

***Yes, I'm interested in learning more about being a member of the Senior Advisory Council!***

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (C) \_\_\_\_\_

Email \_\_\_\_\_

***For more information or to request an application, please contact:***

Sue Casavan  
Outreach Specialist  
SDS RVCOG  
P.O. Box 3275  
155 North First Street  
Central Point, OR 97502  
541-423-1367  
scasavan@rvcog.org

**Call  
541-423-1367**

### ***What is the time commitment?***

Total time spent includes an initial 6-8 hours in program orientation and 4-6 hours per month in Senior Advisory Council activities and Standing Committee meetings. Members serve for three years, and may choose to continue for an additional three-year term.

### ***Is reimbursement available?***

Mileage and pre-approved expense reimbursement are available.

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### ***What is SDS RVCOG?***

The **Rogue Valley Council of Governments (RVCOG)** is a voluntary association of local governments in Jackson and Josephine counties. Through its **Senior and Disability Services (SDS)**, it assists seniors and adults with disabilities. As the Area Agency on Aging and Disabilities for this district, the RVCOG has developed a network of services to help seniors and adults with disabilities live with dignity and independence.

***Be an Advocate for Seniors...***

***Help Seniors Live with Dignity and Independence...***

***Join the RVCOG Senior Advisory Council!***



**SENIOR & DISABILITY SERVICES**

**A Department of RVCOG**

## ***What does the Senior Advisory Council (SAC) do?***

- Advises the Rogue Valley Council of Governments Senior and Disability Services in providing programs such as:
  - Food & Friends Senior Meals program
  - Information & assistance
  - Legal services
  - Transportation
  - Respite
  - Case management
  - Medication management
  - Family caregiver services
  - Health promotion.
- Is an advocate and source of information for Jackson and Josephine County seniors.
- Advises and assists with new program development and service implementation to meet the needs of seniors.
- Discusses key issues and emerging trends affecting seniors.

## ***Advisory Council Members and Staff***

### ***Who is eligible to serve?***

Members come from various backgrounds, experiences and skills—be an advocate and make a difference for seniors in Josephine and Jackson Counties.

Council members have the satisfaction of knowing that their involvement results in better services, timely information, and increased resources. In addition, they meet and work with other committed advocates from throughout the Rogue Valley.

## ***What are the expectations for Council members?***

To attend and actively participate in monthly Council meetings. To serve on at least one of the Council's Standing Committees, which are:

### **Advocacy:**

Provides advocacy on aging issues at the local, county, state and national levels.

### **Outcomes & Evaluation:**

Develops key measures to assess outcomes of RVCOG programs and services.

### **Nutrition Advisory Committee:**

Reviews Food & Friends Program outcomes, including surveys of clients and volunteers.

### **Communications & Outreach:**

Increases visibility of programs in the community; solicits ideas for additional services, partnerships and funding sources.