

Rotary's Duck Derby application period for 2018 proceeds

The Rotary Clubs in Josephine County (Grants Pass and Illinois Valley) continue fulfilling the mission of Rotary International - "To Provide Service to Others" - with their annual Duck Derby. Every year, the four clubs in Grants Pass and Illinois Valley combine efforts to raise money and put it back into our local communities.

The Duck Derby committee is continuing to accept Capital Project applications from tax exempt organizations in Josephine County for the 2018 Rogue Duck Derby proceeds. The deadline to apply is Nov. 15, 2017.

"We are looking forward to partnering with a local nonprofit and giving back to our communities once again," said Rotary District 5110 assistant district governor Gina Marie Agosta.

The following are the basic guidelines for applying:

1. The applicant organization must have current tax-exempt status under the Internal Revenue Code 501(c)(3).

2. The Capital Project must be for the primary benefit of children and families of Josephine County unless otherwise designated by and specifically approved by the Duck Derby Committee.

3. Funding from the Duck Derby proceeds shall not exceed 50 percent of the total project cost.

4. Unless specifically designated, funding will not be provided for: A. Emergency funding, B. Political purposes, C. Debt retirement or operational deficits, D. Operational expenses, E. Annual fund drive contributions, F. Organizations relying on direct Federal or local tax dollars for their principal support unless the need is for innovative or unusual programs for which direct public funding is not available. G. Sectarian religious purposes (does not

preclude consideration for education, medical or social service oriented programs undertaken by church affiliated agencies).

5. The Project shall not be less than \$50,000.

For full application guidelines and to submit an application, please contact a Rotarian or one of the local Rotary Clubs.

Meeting times and locations are as follows:

Greater Grants Pass - Rotary Club Fridays 7 a.m. at Taprock Northwest Grill, 971 SE 6th St., Grants Pass.

Grants Pass - Rotary Club Wednesdays 12:15 p.m. at Wild River Pub, 533 N.E. "F" St., Grants Pass.

Rogue Gateway - Rotary Club Thursdays 12:15 p.m. at Wild River Pub, 533 N.E. "F" St., Grants Pass. Illinois Valley - Rotary

Club Tuesdays 12:15 p.m. Wild River Brewing & Pizza, 249 N. Redwood Hwy., Cave Junction.

Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY - OCT 20
COUNTRY MEATBALLS
OVER PASTA

MONDAY - OCT 23
HOT ROASTED PORK
SANDWICH

WEDNESDAY - OCT 25
SPAGHETTI
W/ MEAT SAUCE

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

Morning backache-ache

It's that time of year when we're trying to get ready for winter; mowing the grass one last time, harvesting those last tomatoes and zucchini, raking up the leaves, getting and stacking firewood.

You are not alone if you woke up this morning with an achy back. The Institute of Medicine estimates that 31 million Americans suffer from low back pain at any given time. The more common, less serious aches are often the result of muscle strain, poor posture, improper lifting or just overdoing.

Degeneration of the spine is a normal part of the aging process, but we continue to want to function as if we were 10 to 20 years younger. That can lead to more incidences of lumbar strain resulting in low back pain. For occasional backaches or when you've overdone it, most health providers recommend a short course of over-the-counter pain medication, ice packs and pain patches. Sometimes bed rest for a short time can help. If a backache does not respond to home treatment in a few days, professional help is the next step.

But as always, prevention is the best defense:

*Maintaining a healthy weight and using proper lifting techniques (bending at the hips and knees and not twisting and reaching when you pick something up) go a long way in preventing injuries.

*When shoveling snow, use a shovel with a shaft not so short it causes you to bend more or too long that it makes the load heavier to lift.

*While lifting, keep your back straight and avoid twisting your spine.

*Lower back pain can also be the result of wearing ill-fitting shoes, flip-flops or worn out shoes.

* Fallen arches and flat feet can also cause back pain.

*High-heeled shoes can alter your center of gravity to an abnormal position, causing a tightening in the calf and resulting in low back pain.

*Avoiding cigarette smoking can slow and reduce the amount of disc degeneration.

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

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.

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.

MEDICAL EQUIPMENT

I.V. Lions loans out medical equip for those that need it: W/C, walkers, canes, portable toilets, shower stools & more. Call 541-659-1074.

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.

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.

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