



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – AUG 24

ORANGE GLAZED CHICKEN

MONDAY – AUG 27

PORK RIBBLETT ON A BUN

WEDNESDAY- AUG 29

CHICKEN CHOP SUEY W/ RICE

Call 541-955-8839

to volunteer or if you need meals.

Common Medication Errors

Taking prescription medications are a major part of our lives and taking them can be a matter of life and death.

The Food and Drug Administration (FDA) reported that 1.3 million people are injured each year from medication errors. Most seniors are on one or more medications, but taking numerous drugs can sometimes pose health risks.

Here are the most common and potentially dangerous medication errors:

•Taking too much:

Overdoses are the No. 1 cause of medication fatalities and the most common medication error. Drugs that have abuse potential are the most common culprits, but you can overdose on any type of drug. In fact, overdoses of the commonly used medication Tylenol have been linked to as many as 970 fatalities in one year. Solution: Never take more medicine than prescribed. Signs of prescription drug overuse can include over-sedation, mood swings and running out of medication early.

•Confusing medications with one another:

Prescription medications frequently have names that are easy to mix up. Examples of medications that are often confused include Zantac for heartburn and Zyrtec for allergies and Celebrex for arthritis and Celexa for depression. Individuals can also mix up pills when they look similar. Solution: A pill-minder can be a big help. Sorting daily medication in advance can prevent the wrong medication from being taken in a moment of confusion. Medications that are taken only as needed and aren't in the minder, should be clearly labeled and stored separately from one another.

•Food and drug interactions:

Some medications should never be mixed. The issue of foods interacting with drugs is less commonly discussed. Solution: Always be mindful of directions and warnings on the labels of your medicine bottles. Check with your pharmacist about all of your prescriptions, supplements and over the counter medications about poten-

tial interactions.

•Wrong route of administration:

Sixteen percent of medication errors involve using the wrong route of administration. Examples might be swallowing a tablet that was intended to be taken under the tongue or swallowing a liquid intended as a nasal spray.

Solution:

Again, be sure to carefully follow instructions on labels and from doctors and pharmacists. Ask questions if you're not sure.

You can contact I.V. Wellness Resources on Facebook @ivwellnessresources or call 541-592-9781.

Grandparenting Classes: Free

Class Schedule Sept. 5 - Oct. 24

Gain skills for all ages of children.

Register Online at www/surveymonkey.com/r/FSDL5L2. Contact information Ktty Waud 541-592-4278 or kwaud@frontier.com

CHAIR FITNESS

FREE at Healthy U, Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., CJ, Call 541-592-4888 or visit www.healthyucenter.org.

Sponsored by I.V. Wellness Resources

CARING CALLER

Are you isolated in your home and need a phone friend to call you with daily or weekly phone calls? Call Laura 541-592-9781 to sign up.

VOLUNTEER OPPORTUNITIES

****Senior Companions**
****Caring Callers**

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

ALZHEIMER'S SUPPORT GROUP

Last Thursday of the month 2-3:30 PM at Allcare Building, 1701 NE 7th St. Grants Pass. Call Kim 541-772-2230 for more info or email thekafiah@gmail.

SENIOR RESOURCES

If you are a senior or disabled resident and need help finding resources to help you with your quality of living, call I.V. Wellness Resources at 541-592-9781.

Audio Recordings - Omarosa, President Trump and Billy Graham : by Glenn Mollette

Perfect people will never work in government. People make promises and look good in television advertisements but people are people and that always means human error.

A good person can easily say the wrong thing at the right time. Often people say things they meant at the time or didn't really mean at the time. People slip up.

An old preacher used to say that what is in the well will come up in the bucket. This is a true statement. However, if you stir up the well you will create a miry mix that will go away if you let it settle back down.

Who is one person that never thought a bad thought or said something they later regretted? I know what you are thinking we all have that one person in mind who seemed flawless and possibly that person may have been close to perfect but they were not.

According to the Bible Jesus was the only person who lived a life without sin.

