

ROGUE VALLEY



COUNCIL OF GOVERNMENTS

Food & Friends Menu

FRIDAY – NOV. 18
BEEF PATTY
W/ COUNTRY GRAVY
MONDAY – NOV. 21
CHICKEN TETRAZZINI
WEDNESDAY - NOV. 23
ROAST TURKEY
W/ CRANBERRY SAUCE

If you need meals delivered please call 541-955-8839.

SENIOR SPOTLIGHT

Sponsored by the Rogue Valley Council of Governments

Meals on Wheels
Food & Friends delivers hot, nutritious meals Mondays, Wednesdays and Fridays, between approximately 10 a.m. and 12 p.m. in most areas in Cave Junction and surrounding areas. Frozen meals are also available for use on Tuesday and Thursdays or the weekend if needed. Meals are delivered to eligible home-bound seniors by friendly volunteers. For many of our seniors, this is their only social contact each day and their only whole meal of the day.
Eligibility for Meals on Wheels:
· Age 60 years or older, or the spouse of someone age 60 or older.
· Homebound due to illness, injury or disability.
· Meal delivery is needed for at least two weeks.
· Younger adults with disabilities who are on Medicaid should contact their case manager.
· Please call our office with any questions regarding Older Americans Act (OAA) eligibility.
Cave Junction dining location:
Josephine County Bldg.
102 S. Redwood Highway
Mondays, Wednesdays and Fridays

Cost:
Seniors age 60 and older are asked to donate what they can comfortably afford towards the cost of their meals. No senior will be refused a meal due to lack of ability to donate. A donation of \$2.75 per meal is suggested.
· Those who are receiving Senior Services may qualify to have meals delivered at no cost.
· People under age 60 who eat lunch at the Senior Dining Site who do not qualify for a subsidized meal are asked to pay \$6.75, the full cost of their meal.
Call 541-955-8839 for questions.

Sponsored by I.V. Wellness Resources

Caregiver Interviews
If you are a subscriber of Jefferson Public Radio (JPR), you may have read the article in the Nov./Dec. edition of the Jefferson Journal titled “Behind Closed Doors: A Closer Look at In-Home Senior Care” by Ashland-based investigative journalist, Jennifer Margulis, Ph.D. The article speaks to the unethical practices of some in-home care agencies that do not provide safeguards to keep seniors safe in their own homes. Oregon does provide such safeguards, but per Adult Protective Services, reports of abuse are increasing. With consent of JPR, “Tips For Keeping Older Adults Safer At Home” are provided. These tips come from Cheri Elson-Sperber, attorney and owner of Gray Matters Consulting in Ashland.
1) Get referrals and references: Wheth-

er you’re finding care through a placement agency or privately, word of mouth is key. Ask your doctor, lawyer, financial advisor, friends, community members, and past clients for recommendations.
2) Interview the agency: It’s imperative to find an agency with good hiring and supervision practices. Ask them how they recruit, screen, train, and supervise caregivers, how they match caregivers with families, what their policy is on providing substitutes, and what they do if it’s not a good fit.
3) Insist on sobriety: Drug problems are common among people who work with older adults; easy access to clients medication can make things worse. Require any caregivers to be drug and alcohol free.
4) Trust your instincts: If a caregiver makes you or a family member feel uneasy,

insist on someone else.
5) Maintain constant communication: Modern technology makes being in touch from afar easier. Elson-Sperber suggests asking for updates, including photos, by email or text throughout the day. If you are close by, check in verbally at the beginning and end of each aide’s shift for details about the day’s events. If you’re far away, consider a nanny cam.
6) Make unexpected visits: When you stop by to check on caregivers unexpectedly, you find out exactly what is going on. Illinois Valley Wellness Resources offers an RN with advanced, certified training in the needs of Seniors to assist you with caregiver interviews at no cost, call (541) 415-0465. Decisions to hire remain your own. For comments you can go to www.iwellnessresources@gmail.com.


Illinois Valley Wellness Resources

Senior Bulletin

HOME SAFETY EVALUATIONS
Call Pat Jenkins, RN, MSN with I.V. Wellness Resources for a low cost evaluation at 541-415-0465.

