



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY - DEC 22
ROAST TURKEY
W/ CRANBERRY SAUCE
MONDAY - DEC 25
CLOSED FOR CHRISTMAS
WEDNESDAY- DEC 27
GERMAN MEATBALLS
W/ ROTINI PASTA

Food & Friends Dining is now located at the I.V. Senior Center

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

Help for the Holiday Blues

The holidays can be stressful. Shopping, social events, debt and other pressures can lead to anxiety. Missing loved ones, and stewing about past events can also contribute. This change from your everyday routine can cause you to neglect good nutrition. And, you are more likely to skip exercise. Together, these factors can lead to holiday blues.

Keeping the blues away:

You might ease your holiday blues with something as simple as getting enough rest. People tend to lose sleep during the holidays and end up shortchanging themselves. Lack of sleep can cause cloudy thinking, and irritability. It can also hamper your ability to deal with everyday stress.

Eating a diet rich in fruits and vegetables and getting some exercise can ease the blues. Also, make an effort to stay positive.

If you have the holiday blues, try these tips:

- Have a heart-to-heart with a friend.
- Limit alcohol intake.
- Stick within your normal routine as much as you can.

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

- Set a realistic budget and then stick to it.
 - Set realistic goals and expectations.
 - Do not label the season as a time to cure past problems.
 - Don't be afraid to say no. That means don't go to parties when you don't really have time. Don't take on events that will crowd your time. Don't overextend yourself.
 - Find time for yourself.
 - Enjoy free holiday activities.
 - Try to celebrate the holidays in a different way.
- The holiday blues can be quite common, but if you are feeling especially down—for example, your sleep or your appetite is affected—contact your healthcare provider or visit Mental Health America for help and guidance. If you are thinking about suicide, call 911 or your healthcare provider right away.

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/ivwellness-resources.

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

2-1-1
 Call 211info for help with health & social services. Just Dial 211, visit 211info.org, search 211info App or text zip to 898211.

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

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.

PUBLIC NOTICE

NOTICE OF DEFAULT AND FORECLOSURE SALE Trustee Sale No: 129856-OR Loan No: 431-4837745 Title Order No: 8716834 APN R316595/36-05-29-DO-002500-00 WHEREAS, on 08/27/2009, a certain Deed of Trust was executed by OLAND C. JANUARY AND VERLIE M. JANUARY, TRUSTEES OF THE JANUARY FAMILY TRUST U.A.D. OCTOBER 27, 1993, as trustor in favor of WELLS FARGO BANK, N.A. as beneficiary and FIDELITY NATIONAL TITLE INSURA as trustee, and was recorded on 09/02/2009 as Document No. 2009-014227, and WHEREAS, the Deed of Trust was insured by the United States Secretary of Housing and Urban Development (the Secretary) pursuant to the National Housing Act for the purpose of providing single family housing; and WHEREAS the beneficial interest in the Deed of Trust is now owned by the Secretary, pursuant to an assignment recorded 10/19/2015 in document no. 2015-013838, of Official records in the office of the Recorder of JOSEPHINE County, OR, and WHEREAS a default has been made in the covenants and conditions of the Deed of Trust PURSUANT TO SECTION 9(b)(iii), OF THE LOAN DOCUMENTS "DUE AND PAYABLE WITH SECRETARY APPROVAL. AS DEFINED, THE LENDER WILL REQUIRE IMMEDIATE PAYMENT IN FULL OF ALL OUTSTANDING PRINCIPAL AND ACCRUED INTEREST IF; AN OBLIGATION OF THE BORROWER UNDER THIS SECURITY AGREEMENT IS NOT PERFORMED, AS PER THE REPAIR RIDER AGREEMENT" INCLUDING ALL FORECLOSURE FEES, ATTORNEY FEES AND ADVANCES TO SENIOR LIENS, INSURANCE, TAXES AND ASSESSMENTS WHEREAS, by virtue of this default, the Secretary has declared the entire amount of the indebtedness secured by the Deed of Trust to be immediately due and payable; NOW THEREFORE, pursuant to powers vested in me by the Single Family Mortgage Foreclosure Act of 1994, 12 U.S.C. 3751 et seq., by 24 CFR part 27, subpart B, and by the Secretary's designation of me as Foreclosure Commissioner, recorded on 05/11/2017 as Instrument No. 2017-006383, **THE SALE DESCRIBED BELOW HAS BEEN POSTPONED TO 01/09/18, SAME TIME AND LOCATION AS FURTHER DESCRIBED BELOW** notice is hereby given that on 12/06/2017,** at 01:00PM local time, all real and personal property at or used in connection with the following described premises ("Property") will be sold at public auction to the highest bidder: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST Commonly known as: 2650 CLOVERLAWN DR., GRANTS PASS, OR 97527 The sale will be held: Inside the main lobby of the Josephine County Courthouse, 500 NW 6th St, Grants Pass, OR 97526 The Secretary of Housing and Urban Development will bid \$180,536.84. There will be no proration of taxes, rents or other income or liabilities, except that the purchaser will pay, at or before closing, his pro rata share of any real estate taxes that have been paid by the Secretary to the date of the foreclosure sale. When making their bids, all bidders except the Secretary must submit a deposit totaling \$18,053.68 [10% of the Secretary's bid] in the form of a certified check or cashier's check made out to the Secretary of HUD. A deposit need not accompany each oral bid. If the successful bid is oral, a deposit of \$18,053.68 must be presented before the bidding is closed. The deposit is nonrefundable. The remainder of the purchase price must be delivered within 30 days of the sale or at such other time as the Secretary may determine for good cause shown, time being of the essence. This amount, like the bid deposits,

