



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – MAR 15
ST. PATRICK'S SPECIAL
CORNED BEEF

MONDAY – MAR 18
BEEF PATTY W/
MUSHROOM GRAVY

WEDNESDAY- MAR 20
MEATLOAF W/
GRAVY

Call **541-955-8839** to
VOLUNTEER or if
you need meals from
Food & Friends.

SENIOR SPOTLIGHT

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

Chronic Cough
Finding the cause of chronic cough can be frustrating and time consuming. Since most cases have an underlying cause (commonly asthma, gastroesophageal reflux disease (GERD) or postnasal drip), the first task attempted is diagnosis.
If you’ve already been through an unsuccessful diagnostic process, it may be frustrating to find yourself back at diagnosis. But approaching diagnosis with a renewed sense of thoroughness often reveals new insights.
Drug causes-ACE inhibitors taken for blood pressure can cause chronic cough. Switching to a different drug is almost always recommended. It may take up to a month for your cough to go away

after discontinuation of an ACE inhibitor. Smoking or environmental causes- in addition to not smoking, it may be worthwhile to review your activities for exposure to dust, fumes or chemicals that may be irritating your airway. Underlying causes- GERD, postnasal drip and asthma can occur with no symptoms other than cough.
Over the counter drugs for cough are not effective for chronic cough. Post-nasal drip can sometimes be caused by chronic sinus inflammation, which may be cause few symptoms typical of the disease and not respond to typical postnasal drip treatment. Taking a stomach acid suppressant for GERD before meals can help improve cough and works best when coupled with dietary and lifestyle measures to reduce reflux.

Targeting the cough. Sometimes, options in the diagnosis or treatment of common causes are exhausted, even as coughing persists. This might prompt a diagnostic search for uncommon causes such as lung diseases or tumors.
One tack is trying to break the cough cycle, which is when coughing leads to throat irritation, leading to more coughing.
Speech therapists can teach differing behavioral techniques to reduce the urge to cough, working on relaxing throat muscles and learning to suppress coughs or to distract yourself from the urge to cough. *MayoClinic HealthLetter: February 2014.*
Contact I.V. Wellness Resources by facebook.com/ivwellnessresources, 541-592-9781 or at ivwellnessresources@gmail.com.

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

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.

VOLUNTEER OPPORTUNITIES
****Senior Companions**
Please call I.V. Wellness Resources for more information at 541-592-9781.

HELP NEEDED FOR VET TRANSPORTION
The I.V. Eagle is looking for volunteer drivers
Please call De at 541-944-3741 to help our vets.

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

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.com

Community Bible Church

“Christian”
“25 Then Barnabas departed for Tarsus to seek Saul. 26 And when he had found him, he brought him to Antioch. So it was that for a whole year they assembled with the church and taught a great many people. And the disciples were first called Christians in Antioch.” *Acts 11:25-26*
The term Christian has come to mean many things in our day and in our culture. The term Christian is misused when it refers to things that have little or nothing to do with following Jesus, the Christ. The term Christian is used in three places in the New Testament: *Acts 11:26*, *Acts 26:28*, and in *1 Peter 4:16*. *Vine’s Expository Dictionary of New Testament Words* states the following: (the term Christian) “as applied by Gentiles there was no doubt an implication of scorn, as in Agrippa’s statement in *Acts 26:28*. Tacitus, writing near the end of the first century, says, “The vulgar call them Christians.” (*Tacitus Annals 15:44*)
The term Christian essentially means a follower of Christ. We think being a Christian means going to church, giving money to the church, reading the Bible, living a good moral life – while all these might be good things to do, they don’t necessarily make you a Christian. To truly follow Christ, to truly be a Christian as defined by the Bible is concisely stated in *Romans 10:9-10*, “9 that 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. 10 For with the heart one believes unto righteousness and with the mouth confession is made unto salvation.” It’s a faith relationship (*Hebrews 11*). By faith you trust Jesus for the forgiveness of sins and make obedience to Him the most important thing in your life. Are you a Christian? Does your life show it?
In Christ,
Pastor Dave

Ministry at CBC This Week

Sunday

*Morning Worship 10:30 a.m.
*Evening Prayer and Praise 6 p.m.

Wednesday
A.W.A.N.A.
Age 3 to Grade 6
6:15 – 8 p.m.

