



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – JUNE 15
SWISS STYLE BEEF STEAK

MONDAY – JUNE 18
WAIKIKI CHICKEN

WEDNESDAY- JUNE 20
MACARONI & CHEESE

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 two).

In continuing with the discussion of management and treatment of urinary incontinence, we turn to behavior modification options. Developing a voiding schedule and avoiding bladder irritants such as caffeine, carbonated beverages and spicy foods are first-line urgency incontinence (UI) treatments.

Other recommendations include weight loss, managing fluid intake and pelvic floor muscle training (Kegels). Pelvic floor muscle training strengthens and supports the urethra, vagina and rectum to reduce UI symptoms and can be delivered with or without assistive devices.

***Estrogen.** Because taking estrogen systemically is no longer

recommended, localized estrogen is suggested. Estrogen is effective in treating vaginal atrophy (reduction in size of a structure). Localized estrogen is available as a cream, intra-vaginal pill or a vaginal ring and provides a slow release of estradiol, which is associated with fewer adverse effects than systemic estrogen. Treatment results in rapid symptom relief after about two weeks.

***Anticholinergic drugs.** Anti-cholinergic drugs are the most commonly used drugs in treating urgency incontinence. They provide an antispasmodic effect on smooth muscle to relieve symptoms. They further decrease urinary frequency and pain during urination and are given to increase bladder capacity.

***Surgical treatment-** Sling procedures. Mesh tape is used to create a sling and is placed under the urethra or bladder neck to provide support and keep the urethra closed to prevent urine leakage under stress (SI) from actions such as coughing or sneezing. Sling procedures are primarily used to correct SI, although they also may ease the symptoms of UI. Recovery time varies, but the recommendation is 2-4 weeks before returning to normal activities.

American Nurse Today. Volume 13. Number 1.

You can contact I.V. Wellness Resources at 541-592-9781 or email ivwellnessresources@gmail.com and you can like the Facebook page at 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

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.

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

WELLNESS CHECKS

If you know a senior that you are worried about and feel they need a wellness check - Please call Laura at I.V. Wellness Resources at 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.

Seventh-day Adventist

“We Have Found the Messiah”

For whatever reason John the Baptist had moved to Bethabara beyond the Jordan River. This site was not far from where the walls of Jericho had been overthrown by the mighty power of God, as His children conquered the mighty city with His strength. The memory of these victories gave the preaching of John more interest. Surely the same God who conquered Jericho would work again for Israel’s deliverance from the Romans. This was how the people were thinking as they came to hear John preach. The people were aware that the 70 weeks of Daniel’s prophecy about the Messiah’s advent were nearly ended and all the people were eager to share in the national glory that was expected.

A large crowd was listening to the Baptist as some important looking people from the Sanhedrin approached the prophet. They were delegates from this religious body. With a movement of respect the people moved to let them pass. These great men in their rich robes, in the pride of rank and power stood before the humble prophet.

“Who are you?” they demanded. John knew what they were thinking as he responded, “I am

not the Christ.” “What then are you, Elijah?” “I am not.” “Are you the prophet (Moses)?” “No.” “Who are you? That we can give an answer to them that sent us. What do you say of yourself?” “I am the voice of one crying in the wilderness, make straight the way of the Lord, as said the prophet Isaiah.” In this way John was describing his mission to prepare the way for the coming Messiah Savior. For such a king they had not been waiting. So a prophet whose heart mission would create a kingdom of righteousness and peace they would not accept.

The next day, two of John’s disciples were near John the Baptist when he saw Jesus in the crowd. Their faces were lit with glory as he called out, “Behold the Lamb of God!” The words thrilled their hearts, even if they didn’t understand. They began following Jesus. Turning, Jesus asked them, “What are you looking for?”

“Teacher, where do you live?” They wanted to be alone with Jesus, to sit at His feet and listen to Him. Jesus told them, “Come and see.” These first two disciples spent the day with Jesus. As they responded to the call of the Holy Spirit they brought joy to Jesus.

