



**ASHLAND PARKS AND RECREATION COMMISSION
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
MEETING AGENDA**

Monday, September 9, 2024 @ 3:30 – 5:00 pm

Virtual Meeting on Zoom Platform

To join meeting or give public input, see instructions on page 2.

- I. Opening (Gardiner, 1 min)
- II. Approval of Minutes – July 8, 2024 (all, 2 min)
- III. Additions or Deletions to the Agenda (all, 2 min)
- IV. Public Input (5 min) - *See page 2 for instructions.*
- V. New Business
 - a. APRC Levels of Service (Houston, 15 min)
 - b. 2025 meeting format to return to all in-person (Gardiner, 5 min)
 - c. New ASAC Member Recommendation (Gardiner, 5 min)
- VI. Alzheimer's Association, Dementia Caregiver Support Group – Becky Martin, Alzheimer's Association volunteer (30 minutes)
- VII. Standing Reports (15 min)
 - a. APRC Liaison (Bachman)
 - b. City Council Liaison (DuQuenne)
 - c. Education Report (Holt)
 - d. Senior Services Superintendent Report (Mettler)
- VIII. Items from ASAC Members or Work Groups (10 min)
 - a. Livable Ashland Alliance update
 - b. Other items from ASAC members? (All)
- IX. Next Meeting: Monday, November 18,* 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave
** Please note: 3rd Monday – adjusted date for November due to Veteran's Day holiday*
- X. Adjournment – 5:00pm

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Administrator's office at (541) 488-6002 (TTY phone number 1-800-735-2900). Notification 72 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to the meeting (28 CFR 35.102-35.104 ADA Title I).

TO ATTEND THE MEETING:

If you wish to virtually attend an Ashland Senior Advisory Committee meeting, send an email to natalie.mettler@ashlandoregon.gov, no later than by 10:00 a.m. on the day of the meeting. Please provide the following information, then staff will send you the link and/or phone codes:

- 1) Write "ASAC Participation Request" in the subject line of the email.
- 2) Include your name.
- 3) Specify the date of the meeting you wish to virtually attend or listen to.
- 4) Specify whether you will be participating by computer or telephone.
- 5) Provide the name you will use if participating by computer, or the telephone number you will use if participating by telephone.

TO GIVE PUBLIC INPUT IN THE MEETING:

If you would like to give public input for the meeting, please submit your written comments or a request to speak to natalie.mettler@ashlandoregon.gov, no later than by 10:00 a.m. on the day of the meeting. Please include the information above plus the topic you would like to speak on. For oral comments, you will be invited to unmute and speak during the Public Input portion of the agenda.

City of Ashland
ASHLAND PARKS AND RECREATION COMMISSION (APRC)
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
Meeting Minutes
July 8, 2024

Committee Members Present:

- Mike Gardiner, Chair
- Debra Johnson, Vice Chair
- Jim Bachman
- Noriko Toyokawa
- Cori Frank
- Patty Winner

Committee Members Absent:

- Gina DuQuenne

Staff Present:

- Natalie Mettler
- Shannon Holt
- Cheryl DeSaram

CALL TO ORDER

Gardiner called the meeting to order at 3:30pm.

OPENING

Gardiner welcomed everyone to the meeting.

APPROVAL OF MINUTES

Motion: Johnson/Winner m/s to approve the minutes from May 13, 2024. Voice vote – all AYES. Minutes approved.

ADDITIONS OR DELETIONS TO AGENDA

None.

PUBLIC INPUT

None.

PRESENTATION: Jackson County Library Services (JCLS): At Home Services

Kateri Warnick, JCLS Specialist for Outreach Services

The following was covered in discussion:

- At Home Services provides library materials to homebound patrons, many of whom are older adults.
- At Home Services can be provided on a temporary or long-term basis.
- At Home Services tries to replicate library services as closely as possible; items may be mailed or delivered by a volunteer.
- At Home Patrons can check out up to 60 items from the library, for up to 6 weeks instead of the 3 weeks for regular patrons.
- Patrons can check out items from books to items from the Library of Things
- At Home Services offers specialized items for older adults, such as large magnifiers and CD players for audiobooks.
- Seasonal At Home Services includes a partnership with local schools where the kids make crafts or cards for the patrons, who have the option to mail back a note to the kids. At Home Services also offers accessible craft kits.