must be delivered in the form of a certified or cashier's check. If the Secretary is the highest bidder, he need not pay the bid amount in cash. The successful bidder will pay all conveying fees, all real estate and other taxes that are due on or after the delivery date of the remainder of the payment and all other costs associated with the transfer of title. At the conclusion of the sale, the deposits of the unsuccessful bidders will be returned to them. The Secretary may grant an extension of time within which to deliver the remainder of the payment. All extensions will be for a 15-day increments for a fee of \$500.00, paid in advance. The extension fee will be in the form of a certified or cashier's check made payable to the Secretary of HUD. If the high bidder closes the sale prior to the expiration of any extension period, the unused portion of the extension fee shall be applied toward the amount due. If the high bidder is unable to close the sale within the required period, or within any extensions of time granted by the Secretary, the high bidder may be required to forfeit the cash deposit or, at the election of the foreclosure commissioner after consultation with the HUD representative, will be liable to HUD for any costs incurred as a result of such failure. The commissioner may, at the direction of the HUD representative, offer the property to the second highest bidder for an amount equal to the highest price offered by that bidder. There is no right of redemption, or right of possession based upon a right of redemption, in the mortgage or others subsequent to a foreclosure completed pursuant to the Act. Therefore, the Foreclosure Commissioner will issue a Deed to the purchaser(s) upon receipt of the entire purchase price in accordance with the terms of the sale as provided herein. HUD does not guarantee that the property will be vacant. The scheduled foreclosure sale shall be cancelled or adjourned if it is established, by documented written application of the mortgagor to the Foreclosure Commissioner not less than 3 days before the date of sale, or otherwise, that the default or defaults upon which the foreclosure is based did not exist at the time of service of this notice of default and foreclosure sale, or all amounts due under the mortgage agreement are tendered to the Foreclosure Commissioner, in the form of a certified or cashier's check payable to the Secretary of HUD, before public auction of the property is completed. The amount that must be paid if the mortgage is to be reinstated prior to the scheduled sale is \$180,507.75 as of 12/05/2017, plus all other amounts that would be due under the mortgage agreement if payments under the mortgage had not been accelerated, advertising costs and postage expenses incurred in giving notice, mileage by the most reasonable road distance for posting notices and for the Foreclosure Commissioner's attendance at the sale, reasonable and customary costs incurred for title and lien record searches, the necessary out-of-pocket costs incurred by the Foreclosure Commissioner for recording documents, a commission for the Foreclosure Commissioner, and all other costs incurred in connection with the foreclosure prior to reinstatement. Tender of payment by certified or cashier's check or application for cancellation of the foreclosure sale shall be submitted to the address of the Foreclosure Commissioner provided below. DATE: 10/03/2017 FORECLOSURE COMMISSIONER: MORTGAGE LENDER SERVICES, INC. 11707 Fair Oaks Blvd., Ste 202 Fair Oaks, CA 95628 (916) 962-3453 Fax: (916) 962-1334 Sale Information Line: 916-939-0772 or www.nationwideposting.com TARA CAMPBELL, FORECLOSURE COMMISSIONER OFFICER NPP0321890 To: ILLINOIS VALLEY NEWS 12/13/2017, 12/20/2017, 12/27/2017.

The Kerby Transfer Station is open to help you...

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

SOS
Southern Oregon Sanitation Inc.

For more information phone: 800-922-1025

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