MEDITATION
Mindful Meditation class provided at Healthy U, 535 River St. 541-592-4888 Monday, Nov. 21 from 4:30 - 5:30, Class by donation.

FREE for Seniors
If you are a senior and want to place a FREE AD for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.

Church News

Seventh-day Adventist Church

Why do bad things happen to good people?
This is a question that we all have at one time or another. The book of Job in the Bible answers this question.
Job was a good man who lived before the time of Moses. He had seven sons and three daughters. He was a wealthy man owning a lot of live stock. *Job 1:1-3*
Then it is as if a curtain is pulled back and we see a scene that took place in heaven. “Now there was a day when the sons of God came to present themselves before the Lord, and Satan came also. And the Lord said to Satan, where did you come from? Satan answered the earth. Have you considered my servant Job, that there is none like him in the earth, a perfect and upright man, one that fears God and shuns evil?” *Job 1:6-8*
Then to paraphrase Satan said, sure he acts good, you have put a hedge of protection around him. However if You remove your protection and your blessings from him, he will curse you to your face. Then basically the Lord told Satan that

he could test Job’s faithfulness, but don’t Touch his person. Then Satan went out and in one day Job lost all of his possessions, and worst of all he lost all of his children when a “great wind” hit the house where they were.
Job’s reaction was amazing. As he was grieving he worshipped saying “Naked came I out of my mother’s womb, the Lord gave, and the Lord has taken Away, blessed be the name of the Lord. In all this Job didn’t sin or charge God foolishly.” *Job 1:21,22*
Then there was another meeting in heaven where God was mentioning how faithful his servant Job had been even under this terrible testing time. You can read it in chapter 2:4,5
Satan answered if you let me touch his body, then he will curse you to your face. So the Lord gave him permission to test Job again, but save his life. As soon as Satan left God’s presence he smote Job with painful boils all over his body. In all of this Job did not sin with his lips.

This story reveals the great cosmic conflict going on between our loving god and evil Satan. It provides a powerful template to help us understand the Bible as it explains the sad story of sin and suffering on earth.
This story also shows the true character of our wicked enemy Satan whose mission it is to destroy us and our happiness. Another place where Satan’s true purpose and character were revealed was when he inspired men to crucify torture and kill our wonderful Jesus on the cross.
At the end of Job’s story he recovered from his painful condition, and the Lord blessed him more than his beginning. He had seven more sons and three very beautiful daughters.
Jesus said, “He who endures to the end will be saved.” *Matthew 24:13* Job is a good example of faithfulness in adversity. With God’s help we can pass our tests as well.

Community Bible Church

Daylight Savings Time
Ephesians 5:15-16 (NKJV) 15 See then that you walk circumspectly, not as fools but as wise, 16 redeeming the time, because the days are evil.
I am not a big fan of our annual time changes – particularly our springtime advance where we lose an hour. It’s just so hard to adjust to the change. Time is a commodity of limited supply. In each day we are given 24 hours, which equals 1440 minutes, which equals 86,400 seconds. If you are somewhere in the area of the average human being, in the next 24 hours your heart will beat 103,689 times; your blood will travel 168,000,000 miles; you will breathe 23,040 times; you will eat around 4 pounds of food; you’ll drink 2.9 quarts of water; you will move 750 muscles – but life is far more than these statistics as related here.
Time is a valuable commodity that should not be wasted, but invested. There are so many time-wasters in this life: things that consume our lives and give us no return at all – and in fact can be very detrimental to us. An unknown author has written the following, “If you had a bank that credited your account each morning with \$86,400.00, that carried over no balance from day to day, allowed you to keep no cash in your account, and every evening

cancelled whatever part of the amount you had failed to use during the day, what would you do? Draw out every cent, of course!
Well you have such a bank, and its name is “TIME”.
Every morning it credits you with 86,400 seconds. Every night it rules off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balances. It allows no overdrafts. Each day it opens a new account with you. Each night it burns the records of the day. If you fail to use the day’s deposits the loss is yours. There is no going back. There is no drawing against the “TOMORROW”. You must live in the present – on today’s deposits. Invest it so as to get from it the utmost in health, happiness, and success!
One of the things that impresses me and at the same time weighs upon me is how quickly the years have flown by. Who is that person who stares at me from the mirror, and how did my children get to be adults? Listen, when your life is done, it’s done and there are no “do-overs” of this life. Maybe while you are thinking about your life you should take some time to consider what lies at its end. Hope to see you Sunday.
In Christ,
Pastor Dave

Ministry at CBC

Sunday
Morning Worship 10:30 a.m.
Praise and Prayer 6 p.m.