- There is a simple application to apply for At Home Services, which can be mailed, emailed or printed from the library's website.

STANDING REPORTS

a. APRC Liaison – Commissioner Bachman

- The Commissioners have been busy with the Parks Director hiring, which will be completed by Wednesday, July 10. Bachman stated that the incoming Director has relevant professional experience, having worked in Washington State Parks and Land Division.
- Two Commissioner seats will up for election this year.

b. City Council Liaison – Councilor Gina DuQuenne

Not present. Mettler shared DuQuenne's report on her behalf:

- Concern about accessing City Evacuation Zones map if there is disaster that disrupts internet access; citizens need a hard copy of this map.
- Superintendent Mettler will reach out to CERT to acquire a large map to post at Ashland Senior Center and small maps to hand out.

c. Education Report – Senior Services Coordinator Shannon Holt

- Cookout was a success serving approximately 120 community members.
- JCLS is teaching a Digital Estate Planning class.
- Accessible Yoga will pilot a one-month class in September.
- Ice Cream Social will be on August 28.
- Staff are finalizing Fall Program Guide.
- The popular Memoir class will be offered again during Winter/Spring 2025.

d. Senior Services Superintendent Report – Senior Services Superintendent Natalie Mettler

Mettler highlighted the following in her Superintendent's report:

- Temporary Office assistant De Saram was introduced. Spoke about her background and responsibilities at Ashland Senior Center.
- Senior Services staff have been meeting with assisted living communities to solicit sponsorships for ongoing activities.
- Coordinator Holt has been assisting the Recreation Division with administrative needs. Recreation Division has now hired an Administrative Assistant whom Holt will help train.
- Ice Cream Social on August 28th will feature the Ashland Brass Band.

The following was covered in discussion:

- What are you looking for in potential sponsors?
Any business could be a potential activity or event sponsor, but historically sponsors have been Assisted/Retirement Living Facilities.
- Has staff noticed an increase in number of patrons seeking respite indoors with increase in smoke and heat?
Yes, and they are respectful of our time and space when we hold classes.

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

Livable Ashland Alliance:

- Mettler reported that Katharine Danner and Eva Skuratowicz are now Co-Chairs of Livable Ashland Alliance.
- Newest member, Jordan Rooklyn, has been processing an update on the National Community Survey that was used for the Ashland community needs assessment in 2019.
- Livable Ashland Alliance is working on a website that will include all 8 domains of livability.

b. Other Items from Advisory Committee Members.

- Frank announced that a senior pickleball tournament is being put together.
- Through SOU, Toyokawa is hosting intergenerational Pride lunches and breakfasts.
- At the next meeting, ASAC members will discuss new member recruitment.

Next meeting – Monday, September 9th, 3:30-5:00pm on Zoom

Adjournment – 4:49pm

Respectfully submitted by Shannon Holt, Senior Services Coordinator, Ashland Parks and Recreation Commission

ASHLAND PARKS & RECREATION COMMISSION

340 S PIONEER STREET • ASHLAND, OREGON 97520

COMMISSIONERS:

