



Food & Friends Menu

FRIDAY – OCT 6

PORK LO MEIN

MONDAY – OCT 9

BEEF SHEPHERD'S PIE
W/ GRAVY

WEDNESDAY- OCT 11

BBQ SMOKEHOUSE
PORK RIBBETTE

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

I.V. WELLNESS RESOURCES Service Referral Guide

RESOURCE REFERRAL LIST: A list of providers who have a background check, confirmed references and an interview. The referral list consists of caregivers, handymen, yard workers, firewood providers, housekeepers, pet care helpers and computer skills assistants.

WELLNESS CHECKS: A social service worker will go out to a home and do a wellness check on a senior or disabled person when family, friends or care providers are concerned about their wellbeing.

SENIOR COMPANIONS: I.V. Wellness Resources is a Volunteer Base for the United Community Action Network (UCAN) Senior Companion Program. This free program is for income qualifying, isolated seniors who need assistance with shopping, errands, light housekeeping, meals or socialization.

HOME SAFETY EVALUATIONS: A Registered Nurse (R.N.) can go to a senior or disabled client's home to do a free safety evaluation. The R.N. will leave a safety checklist and make recommendations. Other services the R.N. can provide are: 1) Medication management - medications set-up and assistance, 2) Accompaniment to physician appointments by meeting patient at office to assist in

asking questions and 3) Assisting with caregiver interviews to meet senior or disabled person's needs.

CARING CALLERS: This is a volunteer program for seniors and disabled persons who are isolated and need a phone buddy to make friendly wellness checks. The Caring Caller can make daily or weekly phone calls as needed to prevent loneliness and encourage safety and friendship.

FREE NEWSPAPER ADS: I.V. Wellness Resources provides free classified ads in the local newspaper for seniors to advertise for health or household needs that they may have.

HEALTH INFORMATION: Each week in the *Illinois Valley News*, I.V. Wellness Resources sponsors this Senior Spotlight that provides a senior bulletin with the Food & Friends menu along with health and medical information.

For all services or VOLUNTEER OPPORTUNITIES please call program coordinator Laura Mancuso at 541-592-9781. (All services are provided to Illinois Valley residents only.)

You can contact I.V. Wellness Resources at 541-592-9781 or email ivwellnessresources@gmail.com and please like our Facebook page at [Facebook.com/ivwellnessresources](https://www.facebook.com/ivwellnessresources).

****It is the mission of I.V. Wellness Resources to support the health and wellbeing of the senior and disabled residents of the Illinois Valley.**

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Director/Speaker of Unlock Revelation Seminars, John Weston, will return to the Cave Junction Seventh-day Adventist church at 265 Old Stage Road South Saturday October 14 he will speak at the 11:00 a.m. worship service. His presentation, "Dare-devil or Risk taker - is there a difference?" His new bride, Ruth Ann will have something a Special story for the children.

A delicious luncheon will be served following the message.

Then at 2 p.m. a time of music and praise with recording artists Dahnn and Joney Haning which will be a huge blessing.

Evangelist John Weston will follow with an inspiring message, entitled "Faith comes from knowing the God we serve."

All are cordially welcome to attend the meetings as well as the delicious fellowship luncheon in the newly decorated fellowship hall.

You will be most welcome!