

Adopt a Neighbor Ashland



During the COVID-19 pandemic, everyone must stay home as much as possible—but for people over 60 or with underlying health conditions, even going shopping is too risky. The new **Adopt a Neighbor Ashland** program is linking healthy volunteers under 60 with their at-risk neighbors to help with shopping and errands. To request assistance, visit adoptneighbor.org. If you don't have internet access, call **541-552-2500**.

Senior Phone Buddy

Social connection is important for all people, and perhaps even more so for older adults and people who live alone. Let's stay connected during this time of physical distancing!

If you are an Ashland or Talent senior who would enjoy more (virtual) company, Ashland Senior Services Division can help. Our new, free **Senior Phone Buddy** program matches seniors for daily check-ins and socializing.



Senior Services Division

For questions or to sign up, contact
Ashland Senior Center at
541-488-5342 or
seniorinfo@ashland.or.us.

