



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – JULY 27

CHICKEN RICE BAKE

MONDAY – JULY 30

HOMESTYLE TURKEY PATTY W/ GRAVY

WEDNESDAY-AUG 1

BEEF STROGANOFF W/ EGG NOODLES

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

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

Pollinosis

Each spring, summer, and fall, trees, weeds, and grasses release tiny pollen grains into the air. Some of the pollen ends up in your nose and throat. When the allergen comes in contact with the tissues of the body, the tissues release mediators such as histamine and induce annoying allergic symptoms.

Hay fever or pollinosis affects the mucous membranes of the nose and the eyes and is usually characterized by nasal discharge, nasal congestion, and itchy, watery eyes, itchy nose, inner ears and roof of the mouth. People who suffer from hay fever can also be sensitive to other allergens in the environment. For example, pollen-food allergies are a type of food allergy that develops in individuals sensitized to pollens. Many patients who have allergies to pollen may have also be

allergic to molds or fungi.

Pollinosis and other pollen-related allergies are increasing in prevalence and severity and will continue to be a concern as climate change brings more allergen sensitivity.

Leonard Bielory, a professor and allergy specialist at the Rutgers University Center of Environmental Prediction reports that “Physicians who treat allergic airway diseases are already reporting an uptick in symptoms that they attribute to climate change. We’re seeing increases in both the number of people with allergies and what they’re allergic to.” Should warming continue,” he says, “more people will be exposed to seasonal allergens with subsequent effects on public health.”

Pollen allergies reduce quality of life and affect physical, psychological and social functioning, along with increasing associated economic costs.

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

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.

Lil Green Taxi Club

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

Help Needed for Seniors:

If you are a handy man and are looking for work in exchange for a place to live (26 ft. travel trailer, self contained) call Laura with I.V. Wellness Resources for more details at 541-592-9781.

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

Branson Duck Boat Ride - Bad Judgment: by Glenn Mollette

I’ve thought about taking a duck boat ride and I’m glad I passed.

Thirty-one people including 29 passengers had boarded the duck boat ride vehicle for a joy ride on Table Rock Lake outside Branson, Missouri last week. It became the last ride that 17 of the passengers would ever make.

Torrential weather turned the lake into a rollercoaster ride that became more than the duck boat could handle. Media clips have shown the stress the World War II type amphibious vehicle and people were under. The raging lake overtook them sending many of them to their watery graves.

We are filled with horror, grief and have wailed about how such a tragedy happened? Where was the precaution? Where were the lifejackets? Why do these stupid boats have canopies on them? Mostly we have asked in bewilderment, “Why were they out in that perilous storm?” Where was the sound mind of management? Where were the instincts of the driver? And, what about the commonsense of the people to have delayed their ride until better weather?

Tourist attractions every summer are under pressure to make as much as they can while they can. Kids go back to school in August and so do the family dollars. Management pushes employees to do all they can, as each day’s receipts are vital to the yearly budget. On the same token, tourists crowd places like Branson. Vacationers are there usually a short time and crowd venues that offer rides and shows.

State agencies cannot be everywhere and monitor every activity but the Branson duck incident cries out for better surveillance and stricter rules at such places and such providers of entertainment. No one in Missouri wants to step up and claim they were in charge of the oversight of this vehicle. The U.S. Coast Guard has said that it sets limited parameters on the vessel such as requiring a certificate of inspection and authorizing routes but after that has little involvement with them. The National Highway Traffic Safety Administration regulates their travel on the road but hasn’t had much to say in regards to this latest disaster or banning them from the highways.

Hindsight is always better and I doubt if too many people will board duck boat rides the rest of this summer. Yet, over and again tourist type attractions have the ability to end in disaster.

About 20 years ago the duck boat named the Miss Majestic sunk to the bottom of a Lake Hamilton in Hot Springs, Arkansas killing 13 people. In 2015 five students were killed in a duck boat collision with a bus in Seattle. There have been two incidents in Philadelphia and one in Boston were 28-year-old Allison Warmuth was fatally run over by a duck boat in April 2016.

Vacationers have to make commonsense calls. Someone has to stop and ask, “Is this ride safe?” Or consider that, “Maybe the weather conditions are not conducive to duck riding, zip lining or parasailing over the ocean today. “ Every day somewhere, someone will be hurt doing something trying to have fun. People will be killed driving cars and riding airplanes. This is one of the reasons we have laws and rules in regards to trains, planes and automobiles. They can be very dangerous when not used with good judgment.

The duck boat ride in Branson was another tragic lesson in serious bad judgment.

Dr. Glenn Mollette is the author of 12 books. His syndicated column is read in all 50 states. Contact him at GMollette@aol.com. Learn more at www.glenmmollette.com.

Seventh-day Adventist

Vacation Bible School

With so much spare time on their hands sometimes children run out of things to do before the summer is over. The good news is that Vacation Bible School is a great summer option! The theme of this year’s Vacation Bible School is, “Heroes for Jesus.” Story tellers will be making the exciting stories come alive. To bring the story home kids will have the fun of acting the stories out using Bible costumes.

Our big shade trees are a perfect place to play the fun outdoor games. One of the things the children enjoy so much is the craft time. Our talented craft leaders have chosen crafts that will bring out the creative nature that is so natural for children.

Yummy and healthy snacks will be served that will be both delicious and good for the children.

This year our vivacious leader is Shellie McDowell. She is taking time off of her job as a receptionist in a doctor’s office to give boys and girls something positive to do with their time this summer.

She has chosen some illustrated songs that the kids will love to sing. One of the things the children enjoy is the daily parade at the beginning of bible school. They proudly carry the American flag and the Christian flag along with some banners. The daily pledge to the American flag reinforces their patriotic spirits.

There will be plenty of things to make summer more fun for the children. So come on over to the church at:

265 Old Stage Road South
9:00 a.m. to Noon
Any day from July 23 to July 27
For lucky kids ages 6-12

Community Bible Church

Dust

“Behold the nations are as a drop in a bucket, and are accounted as the small dust on the scales; look He lifts up the isles as a very little thing.” *Isaiah 40:15*

Occasionally I do some minor woodworking projects. These usually involve doing some sanding of some sort. As I sand on the wood, my glasses get covered by a thin layer of sawdust, obscuring my view. I stop my work, blow the dust from my glasses, and continue my sanding. It’s quick, it’s easy, and it takes almost no effort for the dust is a very small thing.

That’s what the nations of the world are like before God. They are striving for power, position, and pre-eminence; hoping to come out on top of the international political situation. It is easy for me to get caught up in the movement of the nations of this world. I keep up on the news as much as I can, watching events unfold over which I have no power – but I don’t wonder how it all ends.

I know what the Bible says about how it all ends, and after all, before God the nations of this world are a small thing – they are truly dust! Revelation 19:15a says, “Now out of His mouth goes a sharp sword that with it He should strike the nations. And He Himself will rule them with a rod of iron.” By the word of His mouth Jesus will make all things right. The nations may be dust, but you and I are important to Him. He would desire you to be part of His family. Read *Romans 10:9-10*. Do you know Him? See you Sunday.

**In Christ,
Pastor Dave**

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

Community Christian Academy
Accepting applications for next school year
Preschool – High School

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

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!