



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

Monday, January 13, 2025 @ 3:30 – 5:00 pm

In-Person at Ashland Senior Center, 1699 Homes Ave, Ashland

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

- I. Opening (Gardiner, 5 min)
- II. Approval of Minutes – November 18, 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 (all, 10 min)
 - a. Elect officers
 - b. Open ASAC seat
- VI. Thrive at Any Age: Exploring Ashland YMCA's Senior Programs – Gina Galardi, Ashland YMCA Senior Health and Wellness Director and Jami Hanna, Ashland YMCA Wellness and Community Outreach Coordinator (30 minutes)
- VII. Standing Reports (25 min)
 - a. APRC Liaison
 - b. City Council Liaison
 - 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, March 10, 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave
- 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 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.

City of Ashland
ASHLAND PARKS AND RECREATION COMMISSION (APRC)
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
Meeting Minutes
November 18, 2024

Committee Members Present:

- Mike Gardiner, Chair
- Debra Johnson, Vice Chair
- Jim Bachman, APRC Liaison
- Gina DuQuenne, Council Liaison
- Cori Frank
- Patty Winner
- John Engelhardt
- Noriko Toyokawa
- Barbara Talbert

Staff Present:

- Natalie Mettler
- Shannon Holt
- Rocky Houston

CALL TO ORDER

Gardiner called the meeting to order at 3:35pm.

OPENING

Gardiner welcomed everyone to the meeting. Introduced Barbara Talbert as new member.

APPROVAL OF MINUTES

Motion: Johnson/Gardiner m/s to approve the minutes from September 9, 2024. Voice vote – all AYES.
Minutes approved.

ADDITIONS OR DELETIONS TO AGENDA

None.

PUBLIC INPUT

None.

NEW BUSINESS

a. Election of New Officers

- Chair Gardiner will be transitioning to Parks Commission in January.
- Decisions for new officers will be made in January.

The following was covered in discussion:

- Helpful to have when terms ends on minutes.
- Elected officials cannot serve as voting/officers on advisory committees

PRESENTATION: Oregon Older Adult Behavioral Health Initiative

Jennine Greenwell, Older Adult Behavioral Health Specialist with Jackson County Health & Human Services

The following was covered in discussion:

- In 2015, Oregon Health Authority established Older Adult Behavioral Intuitive, which funds and supports 23 specialists in 36 counties within Oregon
- By 2034, adults 65 and older will outnumber children under 18
- 76k older adults have Alzheimer's/Dementia
- Evaluated by PSU, which is responsible for the website where resources are located
- PSU and OHSU recently opened Oregon Center of Excellence for Behavioral Health and Aging and received a \$1 million grant from Oregon Health Authority to address the needs of aging residents
- Part of the collaboration is working with the 8 Senior Centers within Jackson County
- Greenwell attends monthly meetings, along with partners in the community, for behavioral support to connect to resources and assist complex cases
- Hosts a Fall Prevention Event every year, the most successful as of this year
- Will be hosting a Healthy Brain and Aging class at the Ashland Senior Center in early 2025
- Has been holding Age Café in Central Point for the past year, to stimulate social connection

STANDING REPORTS

a. APRC Liaison – Commissioner Bachman

- APRC meetings will be in person moving forward
- Welcome back Gardiner to Parks Commission
- Dr. Weiner was recently elected as new Parks Commissioner

b. City Council Liaison – Councilor Gina DuQuenne

- Council will be thanking Council Member Hyatt for her service
- Welcoming Council Member Doug Knauer
- Topic in Study Session will be discussion of demographics of homelessness, which for age 55+ are mostly women

c. Education Report – Senior Services Coordinator Shannon Holt

- November 25 will be Thanksgiving Pie with Ashland Fire Fighter Union
- December 20 Holiday Party
- Healthy Brain and Aging with Jennine Greenwell - 5 classes starting in February
- Social engagement class offered by Debra Johnson starting March
- New music partnership with Valley Duo, starting with a performance in April
- Teaming up with Rogue Community Health pharmacists for presentation on medication management
- JCLS will be moving to every other month due to staffing limitation, will reassess for summer 2025

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

Mettler highlighted the following in her Superintendent's report:

