Alert at jacksoncountyor.org/emergency/Resources/Citizen-Alert or by calling 541-776-7338.

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Halloween Drive-Through Fun

Friday, October 30, 1-2:30pm
Ashland Senior Center, Hunter Court side



As an antidote to this painful year, we are planning some safe and playful events for our cherished senior community. In October, please join us for a drive-through Halloween celebration. Our sponsors **Maple Ridge Senior Living, Skylark Assisted Living and Memory Care, Right at Home,** and **Retirement Connection** will join staff in costume and each give out some sweet (or useful!) treats. Stations will be at COVID-safe intervals along the side of the Senior Center that faces Walker Elementary School. Patrons who wear a costume will get their photo in the *Senior News* or Ashland Parks & Recreation Facebook!

Please RSVP to seniorinfo@ashland.or.us or 541-488-5342. 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 are looking forward to seeing you all—and showing off our costumes!

Medicare 101 Online Workshop Wednesday, October 7 1-3pm

Free, but registration is required: [ashland.or.us/register](https://www.ashland.or.us/register) or 541-488-5342

This is a great workshop if you are turning 65 in the next six months, or if you are already on Medicare and want to understand your choices during the Annual Enrollment Period from Oct 15 to Dec 7. This Zoom presentation will be led by

Cheryl Harrison and **Melissa Mlasko** of Futurity First.

Note: Cheryl and Melissa are also offering an in-person Medicare workshop (not affiliated with Ashland Senior Services Division), on Wednesday, October 7 at 5:30pm at the Belleview Grange, 1050 Tolman Creek Rd, Ashland. Attendance is limited and all must follow COVID public health guidelines. To register for this in-person presentation, call 541-973-2100 ext. 1.



Fast, Powerful Tools to Harness Worries —and Turn the Winter Holidays into Pure Joy Wednesday, October 21 1-3pm

Online workshop via Zoom
Free, but registration is required:
[ashland.or.us/register](https://www.ashland.or.us/register) or 541-488-5342

The November-December holiday season is stressful at the best of times and right now, even more so. Learn to create freedom and joy instead! In this workshop, you will learn:

- Two powerful techniques that can transform your mental and physical landscape in as little as three minutes. The more you practice them, the more powerful they become! (No sitting in difficult postures!)
- A longer technique for even more power over your life
- How to harness and eliminate holiday stress, giving you two months of pure joy

Class includes access to 100 free videos using the techniques and discounts on books to enhance the learning.

Taught by Ashland local **Victoria Leo**, who has been teaching on health topics relevant to seniors for over two decades. She is the author of *101 Stress Busters for Energy and Joy and Healthy Longevity*, has graduate degrees in biology and psychology, and teaches online at OLLI.

Thank You!

Thank you to a group of **anonymous donors** to our low-income foot care clinic, and to foot care nurses **Glenda Rackleff** and **Heidi Gottlieb** for raising these funds to be able to serve more people from the waiting list.

**Ashland Senior Center office is closed Monday, October 19th,
for a mandatory staff furlough day.**

Engage with Online Classes through the Senior Center!

We are pleased to offer art, dance and yoga classes through Zoom this fall. For full details, check out our Ashland Parks & Recreation Fall Playguide at ashland.or.us/register. To register, follow the link above or call 541-488-5342.

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 limits in order to participate safely, and have a mat, two blankets and a lightweight portable chair for each Zoom class. The October sessions will be:

- Session 1: Wednesdays, 10:30-11:30am, Oct 7, 14, 21, 28 (\$20/4 classes)
- Session 2: Fridays, 10:30-11:30am, Oct 2, 9, 16, 23, 30 (\$25/5 classes)

Beginning Broadway Dance for Boomers & Beyond

Dance is considered one of the best ways to improve and maintain brain elasticity! Taught by Audrey Flint, students will learn beginning, gentle, fun dance steps to Broadway and musical theater songs. Classes via Zoom are Wednesdays, 11am-noon, Oct 7-Nov 25. \$60/8 classes.



Art is for Everyone!

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 October session will be

watercolors. Classes via Zoom are Saturdays, 1-3pm, Oct 17, 24, and 31. \$60/3 classes. A supplies list will be provided prior to first class.

Ashland Senior Advisory Committee (ASAC) Update

ASAC has been on hold since March due to the pandemic. The meeting planned for September 14 was canceled in the aftermath of the Alameda fire. ASAC will resume meeting 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.

ASAC welcomes public input! Please submit comments to seniorinfo@ashland.or.us or 541-488-5342.

Coming Together after Disaster (continued from page 1)

For anyone who would need outside assistance to evacuate or shelter in place during a disaster, please enroll in the Disaster Registry. To sign up, call Rogue Valley Council of Governments at 541-664-6674.

Fortunately, Ashland Senior Center was spared in the fires, and Senior Services Division staff continue to help seniors and their families find needed resources. Please call 541-552-2481 to tell us how we can help.



Happy 98th Birthday, Carola!

We have missed our monthly birthday celebrations to wish all of our wonderful friends a Happy Birthday. Fortunately, the Senior Services staff was able to help Carola's friends with a physically-distanced celebration, with cake, during a Discussion Group meeting in Hunter Park.





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Ashland, OR 97520

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Thank you to our October sponsors and donors!

Your kindness and giving brightens our lives.



*And Anonymous Donors to the
Low-Income Foot Care Clinic*

