



# Senior News September 2020

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

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## Senior Poetry Virtual Showcase: Share Your Creativity!

*Let's connect by  
sharing poems old and new  
together online.*

We know there are many talented poets in our community, and we miss providing a physical space where folks were able to informally share their wordsmithing creativity. So we decided to take it online!



We would love to share your poems with our whole community through our Facebook page ([facebook.com/AshlandParksandRec](https://www.facebook.com/AshlandParksandRec)). Please submit poems to [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us) or mail to 1699 Homes Avenue, Ashland OR 97520. We will post them on our Facebook page in September. Let us know if you prefer to be named as the author or remain anonymous. Tell your family and friends, so they can enjoy and share your masterpieces!

## Fall Prevention: Stay Healthy & On Your Feet

Wednesday, September 16, 1-3pm

Free, but registration is required.

Please call 800-562-8964 or

visit [providence.org/classes](https://www.providence.org/classes).



Balance, strength and overall health can change as you age, putting you at risk for falling. Providence Health and Services experts will offer a free **virtual** class to help you or a loved one stay as healthy as possible and on your feet. There will also be information about falls while staying home during the pandemic and a short introduction to Tai Chi.

Ashland Senior Center office is closed on Monday September 7th for Labor Day and Monday September 21st for a Furlough Day.

We will respond to any messages when we return.

## Be Counted in the 2020 Census!

Please be sure to participate in the 2020 Census! Funding for senior benefits and programs depends on an accurate census.

To ensure that everyone is counted, during August through October census takers are visiting households that have not yet responded. To protect against possible COVID-19 transmission, they will be wearing masks and taking other health precautions. If you do not want to conduct the interview in person, you may provide your phone number so the census taker can complete the interview by phone.

You can identify a legitimate census taker by their ID badge, which has their photograph, a U.S. Department of Commerce watermark, and an expiration date. They will only ask a few questions like name, age, race, and sex.

They **will not** ask questions about your Social Security number, bank information, citizenship status, or anything on behalf of a political party. If you have any concerns about a potential scam, call 844-330-2020.

Learn more at

[2020census.gov/en/census-takers.html](https://2020census.gov/en/census-takers.html).



## Ice Cream Social Drive Through

We had a wonderful Ice Cream Social Drive-Through on August 19. Thank you so much to our generous sponsor, the **Village at Valley View**, for providing the sundae supplies and helping with the event!

Thank you also to our event helpers: volunteers Janine & Zara, James from Village at Valley View, and our APRC colleagues Dorinda, Lonny & Rachel. We so enjoyed seeing our beloved patrons in person again and look forward to when we can all meet again.



## Protect Yourself from Coronavirus Scams

Scammers are taking advantage of fears about the coronavirus. Be sure to protect your personal information, always check with a trusted source, and carefully research apparent opportunities. Remember, if it sounds too good to be true, it probably is!

Common scams include:

- Secret cures or treatments
- "Guaranteed" investments or other financial help
- Fake contact tracers
- Government imposters (agencies such as the IRS and Social Security Administration)
- Fake online companies & price gouging

## Food Resources

In these challenging times, many seniors need help with meals or the cost of groceries.



Here are three local resources that can help:

- **Ashland Emergency Food Bank** is open during the pandemic with safety protocols. Ashland and Talent residents may receive a free box of food each month customized to their dietary preferences. There is no income requirement. Consumers may visit the Food Bank at 560 Clover Lane, Tuesday-Friday, 9:30am - 12:30pm. People who are homebound may call 541-488-9544 to request a home delivery.
- **Food & Friends**, run by our partner Rogue Valley Council of Governments, continues to offer meals for seniors 60 and better. Call Food & Friends at 541-734-9505 to arrange weekly pick up of meals or delivery for homebound clients.
- **Double Up Food Bucks** - The Supplemental Nutrition Assistance Program (SNAP) provides eligible low-income people with a monthly allowance to buy groceries. Call 541-482-2041 to apply. And during May-October, people may double their credit at a growers' market. Learn more at [DoubleUpOregon.org](https://DoubleUpOregon.org).



# Stay Connected!

## Ongoing Services Available

Would you need special assistance during an emergency? The Disaster Registry for Jackson and Josephine Counties is a confidential database of people who would need help to evacuate or shelter in place during a disaster. The data is connected to a map and distributed to 911 Dispatch Centers so that first responders can locate the people who need assistance.

With wildfire season upon us, it is time to sign up if you haven't already. To learn more or sign up, call the Rogue Valley Council of Governments at 541-664-6674.

## Volunteer from Home!

The Disaster Registry of Jackson and Josephine Counties is seeking volunteers to make calls from home. Enjoy connecting with others while helping your community, all on your own schedule.

Each quarter, volunteers call 25 to 40 people on the Registry to make sure their information is current.

Your help could mean the difference between life and death in an emergency! To volunteer, call Maria Wahl at 541-864-9611.



## Ashland Senior Advisory Committee (ASAC) Update

ASAC has been on hold since March due to the pandemic. Meetings are expected to resume **September 14, 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](https://www.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.

- **Senior Phone Buddy Program**  
Matches seniors for phone check-ins and socializing. Sign up at 541-488-5342.



- **Senior Resources**  
Get information on local stores, services and other resources to help seniors during this challenging time, plus links to free online classes. 541-488-5342 or [ashland.or.us/COVID19SeniorResources](https://www.ashland.or.us/COVID19SeniorResources)

- **Cloth Masks** - Thank you to Paddington Station for donating new masks! Seniors may request a free cloth mask at 541-488-5342 or [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us). One per person, please. For Ashland residents, a mask can be delivered directly to your home.

- **Computer, Tablet & Phone Tutoring**  
For tech issues related to staying at home, like setting up and using a Zoom account, figuring out online delivery programs, or accessing online learning content. 541-488-5342 or [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us)

- **Dementia Caregiver Support Group**  
Meets every 3<sup>rd</sup> Wednesday of the month from 5:30 to 7:30pm by Zoom or phone. Preregistration required: 541-488-5342

- **Curbside Check Out for Jigsaw Puzzles**  
Ashland Senior Center lends out jigsaw puzzles on Thursdays, 1:00 - 2:00 pm. To ensure safe distancing, please call for your specific pick-up time. Staff will meet you at the curb and offer a couple choices of puzzles to take home and enjoy. 541-488-5342

- **Outdoor Yoga (Wed & Fri 9-10am)**  
There are still a few spots available. Call Ashland Senior Center at 541-488-5342 if you are interested in joining.



Senior Services Division  
1699 Homes Avenue  
Ashland, OR 97520

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## Wearing a face covering during warm weather

Wear a mask when indoors or in crowded outdoor spaces where physical distancing of 6 feet is not possible.

- If you wear a mask outdoors, try to wear a mask that is light in color, because dark colors may become hotter.
- Breathe through your nose, which will result in less heat and humidity within the mask.
- If you feel overheated, move away from others, remove the mask, and rest in a well-ventilated, shaded area.



*Adapted from Trinity Health*

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

