



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

Monday, May 13, 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 – January 8, 2024 and March 11, 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. Emergency Preparedness: Perspectives from a Life-long First Responder – Kelly Burns, City of Ashland Emergency Management Coordinator (30 minutes)
- VI. Standing Reports (25 min)
 - a. APCR Liaison (Bachman)
 - b. City Council Liaison (DuQuenne)
 - c. Education Report (Holt)
 - d. Senior Services Superintendent Report (Mettler)
- VII. Items from ASAC Members or Work Groups (15 min)
 - a. Livable Ashland Alliance update (Bellegia)
 - b. Other items from ASAC members? (All)
- VIII. Next Meeting: Monday, July 8, 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave
- IX. 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@ashland.or.us, 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@ashland.or.us, 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
January 8, 2024

Committee Members Present:

- Anne Bellegia
- Cori Frank
- Jim Bachman
- Mike Gardiner, Chair
- John Engelhardt
- Patty Winner
- Bob Kaplan
- Noriko Toyokawa

Staff Present:

- Natalie Mettler
- Leslie Eldridge
- Nancy Mero
- Shannon Holt

Committee Members Absent:

- Debra Johnson, Vice Chair

CALL TO ORDER

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

OPENING

Gardiner welcomed everyone to the meeting.

APPROVAL OF MINUTES

Engelhardt noted an additional correction needed on the September 11, 2023 minutes. Mettler will make the correction.

Motion: Gardiner/Bachman m/s to approve the minutes from November 13, 2023.

Voice vote – all AYES. Minutes approved.

ADDITIONS OR DELETIONS TO AGENDA

None

PUBLIC INPUT

None.

Mettler noted SSD Superintendent Glatt had retired and that Mettler is now Interim Senior Services Superintendent. Shannon Holt is stepping in as Interim Senior Services Coordinator. Mettler also introduced Nancy Mero, APRC's new Executive Assistant.

PRESENTATION: Community Volunteer Network (CVN: services and volunteer opportunities for seniors)

Cassie Rose, Executive Director of CVN, presented on CVN services and volunteer opportunities for seniors. See [presentation slides](#).

The following was covered in discussion:

- Unete was noted as one of CVN's partners. Does CVN have outreach materials/volunteers targeted specifically to the Spanish-speaking community?
Not many bilingual volunteers currently. Client demographic predominately white, volunteer demographic predominately white women. Work with Unete for translation of materials.

- Does PRS have other volunteer opportunities?
PRS has volunteer opportunities through the Rogue Valley Manor for residents. As a corporation, they don't specifically recruit/maintain volunteers.
- Do Call-A-Ride volunteer drivers stay at the site of the appointment?
Varies by volunteer preference and the length of the appointment. Volunteers do not accompany clients into appointments.
- What about volunteer driver's insurance?
Transporting clients is an added risk. CVN's insurance coverage comes secondary to volunteer driver's insurance and will cover liability if there is an accident.
- Does CVN pick up volunteers from other organizations?
There is an opportunity for networking/partnering but CVN wouldn't want to steal volunteers. CVN and Hearts for Seniors are hosting a networking event to bring together care providers and referral services together. This event will be on January 30, 8:30-9:30, at 1 West Main Street Medford. Goal of the meeting is to educate about appropriate referrals.
- Papa's Pals is another provider of free in-home help for seniors (like Hearts with a Mission). Maybe federally funded. Certain Medicare Advantage plans entitle people to a certain number of volunteer hours per month/year.
- Does CVN have outcome data for addressing volunteer effectiveness in reducing suicide/depression?
CVN uses other data as they don't have the money/resources to do the research studies. Individual volunteers report on the importance of their volunteering, which includes testimony such as "[volunteering is my] reason to get out of bed in the morning."
- OLLI is an excellent source for volunteers.
- Where is CVN located?
In the main PRS building in Medford at 1 W Main Street.