Community Christian Academy
Preschool – 12th grade

Senior Exercise Class
Monday, Wednesday, & Friday
9-10 a.m. in Dining Room

Places of Worship

BRIDGEVIEW COMMUNITY CHURCH
5181 Holland Loop Rd., CJ
541-592-3923
“Come Join the Worship!”
Sunday Worship 10:30 a.m.
Pastor Sonny Moore
www.bridgeviewcc.org

7th DAY ADVENTIST
265 S. Old Stage Rd., CJ
Sabbath School - 9:30 a.m.
Saturday Worship 11 a.m.
Pastor Christian Martin
Church (541) 592-3218
Madrone Adventist School
541-592-3330

IMMANUEL UNITED METHODIST CHURCH
200 Watkins St., CJ
Phone 541-592-3876
Pastor Charles Chase
Sunday School - 9:15 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children

Illinois Valley Praise Center
28569 Redwood Hwy. CJ
Non-denominational Bible-believing Church
Sunday school - 9:30 a.m.
Sunday Service 10:30 a.m.
Thursday Seekers 7 p.m.
Youth group Thursday - 7 p.m.
www.ivpraisecenter.com

COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbccca@gmail.com
Sunday Worship - 10:30 a.m.
Christian Academy
Pre-K to 12th grade
Awana - Wednesdays - 6 p.m.

ST. PATRICK OF THE FOREST CATHOLIC CHURCH
407 W. River St., CJ
541-592-3658
Fr. William Holtzinger, Pastor
Mass - Sunday 11 a.m..
Sacrament of Reconciliation
Sunday - 10:30 a.m.
Holy Days TBA

TAKILMA BIBLE CHURCH
10343 Takilma Road, Takilma
Pastor Dan Robinson
Bible Study / Prayer Time
9:30 a.m.
Morning Worship 11 a.m
Wednesday Bible Study
7 p.m

First Baptist Church of Selma
18285 Redwood Hwy., Selma
541-597-4169
Pastor Monty Pope
Sunday School - 9:45 a.m.
Worship - 11 a.m.

GOOD SHEPHERD LUTHERAN CHURCH
East River Street
& Lewis Court, CJ
Annemarie Richardson
Lay Pastor.
Sunday School - 9:15 a.m.
Sunday Worship - 10 a.m.
Church Phone: 541-592-2290
www.goodshepherdlutheraniv.net

VALLEY EVANGELICAL FREE CHURCH
498 Laurel Road, CJ
P.O. Box 1248
Pastor Marvin Porter
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
evfree@frontiernet.net
541-592-6160

FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Ave., CJ
541-592-3956
Pastor Mark McLean
Morning Worship
9:30 & 11 a.m.
Wednesday - 7 p.m.
Adult Bible Study

ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. Bryant Bechtold
Sunday Worship
Service 10:30 a.m.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
209 S. Junction Ave., CJ
Sacrament Meet - 10 a.m.
Sunday School - 11:20 a.m.
Priesthood, Relief Soc. - 12:10 p.m.
Bishop
Larry Hammersmith
541-592-3919

Illinois Valley Baptist Church
541-592-6149
102 S. Redwood Hwy.
(in the County Building)
Pastor Steve Root
Sunday Worship 10:30 AM
Wednesday Bible Study, Prayer
& Youth Program 7:00 PM
Friday Ladies Bible Study
11:00 AM


Serving the Best Cheeseburger with an Attitude!
Celebrating 10 years as the Valley’s Bar & Grill


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NOON TO CLOSE

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