

ROGUE VALLEY



Food & Friends Menu

FRIDAY - AUG 18

MEATLOAF W/
CREOLE SAUCE

MONDAY - AUG 21

ROAST TURKEY W/
GRAVY

WEDNESDAY- AUG 23
MACACRONI & CHEESE

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

Immunizations

August is National Immunization Awareness Month supported by the Centers for Disease Control (CDC).

Many folks do not realize that they need vaccines throughout their lives. Vaccinations may need to be updated as we age, because the immunity from childhood vaccines can wear off over time.

We're also at risk for different diseases as adults and if we're lucky, we may get to travel to foreign countries where different illnesses are common.

As we get older, our immune systems tend to weaken, putting us at higher risk for certain diseases.

All adults need a seasonal flu (influenza) vaccine every year. Flu vaccine is especially important for people with chronic health conditions and older adults. The flu shot is reformulated each year dependent on the viral strains that are most likely to spread and cause illness.

Every adult should get the Tdap vaccine if they did not receive it as an adolescent. This will help to protect them against pertussis (whooping cough).

A Td (tetanus, diphtheria) booster shot is recommended every 10 years.

An estimated 1 million Americans get shingles every year, and about half of them are 60 years old or older. This is caused by a reactivation of the chicken pox virus. The Zoster vaccine is given to prevent shingles.

The pneumococcal vaccine protects against pneumococcal disease, including infections in the lungs and bloodstream. The one time Pneumovax is recommended for adults over 65 years.

Anyone who has a severe allergy to any vaccine component should not get the vaccine. Tell your provider if you have any severe allergies, including latex.

If you have a moderate or severe illness, your provider might ask you to wait until you recover before getting the vaccine. People with mild illness can usually be vaccinated.

Vaccination is one of the most convenient and safest preventive care measures available. Talk to your healthcare provider about what vaccines he/she may recommend for you.

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](https://www.facebook.com/iwellnessresources).

SENIOR BULLETIN

WELLNESS CHECKS

If you know a senior that you are worried about and feel they need a wellness check. Please call Laura at I.V. Wellness Resources at 541-592-9781.

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.

DISASTER REGISTRY

If you need special help in an emergency please register online at www.rvcog.org or call Senior & Disability Services at 541-664-6674 for more information.

CARING CALLER

Are you isolated in your home and need a phone friend to call you with daily or weekly phone calls? Call Laura 541-592-9781 to sign up or to volunteer.



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



Surviving Nuclear Attack: by Dr. Glenn Mollette

President Donald Trump has vowed to meet more North Korea threats with "power the likes of which the world has never seen" and Kim Jong-un has responded with a plan for a nuke attack on the US island of Guam. Plans are being made for a horror scenario we must take seriously.

Most of us want to be confident that America with the aid of Japan and our strategic defense system can stop any missile attack. We know we have plenty of bombs to strike North Korea in return. Just one of our submarines named "USS Kentucky" has two hundred nuclear bombs most of which are more powerful than the one bomb that struck Hiroshima. This is frightening that enough power is on one submarine to take out an entire country or more. Such a scenario makes me wonder how much can the planet stand? If four or five countries ever get into an unleashing of nuclear weapons on each other I believe it would be more than our planet could survive. If our planet could stay intact the planet might take hundreds of years to ever recoup from the devastation. The planet is amazing but mankind has developed the ability to annihilate our beautiful planet.

Business Insider printed a story a couple of years ago that shortly after the end of World War II, the scientists who developed the atomic bombs dropped on Japan tried to envision the kind of nuclear event that could lead to the destruction of not just cities, but the entire world.

A recently declassified document shared by nuclear historian Alex Wellerstein gives the verdict that scientists at the Los Alamos laboratory, and test site reached in 1945. They found that "it would require only in the neighborhood of 10 to 100 Supers of this type" to put the human race in peril.

With so many atomic bombs now existing in the world it would be fathomable that ten to a 100 could be unleashed given the right scenario of hostility between enough countries.

No one is thinking that many will be unleashed by anyone. What if North Korea success-

fully unleashes several of their stocked nuclear bombs? What if we cannot intercept them all? Our defense may be great but even the greatest defense systems have flaws and holes. How many would die? If North Korea unleashes one then we know our President Trump may unleash one on North Korea or take out tens of thousands of lives. The casualties could end up in the millions.

If Kim Jong-un launches one toward our mainland there is no guarantee it would hit Seattle or Chicago. It could end up hitting any town or even rural area in the United States. Do you think you are safe just because you are in an obscure town? If nuclear missiles are fired we are all at risk.

Please keep in mind that everything will be interrupted. With any kind of national crisis gasoline shortages occur. Grocery store supplies might be interrupted. Power grids could be demolished or interrupted. There are many ways our lives could be interrupted if we survive an attack.

The following are things experts recommend you can do to protect yourself, your family and your home if you believe an attack is imminent. Thanks to the UK Sun for supplying this information

- Build an Emergency Supply Kit, which includes items like non-perishable food, water, a battery-powered or hand-crank radio, extra flashlights and batteries. You may want to prepare a kit for your workplace and a portable kit to keep in your car in case you are told to evacuate.

- Make a Family Emergency Plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.

- Find out from officials if any public buildings in your community have been designated as fallout shelters. If none have been designated, make your own list of potential shelters. These places would include basements or the windowless central area of middle floors in high-rise

buildings.

What to do during a nuclear blast?
The following are guidelines for what to do in the event of a nuclear explosion.