If John and Andrew had the unbelieving spirit of the priests and rulers, they would not have been found at the feet of Jesus. They had responded to the call of the Holy Spirit in the preaching of John the Baptist. Now they recognized the voice of the heavenly Teacher. To them His words were full of freshness and truth. A divine new light shone on the teachings of the Old Testament Scriptures.

Andrew wanted to share the joy that filled His heart. Going to find his brother Peter, he called, “We have found the Messiah!” Peter didn’t wait for a second calling. He had also heard the preaching of the Baptist, and he hurried to find the Savior.

The next day Jesus went to Galilee and found Philip and said, “Follow Me,” Philip obeyed immediately and became a worker for the Master. Then he went looking for his friend Nathanael. Philip found his friend in a quiet grove where he had gone to pray and meditate on the Baptist’s announcement, “Behold the Lamb of God.” He prayed that if the one announced by John was the Messiah it would be made known to him. While Nathanael was praying under the

fig tree, Philip discovered his retreat since they had often prayed together here. Philip’s message seemed like an answer to prayer, “We have found Him of whom Moses in law and the prophets wrote.” Philip continued, “Jesus of Nazareth, the son of Joseph.” Prejudice came up in Nathanael’s reply, “Can any good thing come out of Nazareth?” Philip didn’t try to argue, he said, “Come and see.”

Philip and Andrew are good examples for us. As we come closer to Jesus we will want to share Him with others. Many are waiting to be personally invited to ‘come and see.’ No sooner is one converted than there is born within him a desire to make known to others what a precious friend he has found in Jesus. He who tries to give light to others will be blessed. In order to enter into Jesus, joy – the joy of seeing souls redeemed by His sacrifice, we must participate in His labors for their redemption. He will help us share with others, for without Him we can do nothing. You can read this account in *John 1:19-51*.

Community Bible Church

Workin’ on the Strawberry Patch

Luke 12:27 (NKJV) Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these.

I’ve always enjoyed strawberries. When I was young, I picked strawberries as a job for awhile. Actually, it was a very short while, because the temptation to throw strawberries at other pickers was too great and not looked upon kindly by the owner of the strawberry patch.

As an adult, I had visions of doing a “you pick” strawberry patch on a two acre piece of ground my wife and I owned. We worked up an 80 foot by 80 foot patch and found that we could not keep the weeds pulled – but we had lots of strawberries to eat. Later on in a different location, I had a 10-12’ by 20’ strawberry patch, and on weekends my youngest son and I would go out before breakfast and pick a bunch of berries to go on waffles or pancakes, or just to eat.

I have been working on a strawberry patch here. I was out digging up the ground the other day with a spading fork –thinking the rototiller would be so much faster. But as I turned the soil with that spading fork, I thought about those bygone strawberry patches, and my young son, and all that there is to enjoy in God’s green earth. I felt so content that I chose to just keep digging, thinking and singing songs to the Lord in my heart. Then I was overcome with gratefulness for the extraordinary blessing of the life I live and the goodness of God to me! I probably won’t get this patch in very fast, but I have sure enjoyed the time it has taken to put it in. I believe there’s an old saying, “We need to stop and smell the roses.” I would add to that, “Be thankful for the good things around you.”

See you Sunday.

In Christ,
Pastor Dave

Ministry at CBC

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

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 noon
Registration 8:30-9 a.m.
Age 3 to grade 6

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.
- 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.
Wender, Ore.
Sunday worship 10 a.m.
Non-denominational Bible
believing Church
Sunday School Nursery
Youth group meets
Sunday 6:30 p.m.

Grand Opening!

The HOLE IN "1" CAFE

is now open 7 am to 4 pm
with delicious home-cooked
breakfast and
lunch items!

Please find us at the
Illinois Valley Golf Club
25320 Redwood Highway
Cave Junction
541-592-3525
Open to Public



Bring this ad with you and
receive a free
cold fountain drink
and a bag of hot fresh popcorn!