



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – MAR 30
BAKED CHICKEN THIGH
W/ SCALLIPINI SAUCE

MONDAY – APR 2
BEEF STROGANOFF W/
NOODLES

WEDNESDAY- APR 4
SLICED ROASTED
TURKEY W/ GRAVY

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

SENIOR SPOTLIGHT

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

WHILE YOU SLEEP

As you sleep, your brain’s electrical activity occurs in re-curring cycles. First, you move through three stages of nonrapid eye movement (NREM) sleep. These range from drifting in and out of sleep (stage N1) through light sleep (stage N2) and into deeper sleep (stage N3). People who awaken from N1 sleep typically don’t realize they were even asleep. Stage N2 sleep accounts for 40-50 percent of sleep time. Stage N3 is the most physically restorative, ass your brain waves slow considerably. Stage N3 is when it’s most difficult to be awakened.

Another sleep stage is rapid

eye movement (REM) sleep, so called because your eyes dart quickly back and forth under your lids. Dreaming occurs in this stage. The brain is so active during REM sleep that brain waves resemble awake patterns. Breathing is rapid, irregular and shallow, and heart rate and blood pressure increase. Arm and leg muscles are temporarily paralyzed. This stage plays an essential, but not fully understood function.

REM sleep stimulates the regions of the brain responsible for learning and memories. When REM sleep is disrupted, it has to be made up. As a result, REM is typically longer than normal on subsequent nights.

The average adult experiences four to five full sleep cycles in an eight-hour period. Each cycle lasts about 90 minutes. With age comes a slight decrease of maybe 30 to 60 minutes in total sleep time. Deep wave, restful sleep (stage N3) also decreases, dropping about 20 percent for a young adult to less than 10 percent after age 70. Older adults spend more time in stage N2 sleep, when it’s easier to be awakened. *(Supplement to Mayo Clinic Health Letter, February 2014.)*

To contact I.V. Wellness Resources you can call 541-592-9781 or email www.ivwellnessresources@gmail.com and like our Facebook page [page@ivwellnessresources](https://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

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

REPORT FRAUD AND SCAMS
AARP Foundation
1-800-222-4444 option 2
Email: giving@aarp.org
Read Tips for Recognizing Senior Scams at www.aarp.org.

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
Licensed & insured
Background check completed. Check Facebook@lilgreentaxi

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.

Community Bible Church

Anastasis
Matthew 28:6 “He is not here; for He is risen, as He said.”
Anastasis is a Greek word meaning a raising up, rising, or resurrection.
April 1 is the Sunday that we remember and celebrate Jesus’ resurrection from the dead. Jesus could have been born, been an incomparable teacher, a great leader of men, a profoundly wise philosopher, a healer of every malady, a sacrificial server, a conqueror of men’s hearts and nations, and a king unequalled, and yet, He would only be a footnote in history without His resurrection from the dead. The Christian faith in its true essence is not religious institutions, not lists of do’s and don’ts, not acts of religious piety, or not even religious teaching. The hope and foundation of our faith is that Jesus came to forgive our sins, something no one else could do (*Mark 2:5-10*), so that we might obtain eternal life. The proof of Jesus’ claim is that death and the grave could not hold Him; He rose from the

dead and the world was changed. Read *I Corinthians 15:1-11* where the apostle Paul explains Jesus’ resurrection from a first-hand point of view.
The book of Romans lays out the need and means of salvation. *Romans 3:23* says, “For all have sinned and fall short of the glory of God.” No one will make it to heaven on their own merit. There is a penalty for sin: *Romans 6:23a* says, “For the wages of sin is death,” - that’s eternal separation from God. But the story doesn’t end there – because on the cross Jesus paid the penalty for sin and gives the gift of salvation to everyone who asks. *Romans 6:23b* says, “but the gift of God is eternal life in Christ Jesus our Lord.” It is a gift; you don’t earn it or pay for it. The payment has already been made by the Lord. It is very simply presented in *Acts 16:31*, “Believe on the Lord Jesus Christ and you will be saved.”
In Christ,
Pastor Dave

Ministry at CBC

Sunday
10:30 a.m.
EASTER MUSICAL
PRAISING CHRIST THE RISEN LAMB
“Thank you for the Cross”

