

# Meals on Wheels delivers nutrition to your door

**Jason McMillen**  
IVN Contributing Writer

Evelyn Kinsella, nutrition program manager, has been working at Meals on Wheels for 15 years and wholeheartedly believes in the Food & Friends program for seniors because it provides a hot meal, a friendly, "Hello," each day, and a home safety check for the elderly in need of assistance. In addition to delivering meals directly to the doorsteps of seniors there is also an option for seniors to visit a dining site if they desire a more sociable

meal. For services rendered, the organization asks of seniors that are 60 and over to donate \$2.75 per meal. If they cannot afford the donation they are still eligible to receive a meal but those under 60 are required in all situations to pay \$6.75. Unfortunately, individual donations do not cover the cost of the program and Meals on Wheels has to fundraise approximately 12 percent of their budget to bridge the gap.

However, according to Kinsella, the cost of delivering food to seniors in Josephine County is more expensive than Jackson County

because the kitchen is located in Medford.

Continuing on, Kinsella stated that the Older Americans Act (OAA) funding is, "Split in line with the two counties' population demographic so neither receives more assistance than the other within that funding source."

The volunteer delivery drivers of Cave Junction deliver meals in a 5 mile radius from the meal site but, with that being said, Kinsella mentioned that they have seniors requesting meals outside of that radius and to support them the organization has created the option

of allowing a family member or neighbor to pick up and deliver the meal in their stead.

"We have two volunteer drivers who deliver the food from Grants Pass and stop on the way to deliver to individual clients. There is an additional driver who delivers in town. We are always in need of volunteer drivers and those willing to help out at the site." Continuing on the topic, Kinsella noted that being a volunteer driver is an unpaid position but, in fairness, the drivers are reimbursed for the mileage of their route.

The staff at the commercial

kitchen in Medford cooks almost 1,000 meals for every day of operation. This is enough to service the entirety of Jackson and Josephine counties' requested meal needs. However, and at the moment, they are having trouble acquiring enough funding to cover the costs stemming from the growing demand of meals in both counties. As mentioned before, they are also having issues recruiting enough volunteers—both drivers and workers for the congregation site—so Kinsella urges those who are interested in volunteering to call Kellie at 541-955-8839 for additional details.

## Illinois Valley Garden Club celebrates 90th

Feb. 12, 1927 was the first Friday afternoon Garden Club which would later become the Illinois Valley Garden Club (IVGC). It was a small group of local ladies interested in sharing knowledge of local gardening. In those years, as now, many families came here from far away, and found that although "It's the Climate" up the road, gardening in the Illinois Valley takes some learning and good advice. The group has evolved with the Valley and has always tried to meet needs as they came up.

There have been several constant themes with the IVGC. In the early years, there was a flower show nearly every year along with community beautification projects at the library, park, city hall, county building, county museum, visitor center and many more. Also, the IVGC Litter Angels help pick up trash along Caves Highway.

Furthermore, the IVGC has done whatever possible to protect some of Oregon's most beautiful places. Mrs. H. O. Smith, with club members, wanted to find a way to save the Rough & Ready Creek area from the plant poachers of the 1920s. Working with the State of Oregon, involving many trips to Salem, over the first 10 years of this organization, succeeded in creating the Rough & Ready State Park, also known by many

other names.

During WWII and after, IVGC members furnished, decorated and landscaped a sun room for the wounded veterans at Camp White. Ever since, it has been a tradition to grow, transport and arrange flowers for the VA Chapel each week for a month of the year. IVGC taught local gardeners about defense gardens and victory gardens.

Also, IVGC provides scholarships to IVHS students each year with the funds coming from spring and fall plant sales.

Over the years, IVGC has also been responsible for getting many of the trees in Cave Junction planted and is planning to have a community celebration on Arbor Day, April 22 with a tree finding contest for children and families. Sign-up and prizes will be at the Jubilee Park Pavilion, along with displays and treats.

There will be a special IVGC 90th birthday meeting at Immanuel Methodist Church, 200 W. Watkins in Cave Junction at 12:30. Roger Brandt will be giving a talk about the IVGC's 90-year history at 1 p.m. and a horticulture table will feature forced blooms and plants with a winter interest.

**Kathy Lombardo**  
I.V. Garden Club

## And the winner is?



(Photo by Dan Mancuso, Illinois Valley News)

Cave Junction city recorder Ryan Nolan (left) swears in new City Councilor Jean Ann Miles Monday, Feb. 13. Miles was appointed by Mayor Daniel Dalegowski to fill the seat he vacated in the Nov. 8 election. Miles will serve the remaining two years.

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**Produce**

Red Tomatoes ..... **\$1.39** lb. (Reg. \$2.39 lb.)

Mangos ..... **\$1.29** ea. (Reg. \$1.39 ea.)

Celery ..... **89¢** ea. (Reg. \$1.69 ea.)

Fuji Apples..... **99¢** lb. (Reg. \$1.19 lb.)

Green Onions ..... **59¢** ea. (Reg. 79¢ ea.)

**Bulk**

Organic Lundberg Brown Basmati Rice ..... **\$2.39** lb. (Reg. \$2.89 lb.)

Regular Rolled Oats ..... **\$1.19** lb. (Reg. \$1.39 lb.)

Chocolate Peanut Butter Balls ..... **\$8.09** lb. (Reg. \$9.19 lb.)

**Groceries**

Asstd. Field Day Pasta Sauces **\$2.59** ea. (Reg. \$4.19)

Asstd. Amy's Organic Chili **2 for \$5.00** (Reg. \$4.19)

Pamela's Combread Mix **\$3.49** ea. (Reg. \$5.49)

Napa Valley Extra Virgin Olive Oil **\$9.99** ea. (Reg. \$14.69)

**Deli**

**Grill Menu**  
Buffalo Burger **\$6.59** ea. (Reg. \$7.69)  
With side salad.

**Salad Case**  
Cucumber Salad **\$5.09** lb. (Reg. \$6.99)  
Cucumbers, onion, tomatoes & Italian Dressing.

**Breakfast Menu**  
2 Egg Scramble with Toast **\$3.99** ea. (Reg. \$4.69)  
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