Rick Landt
Leslie Eldridge
Jim Lewis
Jim Bachman
Justin Adams



Michael A. Black, AICP
Director

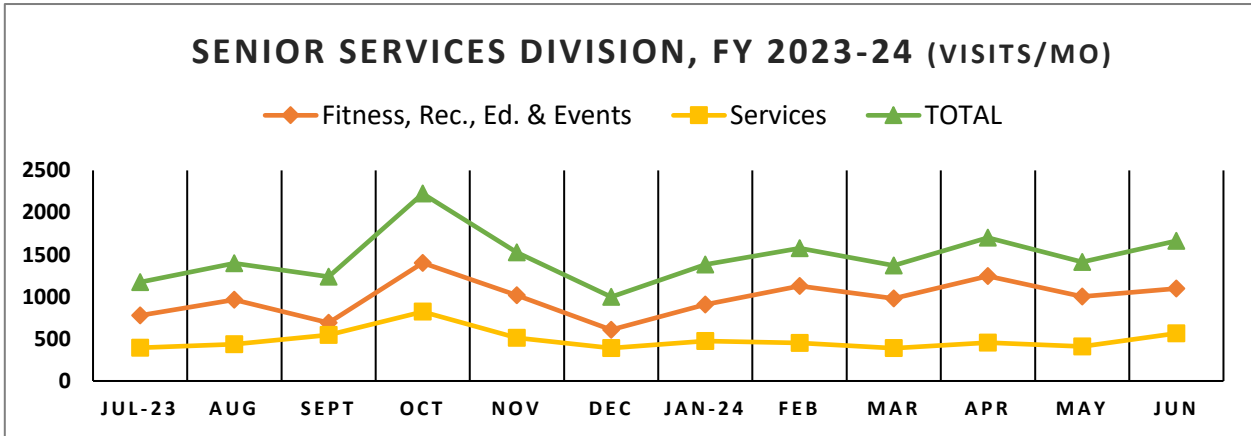
541.488.5340
AshlandParksandRec.org
parksinfo@ashland.or.us

STAFF MEMORANDUM

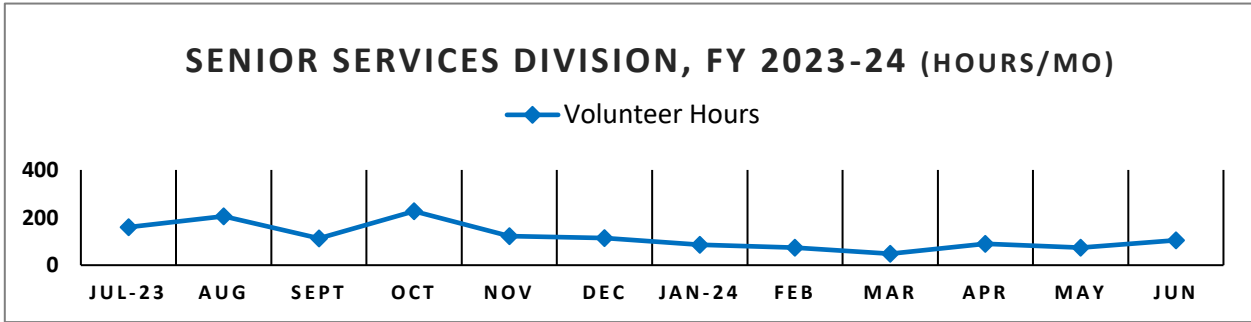
TO: Ashland Senior Advisory Committee (ASAC)
FROM: Natalie Mettler, Senior Services Superintendent
DATE: September 4, 2024
SUBJECT: Superintendent's Report to ASAC

PROGRAMMING & SERVICES

- The Senior Services Division finished Fiscal Year (FY) 2023-24 with a new high of 17,666 visits (1472 visits/month). This is an increase of 22% from FY 2022-23, which was the previous record year at 14,126 visits (1177 visits/month).



In addition, the Senior Services Division benefited from a total of 1416 volunteer hours for FY 2023-24, an average of 118 hours/month. This is a slight decrease (5.6%) from FY 2022-23, but still an increase of on average 80% from FYs 2018-19, 2019-20, 2020-21 and 2021-22.



