

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:

SDS RVCOG
P.O. Box 3275
155 North First Street
Central Point, OR 97502
541-423-1384
bvarble@rvcog.org

**Call
541-423-1384**

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.

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!



What does the Senior Advisory Council (SAC) do?

- Advises the Rogue Valley Council of Governments Senior and Disability Services in providing programs such as:
 - Aging and Disability Resource Connection (ADRC) services
 - Family caregiver services
 - Health promotion
 - Homecare and personal care services
 - In-home outreach services
 - Legal services
 - Food and Friends meals program
 - Respite
 - Service coordination
 - Transportation
- Advocates with local, state and national elected representatives on behalf of Jackson and Josephine County seniors.
- Advises and assists with new program development and service implementation to meet the needs of seniors.
- Explores impact of key issues and emerging trends affecting seniors.
- Promotes quality community-based care.



Advisory Council Members and Staff

Who is eligible to serve?

Members come from various backgrounds, experiences and skills. They are committed to advocacy and making 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:

- **ADRC Advisory Committee:** Advises the ADRC on the needs of area seniors and people with disabilities.
- **Advocacy Committee:** Provides advocacy on aging issues at the local, county, state and national levels.
- **Communications & Outreach Committee:** Increases visibility of programs in the community; solicits ideas for additional services, partnerships and funding sources.
- **Home and Community-Based Care Committee:**
 - Identifies issues related to home and community-based care and makes recommendation for Senior Advisory Council advocacy and action.
- **Nutrition Advisory Committee:** Reviews Food and Friends Meals Program outcomes, including surveys of clients and volunteers.
- **Support Services Committee:** Monitors RVCOG programs and services.