



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – MAR 2
BEEF ENCHILADA BAKE

MONDAY – MAR 5
SPANISH RICE
CASSEROLE

WEDNESDAY- MAR 7
MACARONI & CHEESE

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources 541-592-9781

MACULAR DEGENERATION
Age-related macular degeneration (AMD) is a chronic eye disease that can affect the central area of your field of vision. It occurs when there's deterioration of the tissues in the macula, the part of your retina responsible for central vision and your ability to clearly see fine details.
The retina is the light detecting layer of tissue on the inside of your eyeball's back wall. Although AMD is a leading cause of vision loss in older adults, early detection makes it possible to delay it and potentially preserve vision. For many people, AMD comes on gradually, usually affecting both eyes.
In addition to aging, risk factors include a family history of

AMD, being white, smoking, history of stroke or coronary artery disease, high blood pressure and high cholesterol.
Symptoms include blurriness, colors may appear less bright and you may find an increasing need for a brighter light to see up close. Recognizing faces may become difficult as a gray or blank spot gradually develops in your central vision. Some people experience rapid progression.
Macular degeneration does not usually affect peripheral vision, so it rarely causes total blindness, but it can result in what is known as legal blindness. There are two types of AMD - dry and wet. The dry form is much more common and occurs as the tissues of the macula age and become thinner. Yellow deposits form under

the retina in a range of sizes. Although vision loss is usually gradual with the dry form, it's possible for the disease to suddenly take a turn for the worse and suddenly become wet macular degeneration. The wet form develops when abnormal blood vessels grow from the choroid, which is the normal layer of blood vessels between the retina and the eye's outer firm coat (sclera). The new vessels grow into the macular portion of the retina and can cause blood or fluid to leak into and beneath the retina. While the wet form affects only 10 to 15 percent of people with AMD, it's more likely apt to result in rapid distortion and loss of central vision and accounts for more than 80 percent of severe vision loss from the disease.

Mayo Clinic HealthLetter, September, 2013.
To contact I.V. Wellness Resources you can call 541-592-9781 or email www.ivwellnessresources@gmail.com and like our Facebook page@ivwellnessresources.

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.
Sponsored by I.V. Wellness Resources

Lil Green Taxi Club
541-415-0535
Daytime only \$1 mile
Licencend & Insured
Background check completed. Check Facebook@lilgreentaxi

CAPTIONCALL
Displays large, easy-to-read captions of what callers say. You can receive a free phone with a professional certification of hearing loss. www.captioncall.com 1-877-557-2227

ALZHEIMER'S SUPPORT GROUP
Last Thursday of the month 2-3:30 PM at Oaklane Retirement, 727 SW Rogue River Ave, Grants Pass. Call 541-772-2230 for more info.

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

IV SENIOR CONNECTIONS PRESENTS:

Illinois Valley Senior Expo
Saturday, March 10, 2018
10 am-2 pm
Illinois Valley Senior Center

In this **FREE** interactive event, come see what your Illinois Valley neighbors can offer you! Enjoy workshops, learn about services provided, and connect with your local community.

Church News

Community Bible Church

Connected to God with a slip knot
Proverbs 3:5-6 (NKJV)
5 Trust in the LORD with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your paths.
We live in a day that is characterized by a high degree of self-centeredness. This is not to say that there hasn't always been a lot of self-centeredness in the world, but in our day we have such a platform to display it. Being able to display ourselves in media, on social platforms, and all forms of internet related exposure has given an unparalleled opportunity to say, "Look at me." The advent of reality TV has given people a model to imitate. The problem in my opinion is that it is all about me, me, me! Look at me, hear me tell all about myself, this is where I'm going, this is what I'm doing, this is what I'm thinking. I'm not sure this is healthy for people in general, but there is freedom to do this in the USA.

The place it doesn't work is in one's relationship with God. It's all about us until disaster strikes, or our health fails, or our finances collapse, or there's an accident – and then it's "Help us, God!" It is not wrong to call upon the Lord in these times; it's a great gift and a blessing to know there is a greater power than our own. The problem is that all too often when there is no emergency, no problem to be dealt with, no dilemma to face, we simply forget God or worse we purposely shove Him aside so that we can do what we want with our lives without His interference – that is until the next problem arises!
Maybe we need to be 'tied' to God a little tighter all the time and then when emergencies come we won't have to go and try to find Him, because we will have stayed real close to begin with. See you Sunday.

**In Christ,
Pastor Dave**

Ministry at CBC

Sunday, Feb. 25
Morning Worship 10:30 a.m.
Praise and Prayer 6 p.m.

Wednesday, Feb. 21
A.W.A.N.A. 6:30-8 p.m.
Preschool – Grade 6

Community Christian Academy
Preschool – 12th grade

Free Senior Exercise Class
Monday, Wednesday, & Friday
9-10 a.m.
Dining Room

Seventh-day Adventist Church

One Day in Ministry
One Sabbath after He came from the Synagogue, Jesus was visiting in Peter, the fisherman's, home in Capernaum. Someone came and told Him that Peter's mother-in-law was sick with a high fever. Jesus touched her hand and the fever was gone. After her healing she got up and began serving Jesus and his disciple friends.
Good news travels fast and that evening after the Sabbath people began bringing their sick loved ones to Jesus for healing. Some were being tormented by demons, Jesus commanded the demons to leave, and they left the people they had been harassing. The people didn't know if the great healer would be gone tomorrow or not.
Jesus ministered to each one in His kind and loving way. Never before had Capernaum witnessed a day like this. How the people rejoiced over their healing. It took a long time to heal every sick person who had come to Jesus for healing. Finally silence settled down on the humble home of Peter. It had been a long and exciting day and Jesus was at last able to lie down and rest.
Very early the next morning Jesus got up a long time before day light, and went to a quiet place outside where He could be alone and pray to His Father. This was where He could get guidance for what He should do that day, and receive the strength needed to meet the challenges He must meet.
When day light came Peter and the other disciples came looking for Jesus. When they found Him they let Him know that the people of Capernaum were already looking for Him. Jesus words surprised them, "I must preach the kingdom of God to other cities also for there I am sent." So His Father was directing