- Ashland Emergency Manager, Kelly Burns, presented “Ready, Set, Go: Emergency Preparedness Tips for Seniors” to an audience of 43 at Ashland Senior Center on 7/31/24. SSD staff will continue working with Burns to educate and motivate Ashland seniors to tackle emergency preparedness.
- About a hundred community members attended the annual Ice Cream Social for Seniors & Their Families in Hunter Park on 8/28/24. Village at Valley View generously donated all the supplies for ice cream sundaes and Ashland Brass played an hour of big band classics. Thank you to Village at Valley View, Ashland Brass and our wonderful volunteers for making this free event possible! See more photos in the Facebook post: facebook.com/AshlandParksandRec/posts/pfbid0KxgQuwpTvftpE2PsMjDBfxyfQthKAPxqBsGanAF1SbaCvYzbmd5u18u4EYLUN984I



- Coordinator Holt is working with Jackson County Library Services staff to add new digital education classes this fall, which will teach people how to use the library’s digital resources. Starting in September, these will alternate with the ongoing monthly Tech Basics classes.
- We are kicking off the Parks & Recreation Fall 2024 season (Sept-Dec) with four unique and free events in September, a higher number than we have ever offered in a single month.
 - Retirement: Making Your Money Last (September 11)
 - Fun with Charades (September 16)
 - History Tour: Plaza & the Founding of Ashland (September 23)
 - The Day the Music Thrived: Learn How to Stream Music Digitally (September 25)
- Unfortunately, the Accessible Yoga pilot class during September has been cancelled due to low enrollment. We will revisit bringing this class on at a later date.
- The new featured artist in the *Seniors Celebrating Creativity* exhibition (October-December) will be Jeannie Azzopardi.

PARTNERSHIPS

- **Sponsors:**
 - Staff met with potential sponsors Right At Home and Rotary Club of Ashland Lithia Springs on 7/11/24.
 - Staff met with Age+ as possible sponsor for expanding digital literacy programming and services through Ashland Senior Services on 7/12/24.
 - Maple Ridge will sponsor Halloween treats at Ashland Senior Center on 10/31/24.
- Staff connected with the following agencies, discussing collaboration/partnership opportunities, services for seniors, etc: [Oregon Office of the Long-Term Care Ombudsman](#), [Oregon Home Share](#).

VULNERABLE SENIORS

- Mettler, Holt and De Saram visited [OHRA](#) and met OHRA Resource Center Supervisor, Katie Blomgren, on 8/12/24, to learn more about OHRA services and how best to refer older adults for housing and other help, as well as share information about Senior Services activities that may serve some of the older adults who use OHRA services.
- The City of Ashland provided additional N-95 masks for distribution to local older adults. These are available for pick up at the Ashland Senior Center office during open hours, as mentioned in local press: kobi5.com/news/ashland-offering-free-n95-masks-to-individuals-and-businesses-244442

ADVOCACY

- Superintendent Mettler presented about Ashland Senior Services Division programs and services to one of the Ashland [PEO](#) chapters, at their invitation, on 8/20/24.



VOLUNTEERS

- De Saram, Holt and Mettler have all registered as AARP volunteers in order to be able to access the online registration portal for AARP Driver Safety classes, which are taught quarterly at Ashland Senior Center. Adding online registration to this program will allow patrons more options for registration.

STAFF/TRAINING

- Staff continue to explore options to be able to retain temporary office assistant DeSaram long term. De Saram is still being hired through Express Professionals.
- De Saram attended a free workforce training about geriatric competencies for first responders, crisis teams, law enforcement and mental health professionals and paraprofessionals who work with older adults, presented by Jackson County Health & Human Services and Greater Oregon Behavioral Health, Inc. on 8/27/24.

- Senior Services yoga instructor, Cheri Theobald, shared student feedback from her yoga classes: "I want to share compliments I heard yesterday in class. At the end of class, I mentioned that registration would be open for the remainder of the year. A student mentioned she likes to register in person in the office. She said it was easier for her and that the "ladies in the office are very helpful." Another student said, "They *are* helpful and kind too. I feel that if it were necessary, they would take me by the hand and lead me through whatever it was I was trying to understand. What a different world it would be if everyone treated each other like they treat us."

PUBLIC AWARENESS

- **Senior News:** The August and September [Senior News](#) issues featured information about special events and highlighted selected ongoing activities. Instructor Beth Morris wrote an article about the importance of exercise to "bend your aging curve." Both issues also offered information about relevant partner services and events, such as the OLLI Open House, a guided autobiography class, and two Senior Fairs offered by Jackson County Health & Human Services and the Oregon Older Adult Behavioral Health Initiative.

