



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – JUNE 8

KIELBASA SAUSAGE W/ SAUERKRAUT

MONDAY – JUNE 11

CHICKEN A LA KING W/ RICE

WEDNESDAY- JUNE 13

BEEF CHILI W/ BEANS

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

SENIOR SPOTLIGHT

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

Postmenopausal urinary incontinence (Part One)

During menopause, estrogen levels significantly decrease, resulting in hormonal fluctuations and physiological changes in the genitalia. Some women experience lower urinary tract dysfunction, specifically urinary incontinence (UI). Defined as involuntary urinary leakage and can present as stress (SI), urgency (UI), or mixed urinary incontinence (MUI). About 16-18% of post-menopausal women develops UI. Many are too embarrassed to discuss the conditions with their healthcare providers and some believe it's a normal part of aging that they have to live with. Stress incontinence is the most common type of UI and is caused by insufficient support of the urethra, it's characterized by involuntary urine loss associated

with coughing, sneezing or physical activity. The urgency incontinence (also called overactive bladder) primary symptom is urinary leakage accompanied by a strong desire to void.

Many women have MUI, which includes urinary frequency, urgency, and stress incontinence. Menopause has been implicated in the cause of genital complaints, including painful urination, frequency, nighttime urination and urgency. The reduction in estrogen with menopause leads to a thinning and weakening of tissue and decreasing blood flow and vaginal wall elasticity. Other causes of UI include pelvic organ (bladder, uterus, rectum, and hysterectomy or any other reproductive system surgery. Management and treatment of UI includes products that make it possible for

individuals to participate comfortably in social activities as well as medication, behavior modifications, surgery, and alternative therapies.

* Protective products and devices. Incontinence underwear- disposable or washable and reusable has a waterproof liner and built-in cloth pad to absorb large amounts of urine. A product resembling a tampon is made of a wad of absorbent fibers and a collapsible silicone structure to help support the urethra to prevent accidental leaks, but doesn't inhibit urination and won't move or fall out during bowel movement. Mechanical devices such as pessaries are professionally fitted and support the urethra to prevent or reduce urinary leakage and can be used to support vaginal prolapse.

American Nurse Today, Volume 13, Number 1.

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



Illinois Valley Wellness Resources

541-592-9781

HELP WANTED

Looking for handy helpers to add to referral list for seniors and disabled. Must have background check and referrals. Call I.V. Wellness Resources at 541-592-9781.

VOLUNTEER OPPORTUNITIES

****Senior Companions**

****Caring Callers**

Please call I.V. Wellness Resources for more information at 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.healthyucenter.org.

Sponsored by I.V. Wellness Resources

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

Lil Green Taxi Club

541-415-0535

Daytime, \$1 mile

Licensed & insured

Background check completed.

Check Facebook@lilgreentaxi

LeBron - America’s King James Version: by Glenn Mollette

A couple of million Americans will be watching closely as the Cleveland Cavaliers and Golden State Warriors compete for the 2018 NBA championship. LeBron James, a 6’8, 250 pound man who plays for the Cavaliers is the King James Version of basketball.

I was recently in Cleveland, Ohio while the Indiana Pacers were in town. Interestingly the Pacers were staying in my hotel and I saw them often on the elevator or the hotel lobby. The evening I was there I went down to the lobby in search for a snack and then headed back to the elevator when two men walked across the lobby area briskly and entered into the elevator first. I followed them on and was a bit awestruck that one guy with a baseball cap was large. He was maybe 6’8 or 6’9 and very stocky. I never mean to stare but this man looked familiar. He never looked at me to engage but kept his eyes on the elevator. By the time they got off the elevator I knew I was riding with the king of basketball - LeBron James.

Two weeks later I was back in Cleveland and had the opportunity to watch James and the Cavaliers play the Boston Celtics in the third game of their series. He scored 27 points and had 12 assists, just another night’s work for James.

While NBA television viewership doesn’t sound big, the NBA reached a television deal with ESPN and Turner Sports for 24 billion dollars over a nine year stretch in October 2014. Thus, all NBA players earn very nice paychecks but especially King James. Forbes says James earned \$86 million in 2017, including a \$31.2 million salary and a whopping \$55 million in product endorsements. James penned one Nike endorsement deal for \$90 million dollars while he was still in high school. He has a net worth of \$400 million, according to Celebrity Net Worth. His salary for 2018 is \$33,285,709. His total earnings for 2018 are reported to be about 85.3 million dollars. His salary is actually the second highest behind Stephen Curry who reportedly makes \$34,682,550. This does not include Curry’s endorsement money.

While LeBron’s salary is mind boggling his stats as a player are whopping numbers as well. He has averaged 27.5 points, 9.1 assists and 8.6 rebounds every game in 2018. For his entire 15 year NBA career he has averaged 27.2 points, 7.4 rebounds and 7.2 assists every game. So far during the NBA 2018 finals he has scored over 40 points seven times putting him hot on the heels of Jerry West who scored over 40 points eight times in the NBA playoffs in 1965 when he was 26 years old.

I predict he gets over 40 at least twice in the Golden State series and expands his kingdom’s reign.

Dr. Glenn Mollette is the author of 12 books. His syndicated column is read in all 50 states - Books By Glenn Mollette. Contact him at GMollette@aol.com. Learn more at www.glennmollette.com. Like his Facebook page at www.facebook.com/glennmollette.

Community Bible Church

Graduation – An Ending with Anticipation

“The fear of the Lord is the beginning of wisdom; A good understanding have all those who do His commandments. His praise endures forever.” *Psalms 111:10*

First, congratulations go to all those who graduated from high school this year. Twelve years of schooling have been completed, and now there are new endeavors to be pursued. When I graduated from high school, I believe our class motto was “Today is the first day of the rest of your life,” (but I can’t remember for sure). Regardless, that little phrase makes a good point. Graduation marks the end of one phase of life, but the beginning of another.

There are many choices that lie ahead, and the whole direction of your life can be affected by the decisions you make. Over the years, I have seen people meet with tremendous success because they focused on their future and applied discipline and determination

to their goals. I have seen others with greater potential do nothing with their future, because they had no direction. There are still others whose lives lay in ruins because of exceedingly poor decisions regarding drugs, alcohol, and the people they chose for friends. Prison, jail, alcoholism, drug dependency, and death are not situations to set your future sites upon, but poor choices will surely take you there.

There is wisdom, the right use of knowledge, to be had from parents, grandparents, mature counselors, and pastors. These are people who have gone before you, have learned from their wrong choices, and have your best interests at heart. But most important, there is great wisdom given to those that seek the Lord. May you seek the Lord, and may He in His infinite wisdom direct your steps.

In Christ,
Pastor Dave

Ministry at CBC
Sunday
Morning Worship at 10:30 a.m.
Praise and Prayer at 6 p.m.

Wednesday
CCA Awards Night
7 p.m.
Bring cookies to share.

Community Christian Academy
Preschool – 12th grade
Now accepting applications for the 2018-2019 school year.

VBS is coming June 25-29
9 a.m. to 12 p.m.
Age 3 to grade 6



FOR EMERGENCY CALL 9-1-1

JOSEPHINE COUNTY

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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.

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.

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

For Paramed Information Phone

1 (800) 228-7601