STANDING REPORTS

a. APRC Liaison Commissioner Bachman

One big item in front of the commission that will affect the Senior Center physically: the Daniel Meyer Pool (DMP). Commissioners reviewed the design for the pool presented to them in 2022. Not much needs to change. The pool's dimensions were already changed at the recommendation of the aquatic community. Wanting to "house" (cover) the pool (not in original design). Will be a new pool, not a repair or remodel. Location is pretty set. Ad Hoc community strongly recommended keeping it in the current location. Heating? Bachman would like to have it totally electric – just his opinion – to reduce carbon footprint. Must update the cost. The pool will be more expensive as design is now two years old.

The following was covered in discussion:

- Will the pool be closed completely when the new pool is started?
Yes. It is going to be in the same location.
- How long will it take?
Not known yet. Contractor's estimate is possibly 10 months to a year.

b. City Council Liaison Bob Kaplan

- Parks Department – closing hours and alcohol usage in the parks – both passed.
- Camping ordinance passed in December.

- Water treatment plant: City has been considering relocating the plant to a much safer location. Downside is the cost. Some of the funding might come from low-cost, long-term financing from federal government. Some will be from increased water rates for residents. Council is discussing making available lower rates for low-income households and keeping base rates low. Anyone receiving SNAP benefits would be eligible. Easier to sign up. This was discussed in a Study Session. A priority for Kaplan to have reasonable energy rates for people with low income.

The following was covered in discussion:

- Time frame for the new plant?
In the 90th percentile for completion. To be eligible for the low-cost funding, must have a financial plan in place. Might go out for bid in the spring.
- Is the Council checking with other municipalities to see how they handle energy discounts for people with low incomes?
Great idea!
- Is the location by lower Wonder Trail?
Yes, the old quarry area. Also happens to have fantastic solar resources – south-facing and often out of the fog. Plan includes having solar and battery backup.

c. Education Report – Interim Senior Services Coordinator Shannon Holt

Recreation and Senior Services Division have transitioned into a new system called SmartRec for registering people for classes, facility rentals, etc. Staff has been learning the system and assisting clients to learn as well.

Upcoming activities and events:

- Introduction to 19th Century Guitar Music on Wednesday, January 31st, 1pm
- Four-series class called Healthy Brain & Aging
- Continuing digital education partnership with the Jackson County Library Services, who will offer a seminar in March on Cybersecurity
- Personalized Strength and Balancing class with Beth Morris has added four classes to meet demand.
- 40 participants in Line Dancing today!

d. Senior Services Superintendent Report – Interim Senior Services Superintendent Natalie Mettler (Glatt authored the report)

- December holiday party was well attended.
- Charades had a small but lively group. Might try it again.
- New *Seniors Celebrating Creativity* art exhibit is up at the Senior Center. Curated by local artist and art teacher, Ruddy Havill. Havel
- Vaccination Clinics served 300 seniors with 459 shots of Flu and COVID-19 vaccine.
- Conversation Clusters, the story was picked up by local news outlets and OHA.

There are volunteer opportunities listed in the [Senior News January newsletter](#), including some for the CVN.

The following was covered in discussion:

- Will the Center remain closed on Fridays?
Yes, due to staffing limitations. Staff need a day for meetings, trainings, etc. while not serving the public. The Center is still open for Food and Friends lunches on Fridays.

- Are the benches still up from the Conversation Clusters?
Yes, the survey has closed but the benches remain.

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

a. **Livable Ashland Alliance Update** – Commissioner Anne Bellegia

- Sandy Theis is staying on the Steering Committee but retiring as co-chair, so Bellegia is looking for a replacement. Many people retiring/leaving the Steering Committee. May need to change the structure from a Steering Committee and to a Board.
- Moving ahead with the Health Action group. Also continuing to work on aging supports. Has a resource in the form of a student intern from the SOU Healthcare Administration Program. Bellegia will be her internship supervisor. The student may do a quantitative and qualitative report on aging services in Ashland. Toyokawa is working on options to place future students in internships.
- Both Bellegia and Toyokawa are on Healthcare Administration's Advisory Council which also includes Asante, Providence, Mercy Flights, La Clinica, and Valley Immediate Care. B would like to have input on how these entities are serving the senior demographic.

