



**Food & Friends Menu**

**FRIDAY – OCT 13**  
ROAST TURKEY  
W/ GRAVY  
**MONDAY – OCT 16**  
CHICKEN POMODORO  
**WEDNESDAY- OCT 18**  
TURKEY DIVAN  
BAKE

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

**SENIOR SPOTLIGHT**

SPONSORED BY I.V. Wellness Resources

**UCAN Heat Assistance**

UCAN (United Community Action Network) helps people pay for their heating bills, using different sources of funding. The purpose of these programs is to help people so they do not have to make difficult choices, such as whether to pay for food or heating, to prevent power shut-offs, and to address emergency energy needs.

The UCAN staff administer the following programs:  
**Low Income Home Energy Assistance Program (LIHEAP):** This federal fuel assistance program helps low-income families pay their heating bills. LIHEAP fuel assistance pays some of the winter heating costs for eligible families. The benefit amount depends on family income, family size, and heating sources.

**Oregon Energy Assistance Program:** This electric bill payment assistance program helps low-income families with an account with Pacific Power pay their heating bills. The purpose of this program is to prevent Pacific Power families from having their service shut off.

As an additional service, they provide qualifying residents

with conservation kits to reduce energy and water use and improve home safety. Kits include:

- 13 watt Compact Fluorescent Light bulb
- Low flow kitchen sink aerator
- Low flow bathroom sink aerator
- Safety caps for electric outlets
- Foam outlet switch covers
- Refrigerator thermometer
- Low flow shower head
- Light switch cover with temperature and humidity display
- LED night light

In some cases, we also distribute window kits and additional compact fluorescent lights.

If you know someone who needs energy assistance, please have them call (541) 956-4050 in Josephine County.

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

**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**

**VOLUNTEER OPPORTUNITIES**

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

**HELP WANTED**

Looking for workers to add to referral list for seniors and disabled. Must have background check and referrals. Call I.V. Wellness Resources at 541-592-9781.

**2-1-1**

Call 211 info for help with health & social services. Just Dial 211, visit 211info.org, search 211info App or text zip to 898211.

**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.

**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.healthycenter.org](http://www.healthycenter.org).

**15th Annual Cave Junction Lion's TURKEY BINGO**  
Saturday Evening November 4th at the Senior Center

Bring your old eye-glasses and receive 1 free game card  
Bring your old turkey game trophies to receive 1 free game

In Recognition of this Year's Sponsors  
**Turkey Sponsors** **Raffle Sponsors**

- |                         |                        |
|-------------------------|------------------------|
| Lady Thyme Herbs        | True Value             |
| Cheryl Johnson          | CJ Coffee              |
| Rolfing Massage         | Wild Bills             |
| A+ Mini Storage         | Bridgeview Winery      |
| Tracy Marconix          | Augustino Estates      |
| I.V. Trophy             | I.V. Working Dogs      |
| Holland Loop Store      | Tracy Marconi          |
| Bobbalous               | Lighthouse Music       |
| River Valley Restaurant | Nina Horsley           |
| Treehouse Florist       | Bobette San            |
| Brookings Harbor Lions  | Cheryl Johnson         |
| Lighthouse Music        | Kathryn Horsley        |
| Luz Moore               | I.V. Golf              |
|                         | Perfect Pizza          |
|                         | Dairy Queen            |
|                         | M.J. Creation          |
|                         | Treasures              |
|                         | Lary's Knives          |
|                         | Dr. Margaret Philhower |

IV Grange will be serving: Burgers; Chili Dogs; Fries; Deserts

Contact: Ruth 541.415.1114 / Nina 541.592.9243  
[cavejunctionlions@gmail.com](mailto:cavejunctionlions@gmail.com)

**ALL YOU CAN EAT BREAKFAST OR ORDER OFF THE MENU AT THE IV GRANGE**



FIRST THREE SUNDAYS OF THE MONTH: 8 AM - 12 PM

3763 Holland Loop  
541-659-3781 or 541-415-1819

**THE G SPOT**  
@ THE OLD STONEYFRONT  
24099 REDWOOD HWY. - KERBY  
541.592.5220/541.415.0451  
FULL BAR ♥ GREAT FOOD ♥ LIVE MUSIC

**STIHL**  
**FREE WOODSMAN CARRYING CASE LOOP OF CHAIN & STIHL CAP\***  
Up to a \$75.00 SNW-GRP value!  
WITH PURCHASE OF SELECT CHAIN SAWS

\*Offer valid through 11/26/17 at participating dealers while supplies last.



**MS 211 CHAIN SAW \$299<sup>95</sup>**

★★★★★ 18" bar\*

"Lightweight saw, however it doesn't suffer on power. You can cut all day and virtually not be worn down when you are done. Good on gas."

- user bill211



**MS 251 WOOD BOSS® \$349<sup>95</sup>**

★★★★★ 18" bar\*

"It has ample power for a homeowner saw; well balanced, well made, and easy to start and use."

- user xeriminox



**MS 271 FARM BOSS® \$429<sup>95</sup>**

★★★★★ 20" bar\*

"I have owned other saws in this class and the MS 271 has the best power to weight ratio that I have owned."

- user Tommy80



**MS 311 CHAIN SAW \$499<sup>95</sup>**

★★★★★ 20" bar\*

"The anti-vibration is very well designed and the starting procedures and usability are great."

- user jonohio

Check out these reviews and others on the product pages at [STIHLdealers.com](http://STIHLdealers.com).

All prices are SNW-SRP. Available at participating dealers while supplies last. \*The actual listed guide bar length can vary from the effective cutting length based on which powerhead it is installed on. © 2017 STIHL SNW17-1341-136774-3

**Dave's Outdoor Power Equipment**  
287 Hamilton Ave.  
Cave Junction | 541-592-3416  
[DavesOpe.com](http://DavesOpe.com)

**BUILT IN USA** Indicates products that are built in the United States from domestic and foreign parts and components.

**STIHLdealers.com**

240 N REDWOOD HWY #226  
CAVE JUNCTION, OR 97523  
541-592-4367

**PAPA IIc**  
Providing All Patients Access

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!

