



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – MAR 9

BLAK BEAN CHILI

MONDAY – MAR 12

SLICED ROASTED TURKEY W/ GRAVY

WEDNESDAY- MAR 14

CHICKEN A LA KING

Call 541-955-8839

to volunteer or if you need meals.

SENIOR SPOTLIGHT

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

OSTEOPOROSIS

Often called “the silent disease,” osteoporosis can develop without symptoms over several years.

As many as half of all women in the United States over 45 years of age and 9 percent of the women over 75 are afflicted with this bone thinning disease. In osteoporosis, the bone mass decreases and causes your bones to be more susceptible to fractures. A fall, blow or sudden action that would not normally cause injury can easily break one or more bones in anyone with severe osteoporosis. Individuals with osteoporosis may experience a loss of height or curvature of the spine.

Yes, men can get osteoporosis. Your bones are constantly be-

ing rebuilt from within. Living bone is the primary site where the body stores calcium. The body keeps a relatively constant level of calcium in the blood because important bodily activities, such as beating of the heart or clotting of the blood require constant blood levels. However, when your blood calcium level drops, more calcium is taken from the bones to maintain the appropriate levels. When you’re young, calcium is deposited faster in the bones than is taken out. By about 30 years of age, you will probably reached your peak bone mass.”

After 30, you will lose calcium faster than it can be replaced. Bones become less dense and prone to fractures. Estrogen, a female hormone, seems to influ-

ence bone substance by halting or slowing bone loss. As you pass through menopause, your body’s production of estrogen declines. With the passage of time, these changes can lead to the development of osteoporosis. Some medications can also cause bone loss. A balanced diet and exercise can reduce the risk of osteoporosis. Studies have shown that the average adult woman takes 450-550 mg of calcium per day, well below the RDA of 800 mg. Premenopausal and older women need about 1,000 mg per day for calcium balance. Postmenopausal women who are not on estrogen need about 1500 mg per day.

To contact I.V. Wellness Resources you can call 541-592-

9781 or email www.ivwellnessresources@gmail.com and like our Facebook page@ivwellnessresources.

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.

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 completeted. Check Facebook@lilgreentaxi

MEDICAL EQUIPMENT

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

Call 541-592-4262

AARP Tax-Aide

I.V. Family Coalition, 535 E. River St. Cave Junciton

Call for an appointment 541-592-6139

VOLUNTEER OPPORTUNITIES

**Senior Companions

**Caring Callers

Please call I.V. Wellness Resources for more information at 541-592-9781.

Church News

Community Bible Church

A.W.A.N.A.

“Train up a child in the way he should go, and when he is old he will not depart from it.” *Proverbs 22:6*

There may be no greater task or more awesome privilege than training children. Think of the impact of raising a child who might find a cure for cancer or create wonderful music or art. They could become someone who will be a surgeon or a compassionate caregiver. They could become someone who will construct buildings or simply be kind and loving to their spouse and children, all because of your impact on them. There is also the opposite end of things – where the parents’ example is so wretched that the children have had only bad patterns of living to learn from, patterns they will likely follow. There is a saying that goes, “More is caught than taught.” One of the reasons we have an AWANA (Approved Workmen

Are Not Ashamed) program at Community Bible Church is that we want to help develop in children the character traits of “love, joy, peace, patience, kindness, goodness, gentleness, and self-control.” *Galatians 5:22-23*

In a society and culture that asserts “do your own thing” and “if it feels good, do it”, there is another way – another message that says, “Do not be overcome by evil, but overcome evil with good.” *Romans 12:21* The main message of AWANA and the church is that Jesus came to seek and save that which was lost. It is easy to lose our way in this day and age, but Jesus has said, “I am the way, the truth, and the life. No one comes unto the Father but by me.” *John 14:6* If you have lost your way, how can you ever expect to be able to help your children?

In Christ,
Pastor Dave

Ministry at CBC

Sunday

Morning Worship 10:30 a.m.

Praise and Prayer 6 p.m.

Wednesday

A.W.A.N.A. 6:15-8 p.m.

Age 3 to Grade 6

Community Christian Academy

Preschool – 12th grade

Free Senior Exercise Class

Monday, Wednesday, & Friday

9-10 a.m.

Seventh-day Adventist Church

His Ministry and ours

Jesus is our example in everything, and especially in His ministry. And as He chooses men and women for ministry of different kinds, He doesn’t ask whether they have worldly riches, education or eloquence. He wants to know if they are humble and teachable. Our Savior wants to know if He can put His words in their mouths, and will they represent Him?

God can use a person as much as He can put His Spirit into them. The work of ministry that He will accept is the work that reflects His image. His followers are to bear out His principles to the watching world.

As Jesus ministered in the streets of the villages, mothers would bring their sick and dying little ones in their arms pressing through the crowd, hoping to come within reach of His notice. Perhaps one mother was

pale, and weary, almost despairing, yet determined and persistent. Bearing her burden of suffering, she was seeking the Savior. As she was crowded back by the surging throng, Jesus makes His way to her step by step until He is close at her side. Hope springs up in her heart. Her tears of gladness fall as she catches His attention, and looks into His eyes expressing such pity and love. Our compassionate Savior asks “What shall I do for you?” She sobs out her great want. “Master, please heal my child.” Jesus takes the little one into His arms, and disease disappears at His touch. The pallor of death is gone; the life giving current flows through the veins; the child’s muscles receive strength. Then He speaks words of comfort to the mother. Then another case just as urgent is presented to Him and again His life giving power brings smiles to the victim.

Many times we think about the greatness of the life of Jesus. We talk about the wonderful things He accomplished, and the miracles He performed. But the attention to things thought of as small is even higher proof of His greatness.

During the time of Jesus it was the custom for children to be brought to some religious teacher so that they could lay their hands on them in blessing. One day a group of mothers brought their children to be blessed by Jesus. The disciples turned the mothers away. They thought the children were too young to obtain a blessing from Jesus. However fortunately for the mothers and their children, Jesus understood the care and burden of the mothers. He had heard their prayers and was drawing them into His presence. Jesus said, “Let the little children come to me, and don’t stop them, for of such is the kingdom of

God.” The mothers were comforted, strengthened and blessed by these words of Christ.

Jesus is still the same compassionate Savior as when He walked among people here on earth. He will always be the helper of mothers who ask for His help and blessing for their children, just like when He gathered the little ones into His arms in Judea.

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 Thursday - 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.

PARAMED

Members Don't Worry About Emergency Ambulance Expenses!

A \$55 yearly membership to Paramed covers all family members in the home. Illness and injury can strike without warning; but, it's comforting to know that your cost is covered for emergencies and medically necessary transports.

“Serving The Northwest Since 1913”

AMERICAN MEDICAL RESPONSE



24 Hours • 7 Days A Week

Absolute peace of mind with expert critical care just a phone call away.

FOR EMERGENCY CALL 911

FOR NON-EMERGENCY DIAL 1-877-504-8075

For Paramed Information Phone

1 (800) 228-7601