- Listen for official information via online, radio or TV and follow the instructions provided by emergency response personnel.

- If an attack warning is issued, take cover as quickly as you can, below ground if possible, and stay there until instructed to do otherwise.

- Find the nearest building, preferably built of brick or concrete, and go inside to avoid any radioactive material outside.

- If better shelter, such as a multi-story building or basement can be reached within a few minutes, go there immediately.

- Go as far below ground as possible or in the center of a tall building. The goal is to put as many walls and as much concrete, brick and soil between you and the radioactive material outside.

- Expect to stay inside for at least 24 hours unless told otherwise by authorities.

- What to do if you are caught outside?

- Do not look at the flash or fireball - it can blind you.

- Take cover behind anything that might offer protection.

- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.

- Take shelter as soon as you can, even if you are many miles from ground zero where the attack occurred - radioactive fallout can be carried by the winds for hundreds of miles.

- If you were outside during or after the blast, get clean as soon as possible, to remove radioactive material that may have settled on your body.

- Remove your clothing to keep radioactive material from spreading. Removing the outer layer of clothing can remove up to 90% of radioactive material.

- If practical, place your contaminated clothing in a plastic bag and seal or tie the bag.

- When possible, take a shower with lots of soap and water to help remove radioactive contamination. Do not scrub or scratch the skin.

- Wash your hair with shampoo or soap and water. Do not use conditioner in your hair because it will bind radioactive material to your hair, keeping it from rinsing out easily.

- What to do after a nuclear blast?
Decay rates of the radioactive fallout are the same for any size nuclear device.

However, the amount of fallout will vary based on the size of the device and its proximity to the ground. Therefore, it might be necessary for those in the areas with highest radiation levels to shelter for up to a month.

The heaviest fallout would be limited to the area at or downwind from the explosion and 80 percent of the fallout would occur during the first 24 hours.

People in most of the areas that would be affected could be allowed to come out of shelter within a few days and, if necessary, evacuate to unaffected areas.

Keep listening to the radio and television for news about what to do, where to go and places to avoid.

Stay away from damaged areas. Stay away from areas marked "radiation hazard" or "HAZMAT." Remember that radiation cannot be seen, smelled or otherwise detected by human senses.

The bottom line is that we all hope and pray that China, Japan and other nations will work with us to help us resolve this lingering nightmare with Kim Jong-un. The problem is that it won't be over. There will still be a chance of this recurring nightmare that will come back from North Korea or even very soon Iran. The scenario of a world holocaust is becoming too imminent. We must seriously answer this question, "Will the world ever really rest with North Korea having nuclear weapons?" Another question is can we really allow this to continue? Do we sit back and allow Iran to put us in the same position in the next couple of years?

Community Bible Church

Workin' on the Farm

Ecclesiastes 3:9-13 9 What profit has the worker from that in which he labors? 10 I have seen the God-given task with which the sons of men are to be occupied. 11 He has made everything beautiful in its time. Also He has put eternity in their hearts, except that no one can find out the work that God does from beginning to end. 12 I know that nothing is better for them than to rejoice, and to do good in their lives, 13 and also that every man should eat and drink and enjoy the good of all his labor--it is the gift of God.

"Life in the country never did me no harm; raisin' me a family, a workin' on the farm. Days were filled with an easy country charm. Thank God, I'm a country boy." John Denver

Much of the book of Ecclesiastes is written with a negative view, "Vanity of vanities says the preacher: Vanity of vanity, all is vanity." Yet in spite of the dismal outlook often shared, there are positive things. One of these is found in *Ecclesiastes 3:9-13*, that "a man should enjoy the good of all

his labor - it is a gift of God."

I have always enjoyed physical labor. When I stayed with my aunt and uncle on their dairy farm, the work was plentiful. I have good memories of working with my uncle and cousins caring for the cows, moving hay, working the soil, sowing, and harvesting of the fields, cutting firewood, building fence, and even cleaning the pens that held the cattle had an element of enjoyment to it. There was always something to be repaired or built. It was a great contrast to my parents' home where life had some work involved, but was dominated by recreation and media. The farm was a great learning experience for a young boy. The day started with work and ended that way. When we had time, then we could explore the back woods.

I've come to believe that children who are raised in a farm setting have a great advantage over those who live a less rural life. When I worked construction, I found great blessing in seeing a house built or remodeled. The feeling of having built something was a wonderful feeling. At the end of a day of construction work or farm work, a shower was a real pleasure as all the dirt of the day was washed away. At night, sleep was sound, and the benefit of the physical activity was great. As a pastor I don't get that physical outlet, and I miss it. The Bible says that a person should "enjoy the good of all his labor - it is the gift of God." I know it's true! See you Sunday.

In Christ,
Pastor Dave

Ministry at CBC
Morning Worship 10:30 a.m.
Evening Praise and Prayer 6 p.m.
Community Christian Academy
Preschool - 12th grade
Six Preschool openings left for 2017-2018
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.ipvpraisecenter.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)
Sunday Worship 10:30 AM
Wednesday Bible Study, Prayer
& Youth Program 7:00 PM
Ladies Bible Study
Call for info

Wonder Bible Chapel
11911 Redwood Hwy.
Wonder, Ore.
Sunday worship 10 a.m.
Non-denominational Bible
believing Church
Sunday School Nursery
Youth group meets
Sunday 6:30 p.m.



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17 GAMES 6:30 - 9:30PM
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