



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – AUG 10

BREADED FISH
W/ TARTAR SAUCE

MONDAY – AUG 13

CHICKEN PASTA
ALFREDO

WEDNESDAY- AUG 15

ROAST PORK W/
GRAVY

Call 541-955-8839

to volunteer or if you

need meals.

SENIOR SPOTLIGHT

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

Women and Cardiovascular Disease (CVD)

CVD includes diseases of the heart, the brain’s blood supply and the vascular system. It is the No. 1 cause of death in the U.S. Statistics reported by the Centers for Disease Control and Prevention indicate that more women than men have CVD and the mortality is greater in women. Twenty-six percent of women die within one year of having a heart attack compared to 19 percent of men. And heart attacks in younger women (45 to 54 years) are increasing.

Women and many health care providers lack knowledge about CVD risk factors and heart attack symptoms unique to women.

Women with diabetes and those

who smoke are at higher risk than men that smoke and have diabetes. Other risk factors for women include age, inflammatory diseases and pregnancy complications. Younger women are more likely to be obese or have high blood pressure, fast heart rates (>100 bpm) or type 2 diabetes. Other risk factors include high cholesterol, family history, sedentary lifestyle and poor diet. Chest pain is still the No. 1 symptom, but not the crushing type frequently experienced by men. Women feel it as a pressure or discomfort. Symptoms are vague and easily missed, so they are ignored and treatment is delayed.

Women may experience the initial stage of the disease for up to a year before actually having a heart

attack- unusual fatigue, difficulty sleeping, shortness of breath, indigestion, anxiety or chest pressure. Actual heart attack symptoms include chest pain, pressure or discomfort, fatigue, shortness of breath, pain in the neck, jaw, shoulder, arms or upper back. Less common symptoms are nausea or vomiting, sweating or dizziness. If you experience any of the initial symptoms, let your physician know. If you experience the symptoms of heart attack call 911 immediately.

American Nurse today. Volume 13, Number 6. June 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](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

DISASTER REGISTRY

If you need special help in an emergency please register online at www.rvcog.org or call Senior & Disability Services at 541-664-6674 for more information.

JOCO SHERIFF’S OFFICE

To report a NON-emergent crime go to www.co.josephine.or.us /report or call 541-474-5123 option #3

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

VOLUNTEER OPPORTUNITIES

**Senior Companions

**Caring Callers

Please call I.V. Wellness Resources for more information at 541-592-9781.

Lil Green Taxi Club

541-415-0535

Daytime, \$1 mile

Licensed & insured

Background check completed. Check Facebook@lilgreentaxi

Seventh-day Adventist

The Night Interview

One of the most respected members of the ruling body of the Jewish nation was Nicodemus. He held a high position of trust in the nation. Though he was rich, educated and honored, he had been attracted to the humble Nazarene. Jesus’ lessons had impressed him and he wanted to learn more of these wonderful truths. When Jesus had cleansed the temple, the priests and rulers feared the power of this stranger. They were bent on putting an end to His work. However, there were some who remembered how some of the prophets of God in their history had been killed for rebuking the sins of the Jewish leaders.

Nicodemus and others were afraid that plotting against Jesus would bring fresh calamities upon their nation. He realized that the buying and selling in God’s temple should never be. He had been distressed by the way people had

turned the temple into a market place. Along with others he had been impressed as he saw Christ cleanse the temple.

Since hearing Jesus preach he had earnestly studied the scripture for prophecies about the coming Messiah Savior. The more he studied the more he was convinced that Jesus was the long expected One to come.

He really wanted to talk to Jesus but he didn’t want to visit with Him out in the open. He knew it would bring scorn and denunciation. So he decided to meet with Jesus in secret at night. So after dark he made his way to the Mount of Olives.

In Jesus’ presence Nicodemus felt timid. “Teacher, we know that You are sent from God because no one does miracles like you do unless God is with Him.” Jesus knew that he was seeking for the truth. Jesus wanted to deepen the conviction Nicodemus had of him. There-

fore, He said, “verily, verily I tell you, except a man is born from above, he cannot see the kingdom of God.” *John 3:3*. What you really need is not to have your curiosity satisfied but to have a new heart and a new life from above. This will bring salvation which would be good for you.

The pride of the Pharisee was struggling against his desire to search for the truth. He replied, “how can a man be born when he is old?” Jesus was trying to tell him that a person cannot reach heaven by his own good works. The Christian’s life is not an improvement of the old rather it is a transformation of nature made by the Holy Spirit. There is a death to sin and self and a new life altogether.

After Jesus died on the cross he came boldly to the front and used his wealth to help the infant church. Those gospel seeds Jesus spoke still apply to us today.

Community Bible Church

Billy Graham – Franklin Graham

Romans 10:9-10 (NKJV) 9that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. 10For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. *Revelation 22:17* (NKJV) 17 And the Spirit and the bride say, “Come!” And let him who hears say, “Come!” And let him who thirsts come. Whoever desires, let him take the water of life freely.

This past Wednesday evening, my wife and I braved the smoke to go and see Franklin Graham as he came to Medford to declare the gospel (gospel means good news) of Jesus Christ to those who would come. There was a good sized group of people there, and it was encouraging to see people come to hear the message of Jesus. Our trip also brought to mind Franklin Graham’s dad, Billy Graham, and the trip we made to Portland to hear him preach in 1992. There were certainly differences between the 1992 Crusade in Portland and what we experienced last Wednesday. The music was different, the attitude and spirit of the crowd was more casual, but there was one thing that was the same – the message of hope and salvation in Jesus the Christ. The same message that Jesus declared of Himself in *John 14:6*, “I am the Way, the Truth, and

the Life; no one comes to the Father but by me.” That is the foundational message of believers in Christ.

Even though he was the son of an internationally renowned evangelist, Franklin Graham had to come to surrender, repentance, and faith in Jesus just like everyone else. When he was 22, his father confronted him about his relationship with Jesus Christ. Franklin said, “He looked at me, and he said, ‘Franklin, your mother and I sense that there is a struggle for the soul of your life and there is no halfway. Either you’re going to have to accept Jesus Christ and what He says and obey and follow Him, or you’ll have to reject Him. There’s no middle ground.’” Since that time, Franklin has walked with God.

Although Billy and Franklin are different in many ways, they speak as one when it comes to Jesus: “Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.” *Acts 4:12* (KJV) Everyone decides for himself, and your decision has eternal consequences. Have you asked Jesus to forgive your sins? See you Sunday.

In Christ,
Pastor Dave

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

Community Christian Academy
Preschool – 12th grade
Limited openings –
Register now for fall classes
School starts Sept. 5

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

Wildfire Prayer

Immeasurably exalted art Thou, O Lord!
Protect us from what lieth in front of us and behind us,
above our heads, on our right, on our left,
below our feet and every other side to which we are exposed
Verily, Thy protection over all things is unfailing.
~The Ba`b

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

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.

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

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

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

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

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

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!

IMMANUEL UNITED METHODIST CHURCH
200 Watkins St., CJ
Phone 541-592-3876
Pastor Charles Cherge
Sunday School - 9:15 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children

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.

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

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.

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

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.

ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. Bryant Bechtold
Sunday Worship
Service 10:30 a.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!