Comment:

- A person looking for a house-share situation in Ashland found it through [Silvernest](#). The person has already found the Senior Center. Co-housing is a foreign concept for people, they need to hear about experiences to consider it. Could be a great thing for seniors for company and/or income.

b. **Other Items from Advisory Committee Members.**

- Engelhardt reported that AARP Tax Aide will be starting free tax preparation assistance in lower level of Stevenson Union at Sou beginning in February. Will create/post flyers. This service is available for all ages. Mettler asked Engelhardt to send her the information as soon as they have it so she can include it in the upcoming [Senior News](#) newsletter.

Mettler mentioned that 2024 ASAC meetings will alternate between being in-person and on Zoom.

Next meeting – Monday March 11, 3:30-5:00pm, at Ashland Senior Center, 1699 Homes Ave

Adjournment –4:50pm

Respectfully submitted by Nancy Mero, Executive Assistant, Ashland Parks and Recreation Commission

City of Ashland
ASHLAND PARKS AND RECREATION COMMISSION (APRC)
ASHLAND SENIOR ADVISORY COMMITTEE (ASAC)
Meeting Minutes
March 11, 2024

Committee Members Present:

- Cori Frank
- Jim Bachman
- John Engelhardt
- Mike Gardiner, Chair
- Noriko Toyokawa

Staff Present:

- Leslie Eldridge
- Natalie Mettler
- Shannon Holt

Committee Members Absent:

- Anne Bellegia
- Debra Johnson, Vice Chair
- Gina DuQuenne
- Patty Winner

CALL TO ORDER

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

OPENING

Gardiner welcomed everyone to the meeting.

APPROVAL OF MINUTES

Minutes not approved due to lack of quorum.

ADDITIONS OR DELETIONS TO AGENDA

None.

PUBLIC INPUT

None.

PRESENTATION: Ashland At Home: Update on status and services

Katharine Danner, President of Ashland At Home Board of Directors.

The following was covered in discussion:

- Ashland At Home was started in 2012 to help the aging community live independently at home.
- Due to the pandemic, Ashland At Home had to take a hiatus until they reopened in July of 2023, at which time they were serving 75 members with 50 volunteers.
- Ashland At Home is a non-profit that is part of Village to Village Network that started in Boston in 2000.
- Mission is to support and engage members so they can thrive as they age in their homes.
- Volunteers do the kind of services that you would ask a good friend or neighbor to do on an episodic basis. The volunteers do not do any in-home care.
- Volunteers go through background and driving checks.
- 50% of the service requests are for transportation.
- There is a special need box to check if members need extra help, such as a ride to the airport.
- Hope and focus are to get more engagement of members.

- There is no minimum of hours that need to be served. There is a list that is sent out each morning from which volunteers can pick tasks.
- There was a membership support fund before the pandemic when the annual fee was \$600 for a 2-person household and \$500 for a 1-person household; fee is now \$300 for 1- or 2-person household. Currently there is no membership support fund.
- Ashland At Home is redoing their website and working on an outreach program.
- Service area covers Ashland and Talent and currently there are 45 members, 38 volunteers and 5 members who are also volunteers.
- New database tracks member needs.
- Can cover a couple of hours of caregiver respite.
- Regarding unmet needs, there have only been 5 requests that could not be filled; if a request is unfilled, volunteers are reminded.
- Intern assistance for upcoming survey; also projects that bring together intergenerational groups.
- Often refer to ADRC if need is not a good fit for Ashland At Home. Biggest goal is to make it easier for people to ask for help.
- Members can coordinate group outings through website.
- Word of mouth is most common way people become members.
- Ashland At Home is hoping to reach 150 members and 150 volunteers.
- Hope to expand base with more outreach, also with updating website and communications.
- Members do not need to be tech savvy to access services.