Wednesday
AWANA 6:15-8 p.m.
Age 3-Grade 6

Community Christian Academy
Preschool – High School

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

Seventh-day Adventist Church

“You can make me clean”
Of all the diseases in the Bible land none was dreaded so much as leprosy. It was incurable, deadly and contagious. Its horrible symptoms filled the bravest with fear. The Jewish people thought of it as a judgment as a result of sin. Some called it “the finder of God.” It was looked on as a symbol of sin.
Once an unfortunate person was pronounced “unclean” with leprosy, whatever he touched was unclean. Like one already dead, he was shut out from the dwelling places of his home. He was isolated from his family and doomed to associate only with other lepers.
Away from his friends and family the leper was to bear the curse of his disease. He had to proclaim his calamity; they tore his clothes, and sounded the alarm, warning all to run from his contaminating presence. The call “unclean, unclean!” coming in mournful tones from the lonely exile was a signal heard with great fear.
In the area of Jesus ministry there were many of these suffering people. The news that there was a great healer who could heal any kind of sickness had reached them, and they longed for the touch of the healer. There was one leper in whose heart faith began to grow. In spite of the great odds he determined to find the

Savior. Even though he was shut out from the cities, he thought that maybe he could find Him teaching outside of town. This was his only hope.
Finally he found Jesus surrounded by a big crowd of people. He watch from afar as Jesus healed the sick of all kinds of sickness. He saw them rise up in health praising God for deliverance. Nearer and nearer he approached the listening throng. The restrictions laid upon him, the safety of the people, the fear of the people who saw Him were all forgotten. He could think only of the blessed hope of health that only Jesus could give.
He was a gruesome sight. The disease had decayed his body and he was a horrible picture. At sight of him the people fell back in terror. Their expressions of loathing are lost upon him. He sees only the Son of God, he hears only the voice that speaks like to the dying. Pressing close to Jesus, he threw himself at the feet of the Savior with the cry, “If You want to, You can make me clean.” Laying his hands on the man Jesus replied, “I want to, be clean.”
Immediately a change passed over the leper, His blood became healthy, the nerves sensitive, the muscles firm. The scaly white surface of leprosy disappeared; and his flesh became as the flesh of a child. He rejoiced in the vigor o manhood and was later restored to his family. Once again Jesus had shown what He and

His Father God were like, because of their caring and healing of this poor outcast.
Leprosy represented sin in this story, and Jesus wanted to show the people there and people today that He can not only heal the worst of diseases, He can heal our sin sick souls. Jesus is our only hope. When we come to Him just as we are, and in faith callout to Him “If you want to You can make me clean!” He will respond to us with compassion and love saying, “I want to, be clean.” Thank you Jesus for healing this poor leper, and thank You for healing us from our sins too. We love and Praise You Jesus.
Mark 1:40-45

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.ipvpraisecenter.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
9:30 & 11 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.
Bishop
Larry Hammersmith
541-592-3919

Illinois Valley Baptist Church
541-592-6149
329 Caves Hwy.
Pastor Brent Smith
Sunday School 9:30 a.m
(for all ages)
Sunday Worship 10:30 AM
Wednesday Bible Study, 7 PM
Come be with us!

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.

Good Shepherd Lutheran Church

Palm Sunday: Palm Sunday Worship Service with Procession of Palms at 10 a.m.

Maundy Thursday: Remembrance of the Last Supper through a Christian Seder at 7 p.m. Admission is free, but you must reserve a seat by calling 541-507-7458.

Good Friday: Joint Good Friday Tenebrae Service with Immanuel Methodist Church of Cave Junction at 7 p.m. at Immanuel Methodist.

Easter Sunday: Worship Service at 10 a.m. followed by an Easter Egg Hunt for children of the community ages 10 and under. Easter baskets and goodies are provided. Special eggs with cash prizes worth up to \$10 will be hidden among Easter eggs. Call 541-507-7458 for additional information.

All events will be held at Good Shepherd Lutheran Church at 150 Lewis Court, Cave Junction unless otherwise noted. Please call 541-507-7458 for additional information or leave a message at 541-592-2290.