

Class of 1962



(Photo by Dan Mancuso, Illinois Valley News)

Class of 1997



(Photo courtesy of Sammie Nolan for the Illinois Valley News)

ROGUE VALLEY



Food & Friends Menu

FRIDAY – JULY 14

HAM W/ PINEAPPLE SC

MONDAY – JULY 17

CHICKEN POT PIE

WEDNESDAY - JULY 19

CHICKEN & PENNE PASTA

Call 541-955-8839 to volunteer or if you need meals.

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

Senior Companions

Do you or someone you love need assistance around the house, help with errands or a weekly visitor? Senior Companions are available through UCAN (United Community Action Network) for adult residents in Douglas and Josephine counties. All Senior Companions go through a background check and special training.

Senior Companions can help you with light housekeeping, preparing meals, grocery shopping, respite care, errands and much more.

All you have to do is call Laura Mancuso with Illinois Valley Wellness Resources at 541-592-9781 and she can help you with the application process.

Caring Callers

Another program provided for seniors or disabled residents is the Caring Caller program.

A friendly caller will call to do well-checks and establish a friendship over the phone. Callers are matched together for compatibility. All Caring Callers must have a background check.

If you or a loved one would like to participate in the Caring Caller program please contact Laura Mancuso with Illinois Valley Wellness Resources at 541-592-9781 and she can help you with the application process.

You can contact I.V. Wellness Resources at www.iwellnessresources@gmail.com or 541-592-9781 and please like our Facebook Page @facebook.com/iwellnessresources.

VOLUNTEER OPPORTUNITIES

**Senior Companions
**Caring Callers

Please call I.V. Wellness Resources, program coordinator Laura Mancuso for more information at 541-592-9781.

FREE ADS

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

CHAIR FITNESS

Classes FREE at Healthy U, Monday and Wednesdays from 2 - 2:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthyucenter.org.

SENIOR BULLETIN

VET TRANSPORTION

If you are a veteran and need free rides to your VA appointment contact the The I.V. Eagle by calling De at 541-944-3741.

HOPEFUL RANCHO CARE CENTER

Looking for substitute, part-time caregivers for adult foster care. Call Lynn at 541-592-3818.

HOME SAFETY EVALUATIONS

If you are in need of a home safety evaluation with a registered nurse please call I.V. Wellness Resources for an appointment. Call 541-592-9781.

ADRC

Looking for services call the Aging and Disabled Resource Connections at 1-855-673-2372 or visit www.ADRCoforegon.org.



RESOURCES

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home
Caregivers – Handyman
Yard work – Firewood
Housekeepers –
Please call
I. V. Wellness Resources



541-592-9781

- New Owners -
Bringing homemade foods and BBQ to the menu!

New Hours
Tuesday - Saturday 11:30 - 9 pm
Sunday 12 pm - 6 pm
Closed Mondays
BBQ specials every Wednesday
Homemade dinner specials every Friday starting at 5:30
Includes Steak Nite every other Friday
Next steak night will be July 14
12235 Redwood Hwy - Wonder, OR 541-476-8990

Recently Expanded to Serve You Better!

Oregon Caves Chevron
541-592-3080

Family owned and operated for over 31 years!

Coffee
MONDAY-SUNDAY: 6AM-8PM

ALL YOU CAN EAT BREAKFAST OR ORDER OFF THE MENU AT THE I.V. GRANGE

FIRST THREE SUNDAYS OF THE MONTH FROM 8 A.M. TO 12 NOON.
3763 Holland Loop
541-592-6045

BRIAN'S BUDS AND GLASS SHOP

PROVIDING ALL PATIENTS ACCESS!



medical marijuana
concentrates
GLASS
and more!

18049 REDWOOD HWY
SELMA OR 97538
707-460-0159

We helped her connect
So she can help you thrive.

Karen Bodeving's CPA firm needed to connect remote employees to her local business.

iVDataCenter.COM
connecting the community