



## Be an Advocate for Seniors — Join the RVCOG Senior Advisory Council!

The Senior Advisory Council is seeking new members who want to be a voice for seniors in Jackson and Josephine Counties. Members come with various backgrounds, experiences and skills—help be an advocate to make a difference for seniors living in these counties. The Council advises the Rogue Valley Council of Governments Senior and Disability Services in providing programs funded by the Older Americans Act. Services include the Food & Friends Senior Meals program, information & assistance, legal services, transportation, respite, case management, medication management, family caregiver services, and health promotion. The Council also assists with new program development to meet emerging needs.

***Expectations for Council members:*** Participate actively in monthly Council meetings and serve on at least one of the Council's Standing Committees:

**Advocacy:** Provides advocacy in support of aging and disability 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:** Advises Food & Friends Program, including outcomes and surveys of clients and volunteers.

**Communications and Outreach:** Increases visibility of senior programs in the community; solicits ideas for additional services, partnerships and funding sources.

Time commitment includes an initial 6-8 hours in program orientation and 4-6 hours per month in Council meetings. Members serve for three years and may choose to continue for an additional three-year term. Mileage and pre-approved expense reimbursement are available.

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

Sue Casavan, Outreach Specialist

Senior and Disability Services, RVCOG

P.O. Box 3275, 155 North First Street, Central Point, OR 97502

**Call 541-423-1367**

*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.*