STANDING REPORTS

a. **APRC Liaison Commissioner Bachman**

Several projects on the horizon - short term challenge is that Eldridge is still Interim Director; job posting for permanent Director position was approved last week. Daniel Meyer pool project will not be breaking ground anytime soon, perhaps by the summer of 2025. East Main Park will have a pump track, food forest, garden and playground. It will be another outdoor space for the community. Might be started by the end of this summer 2024.

The following was covered in discussion:

- Eldridge reported that APRC has applied for grant funding for E Main Park pump track and Hunter tennis courts rehabilitation from.
- Eldridge announced that Mettler will be moving into the permanent position of Senior Services Superintendent
- East Main Park project: there is a webpage that outlines the 4-5 years of planning, project funding and phases.
- The bike pump track is the most expensive piece of the East Main Park project.
- Oregon State Parks has annual grants cycles, there is currently \$30 million from the lottery fund. Eldridge believes APRC has a good chance of being funded from these grants. Eldridge also mentioned that the rehabilitation of Hunter Park tennis courts has also been submitted for this grant funding.
- Frank would like to see more pickleball courts and dedicated funding to fix the broken courts in Lithia Park.
- Eldridge would like to meet with the pickleball association to identify possible areas to put more courts.

b. City Council Liaison Gina DuQuenne

Not present.

c. Education Report – Interim Senior Services Coordinator Shannon Holt

Senior Services classes are all almost full.

Upcoming activities and events:

- Summer Cookout with Ashland Police Department
- Ongoing Jackson County Library Services (JCLS) tech basics classes and adding a one-time class to help navigate apps and websites.
- Personalized Strength and Balance class with Beth Morris has added 2 more sessions due to demand.

The following was covered in discussion:

- Eldridge notified that Senior Services has exceeded its goal in bringing in projected revenue.
- Some Senior Services classes have a small fee but many, and all services, are free.

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

- Update on Conversation Clusters, specifically stacking chairs in Lithia Park: These have now been removed due to impact on Parks Staff; the benches in Garfield and Glenwood Parks will remain. [In-meeting material added showing end-of-second quarter statistics](#). These were high, primarily due to the vaccine clinic in October-November 2023, but also seeing steady increased engagement. Senior Center is still closed to public on Fridays due to reduced staffing.

The following was covered in discussion:

- While closed on Fridays, do the phones go to voicemail?
Yes, unless one of the staff's direct numbers is called, phones go to voicemail.

ITEMS FROM ASAC MEMBERS OR WORK GROUPS

Livable Ashland Alliance: Mettler mentioned that some critical members of steering committee have left and the Alliance is currently trying to decide how to regroup.

b. Other Items from Advisory Committee Members.

- Eldridge explained that a pump track is a series of concentric loops made out of concrete with obstacles to navigate through on a bicycle.
- Eldridge also reported that State legislators have revised recreational liability. Waiting to hear what the outcome will be.

Next meeting – Monday, May 13th, 3:30-5:00pm on Zoom.

Adjournment – 5pm

Respectfully submitted by Shannon Holt, Interim 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

