



Food & Friends Menu

FRIDAY - OCT 27
BBQ CHICKEN SANDWICH
MONDAY - OCT 30
LEMON HERB CHICKEN
WEDNESDAY - NOV 1
SCALLOPED
POTATOES & HAM

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

Out with Gout

A healthy diet can lower the risk of gout, a painful inflammation of the joints that strike 8 million U.S. adults. A major risk factor: high blood levels of uric acid.

Researchers randomly assigned 103 people with high blood pressure or prehypertension to either a typical American diet or a DASH (rich in fruits, vegetables, nuts, beans, and lowfat dairy, and low in red and processed meats and sugary drinks). Uric acid levels dropped on the DASH diet in those who entered the study with higher levels.

In another study, scientists tracked roughly 44,400 men for 26 years. Those who ate a DASH-like diet had a 32 percent lower risk of gout than those who ate less of the DASH-diet foods. And those who ate a typical Western diet (high in red and processed

meats, french fries, refined grains, sweet and sugary drinks) had a 42 percent higher risk of gout than those who ate less of those foods.

What to do:

Eat a DASH diet, or an OmniHeart variation that replaces some carbs with unsaturated fat or protein (including plant protein).

DASH stands for Dietary Approaches to Stop Hypertension, so the diet may also lower your risk of stroke, heart attack and kidney disease.

(Information from *Nutrition Action Health Letter, Center for Science in the Public Interest, October 2017.*)

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

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

VOLUNTEER OPPORTUNITIES

**Senior Companions
**Caring Callers
Please call I.V. Wellness Resources for more information at 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.

SPAY AND NEUTER FUND

Josephine County
www.jocospayneuter.org
541-244-0685

Brush Brothers Complete Yard Service



Call

541-660-1505
to schedule

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

WILD BILL'S OREGON OUTLET

Glass Pipes & Smokin' Supplies
THIS MONTH'S FEATURE



WE NOW HAVE AUTHENTIC GUATEMALAN CLOTHES AND BAGS!

Locally blown glass, incense, papers, candles, butane, vaporizers, pipes, jewelry, T shirts, grinders clothes and much more!

New summer hours starting July 1st

Sunday 12:00 pm to 5:00 pm

Monday 11:00 am to 7:00 pm

Tuesday through Saturday 10:00 am to 9:00 pm

202 N Redwood Hwy
Cave Junction OR 97523
541-761-9084

[facebook.com/Wild-Bills-Oregon-Outlet-LLC](https://www.facebook.com/Wild-Bills-Oregon-Outlet-LLC)

Now in Cave Junction!

H&R Block Business Services

- Bookkeeping
- Payroll
- Tax Preparation
- Advice

H&R Block Business Services can help your business go farther.
Contact your local H&R Block office for more information.

H&R Block
210 W. Lister St.
Cave Junction
592-3667
Ted Crocker, LLC
Bob Link, LLC
Licensed Tax Consultants B14914

H&R BLOCK | business services

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

NEW healthcare option in Cave Junction



Women's Health Nurse Practitioner

Jenny provides a wide range of healthcare services for women including well-woman exams, family planning and birth control options, confidential pregnancy tests, and screenings for STDs, including HIV.

Appointments: 8:30-3:00, the third Thursday of every month.



Immunization Nurse

Misty offers travel consultations so you can receive the vaccines you need before traveling abroad. She can also administer a variety of vaccines to boost natural immunity from childhood to old age.

Appointments: 8:30-3:30, the first Thursday of every month.



Josephine County Public Health
102 S. Redwood Hwy., Cave Junction
541-474-5329

All services are confidential. Public Health offers services on a sliding scale fee for those who are uninsured or cannot pay. No one will be turned away. See above for appointment times.

Walk-ins are welcome with first priority given to scheduled appointments.



The Kerby Transfer Station

is open to help you...

Hours: Mondays - Saturdays
9:00 a.m. to 4:00 p.m.



For more information phone: 800-922-1025



SOS
Southern Oregon Sanitation Inc.