



Food & Friends Menu

FRIDAY - DEC 15
CHICKEN TETRAZZINI
MONDAY - DEC 18
BEEF MUSHROOM
PATTY
WEDNESDAY - DEC 20
MEATLOAF W/ GRAVY

Food & Friends Dining is now located at the I.V. Senior Center, 520 River St.

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

DEMENTIA/ALZHEIMER'S

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is a disease that attacks the brain. It is the most common form of dementia.

The following list is 10 warning signs of Alzheimer's:

- 1) Memory loss that disrupts daily life.
- 2) Challenges in planning or solving problems.
- 3) Difficulty completing familiar tasks at home, at work or at leisure.
- 4) Confusion with time or place.
- 5) Trouble understanding visual images and spatial relationships (driving and reading).
- 6) New problems with words in speaking or writing.
- 7) Misplacing things and losing the ability to retrace steps.
- 8) Decreased or poor judgment.
- 9) Withdrawal from work or social activities

10) Changes in mood and personality.

WHAT IS THE DIFFERENCE BETWEEN ALZHEIMER'S AND TYPICAL AGE-RELATED CHANGES?

Signs of Alzheimer's/dementia: Poor judgment and decision-making, inability to manage a budget, losing track of the date or the season, Difficulty having a conversation, and misplacing things and being unable to retrace steps to find them.

Typical age-related changes: Making a bad decision once in a while, missing a monthly payment, forgetting which day it is and remembering it later, sometimes forgetting which word to use and losing things from time-to-time.

For more details go can visit www.alz.org or call the Alzheimer's Association at 1-800-272-3900.

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

CHAIR FITNESS
FREE at Healthy U, Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthycenter.org.
Sponsored by I.V. Wellness Resources

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

HEATING ASSISTANCE
For financial assistance with heating your home - electric or wood - call UCAN at 541-956-4050

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.

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.

Shop Local for the Holidays

Wright's World Emporium
Toys * Clothes * Shoes * Gifts

228 S. Redwood Hwy
541-415-0459
Tuesday - Saturday 10 am - 6 pm

Pinecone Books Etc.
139 S Redwood Hwy
541-441-2836

Open 11-5
Seven Days a week

LOTS OF UNUSUAL ONE-OF-A-KIND GIFTS, HOLIDAY SPIRIT & SILENT AUCTION

The Southern Oregon
GUILD
of ARTISTS & ARTISANS
GALLERY

COME ENJOY HOT MULLED CIDER & SWEET TREATS AT OUR HOLIDAY OPEN HOUSE

OPEN 10AM-4PM · TUESDAY - SATURDAY
RCC Kerby Building • 24353 Redwood Hwy, Kerby • 541-592-5019



DIGGIN' LIVIN'
Organic Groceries - Farm Store - Deli
541-592-4483

143 S REDWOOD HWY CAVE JUNCTION, OR 97523

CJ Video - RadioShack

145 N. Redwood Hwy
541-592-2233

Monday-Friday 9:30 am - 8 pm
Saturday 10 am - 8 pm Sunday 11:30 am - 6 pm
electronics, cell phones, hobby equipment & batteries

Redwood Service Center

223 N. Redwood Hwy.
541-592-6440

Open 9:30 am - 5:30 pm Monday Tuesday Thursday & Friday
Open NOON - 5:30 pm Wednesday
Closed Saturday & Sunday
Copies Printing Shipping Computers

Buy local Support Yourself

Several studies have shown that when you buy from an independent, locally-owned business rather than nationally-owned businesses, significantly more of your money is used to make purchases from other local businesses, service providers and farms -- continuing to strengthen the economic base of the community.

Bear Images Boutique



gifts, clothing & jewelry
541-592-2802

123 N Redwood HWY - Cave Junction, OR 97523
Owners Ed & Colene Gonzalez

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

PAPA IIc
Providing All Patients Access

Brown Claw Clothing and Hobby Shop

18049 Redwood Hwy
Selma, OR 97538



These gems are Lily, Haley & Zach



Yanase Jewelers

23772 Redwood Hwy Kerby, OR
541-592-4838

Tuesday - Friday 9:30 am to 5:30 pm
Saturday 10 am to 2 pm
Closed Sunday & Monday

WILD BILL'S

OREGON OUTLET
Glass Pipes & Smokin' Supplies
THIS MONTH'S FEATURE



WE NOW HAVE CBD OILS!

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

Monday thru Saturday 10:00 am to 7:00 pm
and Sunday 12:00 pm to 5:00 pm

We'd like to wish everyone to have a Happy Holidays from us all at Wild Bills!

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

facebook.com/Wild-Bills-Oregon-Outlet-LLC

Bear Images
Unique Clothing Gifts & Jewelry

Happy Holiday Season!

We wish peace and love for everyone
Many gift jewelry and clothing items

15% Off Jewelry

Open Dec 24 10 to 5
for all your last minute shopping.

Mon - Sat 10 am - 5 pm

123 N Redwood Hwy
Downtown Cave Junction
541-592-2802