



Illinois Valley Wellness Resources
Food & Friends Menu
FRIDAY – JUNE 29
ROAST PORK
W/ GRAVY
MONDAY – JULY 2
SLICE ROASTED
TURKEY W/ GRAVY
WEDNESDAY- JULY 4
CLOSED FOR
FOURTH OF JULY

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

Postmenopausal Urinary Incontinence (Part Three)

This is the last part of a three part series on urinary incontinence (UI). This part deals with Alternative Therapies. In addition to traditional treatment of urinary incontinence, individuals may wish to try alternative options.

***Acupuncture:** This therapy involves inserting needles into specific points in the body that affect the nerves and muscles involved in bladder control.

***Hypnotherapy:** A form of psychotherapy, hypnotherapy is used to create subconscious changes in the form of new responses, thoughts, attitudes and behaviors. This access

to the subconscious mind is thought to reestablish the connection between the bladder and the brain.

***Bowen technique:** This hands-on therapy uses gentle pressure applied to specific points on the body with the goal of helping the body balance, repair, and reset itself.

***Reflexology:** Reflexology massage targets reflex points on the feet, hands, and head, used to relieve tension and treat illness. To treat UI, for example, the practitioner might massage the kidney point, which is the inner anklebone between the two tendons that appear when the foot is flexed. Reducing UI symptoms decreases stress and embarrassment, allowing individuals to participate in

family and social activities.

This three part series was researched and written by Christina Tso, DNP, FNP-BC, CRP. and Wah Lee, DO, MS. and was printed in American Nurse Today, Volume 13. Number 1. January 2018.

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.

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

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.

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.

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

Lil Green Taxi Club

541-415-0535
Daytime, \$1 mile
Licensed & insured
Background check completed. Check Facebook@lilgreentaxi

Border pain and our children: by Dr. Glenn Mollette

Lots of outrage has been seen and heard around America over the treatment of families illegally entering the United States. President Trump has signed an executive order to keep the families together.

I’m not sure where Americans want to keep these families who took a great risk to enter our country hoping to gain entrance quickly and illegally. It did not work out for them. I know quite a few people who live in our country who have moved here from Mexico, Myanmar and other parts of the world. They are working very hard and are very supportive of the laws of America.

Breaking the law always has some penalty or repercussions. I’m all for keeping border families together. I would never want to see children ripped away from a mother or father. Those crossing the border for the most part are very desperate people in

search of a better place.

Every day people fill out the necessary paper work, go through the proper channels and enter our country. Millions of them are now working a job that many Americans no longer want to work which is very sad for our country. However, it’s good for those who want to work it seems.

What do we do with these border families now? Do we keep them in full service hotels or house them at a resort property in Disney World? They have left third world countries where conditions apparently were not very good. How much can we be expected to do for people showing up demanding entrance to America? What would you do for people showing up at your front door demanding lodging and meals and even health care? It’s hard for most people when family shows up

unannounced.

I found in interesting watching the outcry of demonstrators and different media personalities. I have wondered where are the daily cries over how America treats our children and unborn children? Right now while I am writing this there will be about 3,000 legalized abortions in America. Add that number times 365 days in our country. There were 652, 639 legalized abortions in 2014 according for the Center for Disease Control.

Seven thousand children are abandoned each year in the United States. China is said to have over20 million orphans.

How many babies and children spend their first five years in daycare and then are raised essentially by the school? It’s a tough day for America’s families who are trying to

financially survive. However, money, things and attainments never take the place of time with children and families. It’s easy to see this looking back.

I’m glad there are Americans who have verbalized their pain concerning the importance of children and parents being together. It’s important. Maybe there will be some outrage down the road on the state of America’s families who enjoy the privileges daily afforded to our families but for different reasons don’t treat their children very well.

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 Mollette@aol.com. Learn more at www.glennmollette.com Like his facebook page at www.facebook.com/glennmollette.

Community Bible Church

Interesting advice

Philippians 3:12-14 (NKJV) *12* Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. *13* Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, *14* I press toward the goal for the prize of the upward call of God in Christ Jesus.

I do a regular search of the news, and as I was reviewing stories I came across this headline in part: “Chris Pratt uncorks some truth.” I watch very few movies, but as I looked up Chris Pratt’s bio, I discovered that I had seen one of his movies. Chris Pratt has starred in some very popular recent movies: Jurassic Park, Guardian of the Galaxy, and a super hero movie called Infinity Wars. It’s not his movies that interested me, but his recent comments at an awards program where he received the “Generation Award.” During his acceptance speech, Mr. Pratt presented “Nine rules from Chris Pratt” of which I will repeat four.

Rule 2: “You have a soul, be careful with it.” I would like to add that your soul is eternal, and you only get to choose its destiny in this life. *John*

14:6

Rule 6: “God is real. God loves you. God wants the best for you. Believe that; I do.” To that I would add that God has revealed Himself to us in Jesus the Christ, and He is not only a God of love, but of justice.

Rule 8: “Learn to pray. It’s easy and it is so good for your soul.” My thought on this one is be sure to whom you’re praying.

Rule 9: “Nobody is perfect. People will tell you that you are perfect just the way that you are, you are not! You are imperfect. You always will be, but there is a powerful force that designed you that way, and if you are willing to accept that, you will have grace. And grace is a gift. Like the freedom that we enjoy in this country, that grace was paid for with somebody else’s blood. Do not forget that. Don’t take that for granted.” I would clarify this with *1 Peter 2:18-19*, “*18* knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, *19* but with the precious blood of Christ, as of a lamb without blemish and without spot.”

Chris Pratt asked Jesus to forgive his sin at nineteen years of age. He was approached by a

man who saw him sitting outside a Safeway store in Hawaii, and the man asked him to go to church. Pratt has fame, money and success, but only his faith in Christ will take him to heaven. How about you? In what have you placed your faith? See you Sunday – the service begins at 10:30.

**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 here – June 25-29
9 to noon
Registration 8:30-9 a.m.
Age 3 to grade 6
Free

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.
Wonder, 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!