- Hosting SHIBA (Senior Health Insurance Benefit Assistants) more frequently for open enrollment
- Office Assistant DeSaram still continuing to offer UB customer service at Ashland Senior Center
- Coordinator Holt and Office Assistant DeSaram attended Vital Aging Conference in Medford on November 9
- Ashland Senior Center was recognized with Certificate of Appreciation from AARP Driver Safety for collaborating to host community classes

- Parks Director Houston added 2025 will be big push for strategic plan, which will include community surveys and focus groups to capture data to assess needs in the community

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

Livable Ashland Alliance:

- No updates

Noriko Toyokawa

- Toyokawa is teaching 3 different classes involving aging and/or intergenerational themes, at SOU

Next meeting – Monday, January 13, 2025 3:30-5:00pm in person

Adjournment – 4:54pm

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



ASHLAND PARKS & RECREATION COMMISSION

AGENDA ITEM

January 7, 2025

REQUESTED ACTION	Superintendent Report for ASAC
ACTION ☐	INFORMATION ☒

PROGRAMMING & SERVICES

- Special presentations and events since last report (11/12/24):
 - How to be Smokewise: DIY Class for Indoor Air Quality, presented by Sara Jones, Community Engagement Coordinator for the Ashland Forest Resiliency Project (11/18/24)
 - Firefighter Union Thanksgiving for Seniors, with pie and seasonal beverages donated and served by members of Ashland Firefighter Union Local 1269 (11/25/24)
 - Balance and Fall Prevention lecture, presented by Senior Services instructor Beth Morris (12/9/24)
 - Holiday Party for Seniors at Ashland Senior Center, sponsored by Village at Valley View and Rotary Club of Ashland (12/20/24)



- ACCESS Energy Assistance (12/27/24)

- Medication Matters: What Matters to You?, presented by Rogue Community Health Pharmacists (1/6/25)
- Coordinator Holt has been working with Senior Services instructor Risa Lewellyn to teach a new Beginner Line Dancing class, starting in January 2025 (Mondays, 11:30am-12:30pm, Grove Gym). This class is aimed at complete beginners who are not up to the level of the Line Dancing 1 and 2 classes.
- Ashland Senior Center will begin hosting staff from [HomeShare Oregon](#) on Tuesdays, 12-3pm, starting 11/26/24, to meet with potential homeowners and renters, and help seniors set up and use online accounts to connect with HomeShare Oregon services.
- The new Seniors Celebrating Creativity art show, from January-March 2025, features watercolor artists from the OLLI Watercolor Special Interest Group.



PARTNERSHIPS

- **Sponsors:** See above (Programming & Services) for recent event sponsors
 - Linette Stevens, the Senior Health Insurance Benefits Assistance (SHIBA) volunteer who is on-site weekly at Ashland Senior Center to help patrons navigate Medicare, donated winter hats she knitted for Ashland Senior Center patrons.
 - Staff met with pharmacists from Rogue Community Health (RCH) to plan for collaboration to provide services such as medication counseling to Ashland seniors. This collaboration began with a presentation on 1/6/25 (see "Programming & Services" above) and will continue with quarterly presentations.
 - Staff met with Dr. Noriko Toyokawa, Associate Professor of Psychology at SOU, to plan programming partnering her students with seniors and will host the first such activity at Ashland Senior Center on 2/13/25.



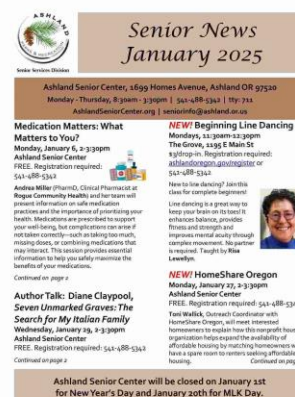
PATRONS

- Sharing touching messages from patron Christmas cards to Senior Services staff and volunteers:

- “To the staff and volunteers at the Senior Center: What joy and comfort you bring to us seniors. You take the edge off what is a difficult time for many. Old age is easier when we belong to something bigger than ourselves.”
- “I mean you no derision in the Senior Services Division, as you function with fabulous heart and great precision.”

PUBLIC AWARENESS

- **Senior News:** The December and January [Senior News](#) issues featured information about special events and highlighted selected ongoing activities. Both issues also offered information about relevant resources and services, such OHP housing benefits, Ashland library programs, free emergency dental care and financial assistance for glasses and hearing aids from the Southern Oregon Lions.



PREPARED BY:

Natalie Mettler