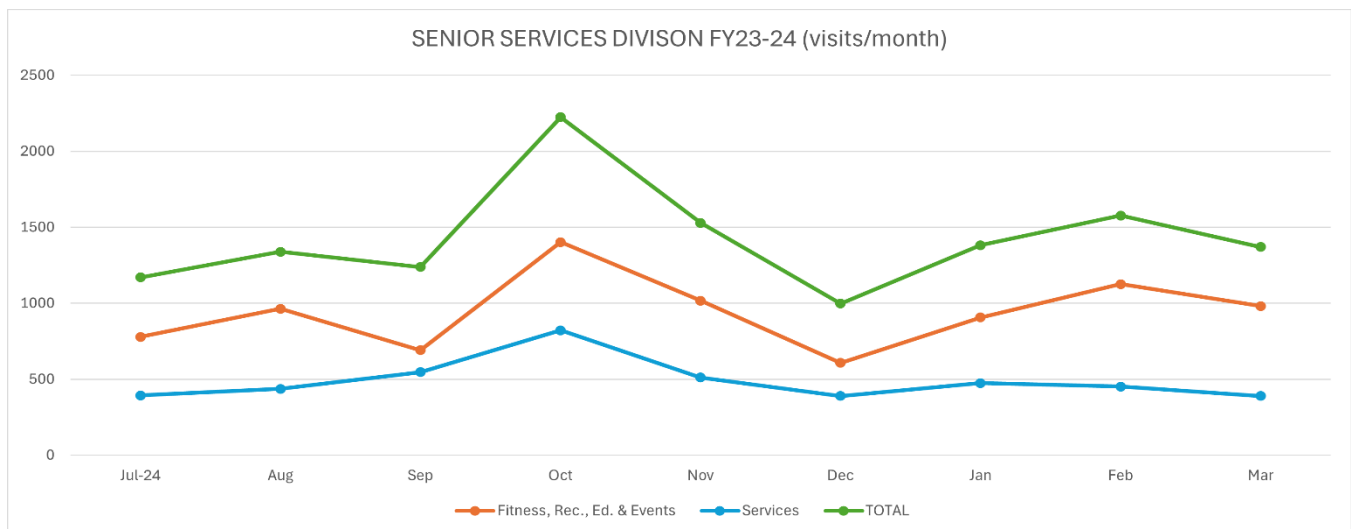
541.488.5340
AshlandParksandRec.org
parksinfo@ashland.or.us

STAFF MEMORANDUM

TO: Ashland Senior Advisory Committee (ASAC)
FROM: Natalie Mettler, Senior Services Superintendent
DATE: May 13, 2024
SUBJECT: Superintendent's Report to ASAC

PROGRAMMING & SERVICES

- **Service statistics** for the third quarter of FY 2023-24 show continued high participation, leveling off after holiday dips and swells. The monthly average for all visits, activities, and services is currently 1194/month.



- Thanks to the Britt Education and Engagement Program, Ashland Senior Services division is able to offer 50 free tickets for seniors to see the Britt Festival Orchestra concert "Beethoven, Tchaikovsky & Geneva Lewis" on June 15.
- Starting in April, instructor Beth Morris added Thursday/Saturday sessions of her Personalized Strength & Balance Training for older adults (she already teaches Monday/Thursday sessions at Ashland Senior Center).

- Starting in May, ASAC member and volunteer, Debra Johnson, will once again offer appointments for Advanced Directive Assistance at Ashland Senior Center.
- Over 60 seniors enjoyed a beautiful free concert on 5/1/24, featuring Dragos Ilie playing Romanian classical guitar, thanks to the Senior Services Division partnership with the Guitar Society of Southern Oregon.



PARTNERSHIPS

- **Sponsors:** Staff met with potential new sponsors Farmington Square Memory Care and Prestige Senior Living Arbor Place.
- **Partners:** SHIBA (Senior Health Insurance Benefits Assistance) is once again able to provide a volunteer for on-site consultations about Medicare at Ashland Senior Center. The new volunteer, Linette Stevens, began on 4/9/24. She is available, by appointment, on Tuesdays. It is very helpful to Ashland residents to be able to access SHIBA services without having to drive to Medford. There had not been a SHIBA volunteer on-site since the COVID-19 pandemic began.

VULNERABLE SENIORS

- The majority of service requests, beyond those for simple information, are coalescing around housing, caregiving and support for those with cognitive or physical health issues. These are typically for seniors who live alone. Requests often come from adult children and friends (who may live out of the area), neighbors, and even business operators (calling about clients).

