



Tune in for show on aging

By Ellen Waldman

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It used to be that lots of folks listened to the radio. In fact, most of us remember events from our adolescence by hearing certain songs that played relentlessly in those years.

Well, it turns out that lots of folks still listen to the radio right here in Ashland. In fact, Ashland even has its own independent radio station, KSKQ.

Much of what a listener hears on KSKQ cannot be heard on any other station in the valley. It is one of only three independent stations in Jackson County. People can listen in at 89.5 FM, 94.1 FM and www.kskq.org.

They have one program that might be of particular interest to you called, Age of Adventure: the Positive Side of Growing Older. This is a monthly radio show that highlights just that: positive topics related to growing older. It's produced by Connie Saldana (connie.saldana@kskq.org) and co-hosted by Mary Sinclair. It's sponsored by AARP Oregon and runs from 6-7 p.m. on the fourth Sunday of every month.

I spoke with Saldana who told me that the topics they explore are wide-ranging. Some are scientific, for instance, information about the brain. Some offer tips for people on ways to make health, retirement or other areas of aging better or more interesting. Some provide resources about local nonprofits or government programs that people might want to access or just know more about. Each Age of Adventure show is also archived on archive.org.

Here is a sample of some people they interviewed and the topics they explored: a palliative care nurse on this option for care; fitness tips from a local author and fitness consultant; the importance of thinking about and even planning for one's end-of-life preferences; poverty and affordable housing; tips for serving on nonprofit boards; learning music once you retire; the True Adventure series on world traveling; the community preparedness coordinator for the City of Ashland, and the city's Community Emergency Response Team (CERT). With one show a month, and two years of archived shows, there is a large variety of fascinating topics which share the experience and wisdom of others through engaging interviews. Check out the archives for more.

KSKQ volunteers also offer a seven-week course at OLLI, called "Hands-On Radio." Saldana teaches two sessions on how to create your own radio show. One of these is at the radio station where participants create their own 10-minute mini broadcast in the genre of their choosing. You need to be an OLLI member to register for the class.

Anyone have something they want to share via radio with the community? Here's a great opportunity to do just that. The radio class started from 3:30 to 5 p.m. Wednesday, April 3, but it's not too late to register. In fact, late registration can happen up to the second week of class. Here's the link: sou.edu/olli.

Here's a bit of info about these co-hosts. Saldana is a volunteer, the treasurer of the board and chair of the management committee at KSKQ. She also wears the hat of a senior and disability specialist at the Rogue Valley Council of Governments for the past 25 years. She's a Certified Aging-in-Place Specialist (CAPS) and had a real hand in creating the Lifelong Housing Certification program for our state. Sinclair arrived in the Rogue Valley in 2007 and immediately got involved in the community through the Audubon Society, League of Women Voters, Disaster Registry (where she met Connie), and is currently on the La Clinica board.

Want to try listening to radio again? Just in case you wanted to hear my voice, this link will allow you to access a recent interview that Sinclair conducted with me on the topic of what is an Aging Life Care Manager: <https://archive.org/details/29190324AgeOfAdventure>.

Here are some parting words from Saldana: "We expect the audience for Age of Adventure will include any curious person who finds her or himself, or a loved one, experiencing the joys and trials of aging".

Postscript: If you read my last column on the difficulties of finding appropriate placement for my two clients with challenging behaviors, here's the resolution. The one in memory care has moved to another memory care facility in Sutherlin. The resident who was in assisted living is now in an adult foster care home, with an additional paid caregiver. This seems to be working for now, and we're hoping for the best.