Him to move on to other cities. Jesus didn't want to draw attention to Himself. He didn't want people to think of Him as just a wonder working healer. He wanted to draw people to Him as their Savior. He wanted to turn the minds of the people from earthly things to the spiritual.
Years before the prophet Isaiah had told what the coming Messiah would be like: "Behold my Servant who I uphold; Mind Elect, in whom My soul delighteth." *Isaiah 42:1* "I the Lord have called You in righteousness, I will hold your hand, and will keep you, and give You for a covenant of the people, To open blind eyes." *Isaiah 42:5-7*
This was just an example of one of the days in the ministry of Jesus. You can read more of the story in *Mark 1:29-38* Jesus poured out His life in ministry to help people, and show them how much God loved them.



Places of Worship

BRIDGEVIEW COMMUNITY CHURCH
5181 Holland Loop Rd., CJ
541-592-3923
"Come Join the Worship!"
Sunday Worship 10:30 a.m.
Pastor Sonny Moore
www.bridgeviewcc.org

7th DAY ADVENTIST
265 S. Old Stage Rd., CJ
Sabbath School - 10:15 a.m.
Saturday Worship 9 a.m.
Bible Study 11:15
Pastor Charles Byrd
Church (541) 592-3218
Madrone Adventist School
541-592-3330

IMMANUEL UNITED METHODIST CHURCH
200 Watkins St., CJ
Phone 541-592-3876
Pastor Charles Chase
Sunday School - 9:15 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children

Illinois Valley Praise Center
28569 Redwood Hwy. CJ
Non-denominational
Bible-believing Church
Sunday school - 9:30 a.m.
Sunday Service 10:30 a.m.
Thursday Seekers 7 p.m.
Youth group Thursdays - 7 p.m.
www.ivpraisecenter.com

COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbccca@gmail.com
Sunday Worship - 10:30 a.m.
Christian Academy
Pre-K to 12th grade
Awana - Wednesdays - 6 p.m.

ST. PATRICK OF THE FOREST CATHOLIC CHURCH
407 W. River St., CJ
541-592-3658
Fr. William Holtzinger, Pastor
Mass - Sunday 11 a.m..
Sacrament of Reconciliation
Sunday - 10:30 a.m.
Holy Days TBA

TAKILMA BIBLE CHURCH
10343 Takilma Road, Takilma
Pastor Dan Robinson
Bible Study / Prayer Time
9:30 a.m.
Morning Worship 11 a.m
Wednesday Bible Study
7 p.m

First Baptist Church of Selma
18285 Redwood Hwy., Selma
541-597-4169
Pastor Monty Pope
Sunday School - 9:45 a.m.
Worship - 11 a.m.

GOOD SHEPHERD LUTHERAN CHURCH
East River Street
& Lewis Court, CJ
Annemarie Richardson
Lay Pastor.
Sunday School - 9:15 a.m.
Sunday Worship - 10 a.m.
Church Phone: 541-592-2290
www.goodshepherdlutheraniv.net

VALLEY EVANGELICAL FREE CHURCH
498 Laurel Road, CJ
P.O. Box 1248
Pastor Marvin Porter
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
evfree@frontiernet.net
541-592-6160

FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Ave., CJ
541-592-3956
Pastor Mark McLean
Morning Worship
10:30 a.m.
Wednesday - 7 p.m.
Adult Bible Study

ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. Bryant Bechtold
Sunday Worship
Service 10:30 a.m.

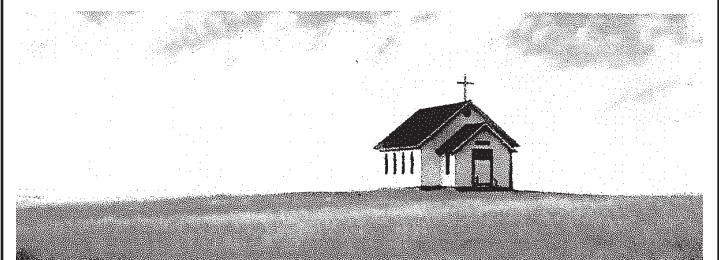
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
209 S. Junction Ave., CJ
Sacrament Meet - 10 a.m.
Sunday School - 11:20 a.m.
Priesthood, Relief Soc. - 12:10 p.m.
Family History Center Open:
Thur 10 – 8 Tues 4 – 8
Bishop
Larry Hammersmith
541-592-3919

Illinois Valley Baptist Church
541-592-6149
Located in the old Chapel on Lister St.
(between Caves Ave & Junction Ave)
Sunday Worship 10:30 AM
Wednesday Bible Study, Prayer & Youth Program 7:00 PM
Ladies Bible Study
Call for info

Wonder Bible Chapel
11911 Redwood Hwy.
Wonder, Ore.
Sunday worship 10 a.m.
Non-denominational Bible believing Church
Sunday School Nursery
Youth group meets
Sunday 6:30 p.m.

You Are Invited.....

For a time of Study of
God's word
Wednesday evenings
6:30 p.m.
Cave Junction
Senior Center
520 E. River St.
Cave Junction
Call 541-244-8912
for more information



Sponsored by New Life Pentecostal Church of Grants Pass