The same book says all have sinned but it did not mean Jesus had sinned. Yet, Jesus said and did things in his day that got him in a lot of trouble with even the very religious devout. The religious group was very much in favor of crucifying him because they did not approve of most of what he said and did.

So, there you have it. If Jesus couldn't make everybody happy then who can make everybody happen and the answer is no one.

Lot's of people do not like President Trump. Lot of people did not and do not like other past presidents. This is life and how it goes. You can't please everybody and most of the time you can't even please the majority.

Omarosa Manigault was wrong in spending most or all of her time recording The President and others. Apparently she has a lot of recordings according to her. Sneaking around with a recorder in the White House is bad business. This is one of the places where top-secret stuff is

supposed to be happening. And now she is selling a book? The publisher and Manigault should be arrested and tried for espionage. What spies would be allowed to run around in Russia, record Putin and then sell it worldwide? They would be executed. What about North Korea? You would never hear from the person again.

We believe in free speech. However, it should be a serious crime to record conversations in The White House. If the President or anyone is recording let it be known, "You are being recorded," up front. If Omarosa had declared she was recording everything I bet she would have been fired much earlier.

States have different laws about recording conversations and videotaping. In some states it's okay if one person knows and in some states it's not okay. However, regardless, in most cases if you secretly record someone on private property or a private setting you are most likely to get

into serious trouble.

I realize we have the Nixon tapes. We heard things on the Nixon tapes from a February 1, 1972 conversation between Nixon and Billy Graham about the Jewish people that were appalling. Graham was horrified by his comments when the tapes finally became public in 2002 and he asked for forgiveness. Most of us thought Billy Graham was perfect but he slipped up at least that one time.

Most everybody slips up one time. A recorder whether audio or video might catch a slip but remember everything can be edited and spun however the producer of the recording wants to spin the story.

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.

Church News

Community Bible Church

Yard Sales

19 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also." Matthew 6:19-21 (NKJV)

It is interesting to examine what people value and what we desire in this life. Take yard sales for instance, it's amazing to see all the things we accumulate. Almost every time I go to a yard sale, it occurs to me that I should be having one! It has been an observation of mine that very often when people get what they desired; they soon find that they are disappointed. I remember a man that desired to own a recreational vehicle so he could do some traveling. He finally realized his goal, purchased the recreational vehicle, and traveled to Canada in it. He came back from his trip disappointed, saying he could have stayed in first-class hotels for what it cost him to travel in his RV.

We all set our hearts upon things at one time or

another. If I just had this or that; or if I could just do this or that. It is not wrong to have goals and desires as long as they are kept in a right context. It becomes a problem when we value something temporary and fleeting over that which is eternal. Do we allow material things to come between us and our families? Do we take dishonest or wrong actions to obtain material possessions? The Bible says in Matthew 16:26, "For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?" The point of that verse is that we should not only consider the needs and desires of this life, but those that will affect us for all eternity.

Maybe we need to ask ourselves what eternity holds for us. Jesus said, "I am the way, the truth and the life. No one comes to the Father except through Me." (John14:6) Eternity is a long time. I'd think about it if I were you. See you Sunday.

In Christ,

Pastor Dave

Ministry at CBC

Sunday Worship

Morning Worship 10:30 a.m.

Evening Prayer and Praise 6 p.m.

Community Christian Academy

Preschool – 12th grade

Apply now for next school year

School starts Sept 5

Free Senior Exercise Class

Monday, Wednesday, & Friday

9-10 a.m.

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 Chasse

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

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.

Rex Denham

4-Person Scramble

Calcutta

Taco Bar and Team Bidding begins Friday September 7 at 7:00 pm

September 8 & 9

\$150/Person

NET ONLY!

1/8 Total Team Handicap

Maximum Handicap 72 per team

30 max individual handicap

Includes: 2 Meals, Carts, \$20 Honey Pots

each day, Prizes and 6 Drink Tickets

Contact Illinois Valey Golf Club at

541-592-3151 or Rex 707-834-4888