

ROGUE VALLEY



Food & Friends Menu

FRIDAY – SEPT 8
CHICKEN POMODORO
MONDAY – SEPT 11
PASTA PRIMAVERA
WEDNESDAY- SEPT 13
CHICKEN
STIR FRY

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

MEDICATIONS

Medicines are used to treat diseases, manage conditions, and relieve symptoms. Medicines are generally safe when used as prescribed or as directed on the label, but there are risks in taking any medicine. People who take their medications correctly tend to have lower health care costs, avoid unnecessary treatments and hospitalizations, and have better health outcomes. Understanding why and how to take your medication and what kind of results to expect will help set the stage for success. Adverse drug events are harms resulting from the use of medication and include allergic reactions, side effects, overmedication, and medication errors. Suggestions to reduce the risk of harm from adverse drug events:

- *Keep a current list of your medications to share with healthcare providers and pharmacists,
- *Follow the directions as prescribed- use a reminder system if needed,
- *Ask questions so you know what to watch for and what a potential adverse reaction looks like,
- *Keep up with any blood testing recommended by

your doctor- monitoring blood levels help make sure the dose is just right for you and can prevent serious adverse reactions. Common drugs that can require monitoring are: Blood thinners, Diabetic medicines, Seizure medicines, and Heart medicine.

- *Take pain relievers only as directed.
- *If you are prescribed an antibiotic, make sure to take all the medicine as prescribed, even if you feel better.

Although antibiotics are good drugs for certain types of infections, they also cause the most emergency room visits for adverse drug events. Antibiotics kill bacteria, not viruses. Saving antibiotics for later use can cause more harm than good.

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

VOLUNTEER OPPORTUNITIES
**Senior Companions
**Caring Callers
Please call I.V. Wellness Resources for more information at 541-592-9781.

SENIOR BULLETIN

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.

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.

HOPEFUL RANCHO CARE CENTER

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

CHAIR FITNESS

Classes FREE at Healthy U, TUESDAYS & THURSDAYS from 1 - 1:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthyucenter.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

Illinois Valley Wellness Resources
541-592-9781

Hurricane Harvey - We are The United States of America: by Dr. Glenn Mollette

Houston and the Texas Gulf Coast are devastated. Never has an area been so blasted by so much rainfall in such a short amount of time. Houston has received more rainfall than other city across the United States receive in one entire year. So far over 51 inches of rain has fallen with more rainfall to come. Everyone in America and much of the world with a Television or computer knows about the suffering of Houston. Our prayers go out to them as well as our financial support, our manpower and anything we can do to help the millions of people who are homeless and suffering.

Experts are predicting Hurricane Harvey will cost the economy 25 - 30 billion dollars because of the rain. Most of Houston is closed down due to the storm. The oil and gas industry

and thousands of jobs tied to other manufacturing such as the food service giant Sysco are closed. The Port of Houston, several hospitals and both major airports are closed.

Essentially the fifth largest economy in the United States is at a dead stop.

The infrastructure damage to Houston will be in the billions. Reports have come from all the national media outlets on the significant number of people in Houston who do not have flood insurance. Thousands of homes will either be impossible to salvage or will cost upwards of \$12-15 billions of dollars to repair according to reports.

Oil refineries on the Gulf of Mexico make up nearly half of the nation's refining capacity. If these refineries are flooded they will be

difficult to repair and there will be extensive gasoline shortages in our country. We are already seeing prices go up at the pump and thus our entire economy will be impacted.

Most of us will know of someone directly impacted by Hurricane Harvey. At this moment my wife's aunt and husband are still in their house in Houston and they are not flooded which is a miracle I think. Several times a day we have text messaged or called to see how they are doing. Once her aunt face timed their neighborhood to prove to us that water had not gotten to them yet.

Most likely the number of dead bodies will not be really known until days and maybe even weeks after Houstonians are into their cleanup.