*Community Christian Academy
Preschool – 12th grade

*Free Senior Exercise Class
Monday, Wednesday, & Friday
9:00-10:00 a.m. in Dining Room

Seventh-Day Adventist

The Marvelous Mind & The Invisible Malady

Our brains are central to our personal identity and our ability to accomplish our goals in life. The brain even triggers our behavior. Depression is the invisible malady because people are embarrassed to talk about it or even admit it. This malady is increasing and it affects 200 million people worldwide.

You owe it to yourself to take this little quiz so you can determine if depression is a part of your life.
Do you have five of these feelings:
*Deep sadness or emptiness
*Sleep disturbances
*Weight and appetite disturbances
*Fatigue (tired)
*Lack of concentration

*Morbid thoughts
*Feelings of excessive guilt or worthlessness

Get Your Life Back!
At The Depression and Anxiety Recovery Program
You Are Not Alone!
Support Groups with Caring Friendly Group Leaders

This eight week program will be held in the Fellowship Hall at 265 Old Stage Road South in Cave Junction Every Monday beginning March 11 at 6:00 p.m. Come at 5:30 p.m. first night only There is Hope!
For more information call Kathy at 541-291-7016.

Are Americans Crazy? : by Dr. Glenn Mollette

Has America simply gone crazy? We never want to think that we are a bit crazy or that people we love are experiencing craziness but it is reality. America has an overwhelming problem with craziness or I should say mental health issues.
Over a 12-month period, 27% of adults in the U.S. will experience some sort of mental health disorder, making the U.S. the country with the highest prevalence. Mental health disorders include mood disorders, anxiety disorders, attention deficit/hyperactivity disorder, and substance abuse. Over one’s entire lifetime, the average American has a 47.4% chance of having some kind of mental health disorder. Yes, that’s almost one in two. The projected lifetime prevalence is even higher: for people who reach age 75 it is 55%. World Health Organization data does not take into account eating disorders, personality disorders, and schizophrenia; the incidence of these disorders together is about 15% in the U.S., according to the National Institute of Mental Health.
The incidence of mental health disorders varies widely across the globe, and determining the patterns is tricky. After the U.S., Ukraine, Colombia, New Zealand, Lebanon, and France have the

next highest rates of mental health disorders of any kind, all falling between 18.9% and 21.4% in a 12-month period. Japan, the People’s Republic of China, Nigeria, and Israel have the lowest rates (between 6.0% and 7.4%), especially for depression. For substance abuse, the U.S. is up there, but not the highest: We are topped by South Africa and Ukraine. As with the U.S., when you look at lifetime prevalence in any country, the risk for any disorder goes way up.
Despite ongoing research, the predictors of mental health disorders are still evasive, even for the most common, like depression. While a nation’s wealth factor would seem to have an impact, it’s clear from the data that the relationship is complex. Ron Kessler, Ph.D., the Harvard researcher who headed much of the WHO’s mental health research, says that by and large people in less-developed countries are less depressed: After all, he says, when you’re literally trying to survive, who has time for depression? Americans, on the other hand, many of whom lead relatively comfortable lives; blow other nations away in the depression factor, leading some to suggest that depression is a “luxury disorder.”

There is no cure for mental health issues. However, here are some suggestions for improvement. Have a daily schedule. Get up and go to bed routinely. Get adequate sleep but you don’t need more than seven to eight hours. Engage in meaningful activity daily. Work a job. Work in a garden. Clean your house. Mow grass. Pull weeds. Go to school. Have some type of daily exercise. Breaking a little sweat every day is healthy. Engage in meaningful relationships at church, a club, work or with friends and family. We all need real people in our lives. Limit your technology, television and social media time. Too much can drain and depress you.
If you have mental illness or family members suffering from mental illness get it out on the table and start talking about coping, a strategic plan, counseling and working together to make life manageable. Ignoring it only results in everybody going crazy.
Credits: World Health Organization and The Atlantic.
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 and like his Facebook page at www.facebook.com/glenmmollette.

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 a.m.
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 Kevin Wood
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
evfree@frontiernet.net
(541)415-4189

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 / Priesthood / Relief Soc. - 11:10 a.m.
Bishop
Terry Vance Sr.
707-954-1273
541-592-4418

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.

The

HOLE IN "1" Café

offers breakfast and lunch only

(No Saturday dinners at this time)

Come visit Hole In One Café if you need a meeting place and sit by the fireplace.

Don't forget to order your pies, cakes and cobblers!

Hours
8 am to 3 pm

I.V. Golf Club
541-592-3525
25320 Redwood Hwy
Open to Public