ADVOCACY

- Mettler has joined the RVBAT (Rogue Valley Broadband Access Team), which is housed under RVCOG (Rogue Valley Council of Governments). RVBAT's mission is to promote digital equity in the Rogue Valley. Mettler intends to learn more about the planning and work involved, and continue to advocate for older adults, particularly in terms of digital access and literacy.

- Mettler participated in second-round interviews for the hiring of the RVCOG Senior and Disability Services Director.

BUDGET/FACILITIES

- Age+ provided an additional \$400, as reimbursement for refreshments provided at the vaccination clinics last fall.
- Ashland Senior Center now has a portable electric wheelchair charger, courtesy of United Way. This is a pilot program that is starting in Southern Oregon with the goal of reaching communities across the globe. See participating locations at wheelchairchargingoregon.com.

VOLUNTEERS

- New digital device tutor Kimberly Fischer started on 4/22/24. Senior Services now has three digital device tutors offering weekly, hour-long appointments that are in great demand.
- ASAC members, along with Senior Services instructors and volunteers, are invited to attend the annual Volunteer & Instructor Appreciation Tea on 5/17/24, 2-3:30pm, at Ashland Senior Center. We hope to see you there!



STAFF/TRAINING

- Interim APRC Director Eldridge and Mettler are working with City HR to promote Interim Senior Services Coordinator Holt into that role permanently, following a successful performance review and evaluation.
- Staff have been training and are working on transitioning Senior Services Division webpages to the new City website, scheduled to go live on 5/22/24.
- Senior Services is collaborating with Utility Billing (UB) to provide additional customer service to older customers. UB will cover temporary office assistant Cheryl DeSaram's additional hours, on Mondays and Wednesdays 9am-1pm, to assist older customers in paying their utility bills online, at Ashland Senior Center, by appointment. The planned start date for this service is 5/13/24.
- Staff are exploring financial options to be able to retain temporary office assistant DeSaram's beyond June 30, the date to which her hiring had been budgeted (using remaining funds from the Fall 2023 vaccination clinics).
- **Staff training:** DeSaram attended Oregon Older Adult Behavioral Health Initiative's (OABHI) 2-hour virtual training "Working with Depressed and Deactivated Older Adults" on 5/1/24 and Holt attended OABHI/Department of Justice Consumer Protection's 2-hour in-person training "Fraud & Scam Prevention" on 5/8/24.

PUBLIC AWARENESS

- **Senior News:** The April and May [Senior News](#) issues featured information about special educational events and highlighted spring park walks, as well as information about onsite services for assistance with Advanced Directives, Ashland's Community Connect Program and Medicare (SHIBA).
- On 3/14/24, SSD staff met briefly with Oregon Attorney General Ellen Rosenblum, who was in the area for another event. AG Rosenblum brought information to post and share about her office's programs on Consumer Protection and Hate/Bias crimes.
- Senior Services instructor Beth Morris was featured in the April *Sneak Preview* (interview, next page) and the May *Locals Guide* (article, this page), to promote her Strength & Balance classes at Ashland Senior Center.

Ashland Senior Center



Bend Our Aging Curve

By Beth Morris

Ah, the fascinating phenomenon known as the aging curve – a journey through time marked by physiological changes that affect our physical abilities. As we traverse this road over the years, our bodies undergo a series of transformations, each playing a significant role in our overall health and functionality. Some of these changes we can affect, and some are genetically hardwired. Let's explore these factors and how to address them.

Take **muscle mass**, for instance – a cornerstone of physical strength and vitality. With age, there is a gradual decline in muscle and strength, also known as sarcopenia. Starting around the age of 30, we can lose as much as 5% of our muscle mass every decade. This loss of muscle tissue can have profound implications for independence and quality of life, as we gradually lose the strength required to do things like lift objects, open jars, get out of a chair, walk upstairs, or avoid falling when we lose our balance.

Around midlife, the accumulation of **adipose tissue (fat)**, particularly around the midsection, combined with the decline in strength and flexibility, creates a cycle of decreased mobility, which in turn can lead to more weight gain, lower activity levels, and lower muscle tone – a vicious cycle.