While the devastation of Houston is like a very scary movie it's nothing

like what we would face if one nuclear bomb fell on an American City similar to Houston. The loss of life, housing, industry and infrastructure would be far greater. Houston will be repaired and houses will be rebuilt. Rebuilding after a nuclear bomb would be a different story. Such a horrific act would create suffering across our nation like we have never felt before.

Houston is hurting and Americans are pulling together from non-profits, churches and helping hands from across America.

Once again it will be proven that the heart of America is helping each other. Americans do care about each other and want the best for our towns and our country. Media lately has been highlighting all the tension between a few groups of people and hatred

displayed by these groups. The vast majority of Americans may disagree and argue quite a bit. However, while Hurricane Harvey Hurts our country, it will demonstrate once again that the majority of Americans want the very best for each other. We will pull together for Houston and the other neighboring towns. This is one reason why we are still The United States of America and the greatest country of all.

Glenn Mollette is a syndicated columnist and author of 12 books. He is read in all 50 states. Read his new book "Uncommon Sense."

Contact him at GMollette@aol.com. Learn more at www.glennmollette.com Like his facebook page at www.facebook.com/glennmollette.

Good Shepherd Lutheran Church

Go All In with God

Today we're going to talk about risk. Not the game, although that's a lot of fun. I'm talking about real risk. Today, risk is foreign to us. Our society tries to eliminate every possible risk, or at the very least, sue all possible 'responsible' parties when it can't. According to Dr. Scott Dudley, of Bellevue Presbyterian "We are the most seat-belted, bike-helmeted, air-bagged, knee-pad wearing, private-schooled, gluten free, hand sanitized, peanut avoiding, sunscreen-slathering, hyper-insured, massively medicated, pass-word protected, valet-parked, security-systemed, inoculated generation in history." And he's right.

But when did we as Christians get the idea that God calls us to safe places to do the easy things? I don't see that anywhere in the Bible. Jesus didn't call us to play it safe. He called us to take risks and play with danger!

Look at His call: "Then Jesus said to his disciples, 'If anyone would come after me, he must deny himself and take up his cross.' This is a call to be all in. When Jesus uttered these words, they weren't pretty and they weren't comforting. Jesus isn't just talking about following God in the hard times and trusting Him through those times; He's calling us to die completely to ourselves.

Jesus didn't die to keep us safe. He died to make us dangerous! Faithfulness is not

holding the fort; it's storming the gates of hell. The will of God is not an insurance plan; it's a daring plan. The complete surrender of your life to the cause of Christ shouldn't be something radical; it should be normal. What's abnormal is thinking we can follow Him on our own terms.

So, here's my challenge to us: are we ready to quit living as if the purpose of life is to arrive safely at death? Stop just marking time in some safe and comfy cocoon. Instead, set God-sized goals. Pursue God-ordained passions. Go after a dream that is destined to fail without divine intervention, and then be confident God will intervene. Keep asking questions. Keep making mistakes. And keep

seeking God.

We can do it if we stop pointing out problems and become part of the solution; if we stop repeating the past and start creating the future. Expand your horizons. Accumulate experiences. Enjoy the journey. Find every excuse you can to celebrate everything you can.

The point is to live like today is both the first day and the last day of your life. Don't let what's wrong with you keep you from worshipping what's right with God. Burn sinful bridges; blaze new trails; and don't let fear dictate your decisions. Instead, try taking a flying leap of faith and quit holding back. Go all in with God.

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)
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.



PARAMED

Members Don't Worry About Emergency Ambulance Expenses!

A \$55 yearly membership to Paramed covers all family members in the home. Illness and injury can strike without warning; but, it's comforting to know that your cost is covered for emergencies and medically necessary transports.

"Serving The Northwest Since 1913"

AMERICAN MEDICAL RESPONSE



24 Hours • 7 Days A Week

Absolute peace of mind with expert critical care just a phone call away.

FOR EMERGENCY CALL 911
FOR NON-EMERGENCY DIAL 1-877-504-8075
For Paramed Information Phone
1 (800) 228-7601