But the good news is that it's never too late to intervene in life's trajectory. Research shows that engaging in **targeted exercises aimed at improving muscle mass, mobility, weight, bone density, and balance** can mitigate the effects of aging on physical function. And, for older adults who participate in strength and stability training, studies have shown that they can greatly reduce their chance of falls and loss of independence.

So what kind of exercise are we talking about? Strength training exercises involve lifting weights or using resistance bands to increase muscle strength and power. Focusing on exercises that improve flexibility and proprioception – our body's awareness of its position in space – can further enhance our ability to move gracefully and maintain balance, reducing the risk of falls and other injuries.

A tailored workout program that addresses individual needs and goals is one of the best tools at our disposal. This approach helps us avoid injury and receive progressions or modifications when needed. Whether it's building strength, improving flexibility, or enhancing balance, a personalized approach to fitness can empower us to defy the constraints of age and bend the aging curve in our favor.

Beth Morris is a certified personal trainer who specializes in working with older adults. As a Functional Aging Specialist, her personalized, small-group strength and stability classes at the Ashland Senior Center are aimed at building muscle, increasing bone density, restoring balance, and enhancing mobility and cognitive function.

Profile

Birthplace: California

Marital status: Married; 2 kids

Title: Personal Trainer at Ashland Parks & Rec's Senior Services Division

Tell us something about your organization and/or your job: The Senior Services Division enhances the lives of seniors by promoting healthy aging, well-being, dignity and independence. We empower older adults as valued, contributing members of the community and together advocate for the diverse needs of the seniors and their families throughout Ashland. The Division offers many services and a variety of free or low-cost recreation, fitness, social and education opportunities at the Senior Center and other locations. Learn more at ashlandseniorservices.org. I'm a Certified Personal Trainer, Functional Aging Specialist, and also certified in nutrition and balance training. I teach small, affordable, personalized fitness classes to adults (of all levels) at the Senior Center. These small groups also have a lot of fun! Each participant receives personal attention and several 1:1 check-ins to review goals and progress.

How long have you lived in Ashland? We moved here in 2011

Favorite movie: *Howard's End*

Favorite play: *Arcadia*

Favorite actor: Barry Keoghan

Favorite actress: Viola Davis

Favorite TV show: *Succession*

Favorite radio station: JPR

Favorite book of all time: *Built From Broken: A Science-based Guide to Healing Painful Joints* (serious page turner!)

What book are you currently reading? *Outlive*, by Peter Attia

Favorite magazine: *The New Yorker*

If you could have dinner with one person from the past, who would it be? My great-grandmother, Kizzy Funk, who was still farming into her late 90s

Favorite pet of all time: My cat, Cozette

Other than friends and family, what person do you admire the most? I admire many people for qualities I don't possess: the ability to tell a good story or play any instrument really well.

Beth Morris



What's the first thing you turn to when you read a daily newspaper?

Local news

Favorite part of the Sneak Preview:

Theater, arts, & music

Favorite hobbies: Lifting heavy stuff, pickleball, plant-based cooking

Favorite kind of music: Acoustic (any)

Favorite Beatle and/or Beatle song: George; "Norwegian Wood"

Favorite local restaurants: Sauce, Pangea, Vida (for their gluten-free options)

What would you do if you won \$10 million in the lottery? Launch a nonprofit focused on aging in place, community, and fitness/nutrition.

What is the most important thing you learned as a child? Peanut butter and mayonnaise sandwiches on Wonderbread are delicious. And, learn from your mistakes.

What person or event had the biggest impact on your life? My own personal trainer: a guy almost half my age, who inspired and trained me to do what I do now.

Proudest achievement: Doing a pullup for the first time, which is tied for first place with my kids (sorry, kids)

Favorite thing about Ashland: The wonderful and friendly people you meet on the amazing trails!