



Food & Friends Menu

FRIDAY – OCT 23
BBQ CHICKEN

MONDAY – OCT 26
BEEF STROGANOFF

WEDNESDAY - OCT 28
BREADED FISH

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

Diabetic neuropathy
When you have diabetes, nerve damage (diabetic neuropathy) can occur as the result of high blood sugar (hyperglycemia).

There are four main types of diabetic neuropathy. Symptoms develop gradually, and you may not notice problems until considerable damage has occurred.

***Peripheral neuropathy** is the most common form, usually affecting the feet and legs first, followed by the hands and arms. Symptoms include: numbness, tingling, or burning, reduced ability to feel pain or changes in temperature, serious foot problems such as ulcers, infections, or deformities.

***The autonomic nervous**

system controls the heart, lungs, stomach, bladder, intestines, sex organs and eyes. Diabetes can affect any of these areas with symptoms including, among others: an unawareness that blood sugar levels are low (hypoglycemia), incontinency, slow stomach emptying leading to nausea, vomiting, a sensation of fullness or loss of appetite, sudden drop in blood pressure when rising from sitting or lying (orthostatic hypotension), or changes in the way your eyes adjust from light to dark.

***Proximal neuropathy** affects nerves in the thighs, hips, buttocks or legs. It's more common in type 2 diabetics and older adults.

Symptoms are usually on one side of the body, but may spread to the other side also. Most people improve at least partially over six to 12 months. Symptoms include: sudden severe pain, weakness, shrinking of the thigh muscle or difficulty rising from a seated position.

***Focal neuropathy** damages specific nerves in the face, torso or leg and often comes on suddenly, usually in older adults. Although focal neuropathy can cause severe pain, it usually doesn't cause long-term problems. Symptoms usually lessen and disappear on their own over a few weeks or months. Symptoms depend on which nerve is involved, and may include: difficulty focusing

your eyes, double vision or aching behind one eye, paralysis on one side of your face (Bell's palsy), pain in your shin, foot or the front of your thigh, chest or stomach pain. Sometimes it presents with carpal tunnel syndrome. Be sure to talk with your doctor if you notice any of these symptoms. The sooner your symptoms can be diagnosed and treated, the better the chance of preventing further complications.

Mayo Clinic Housecalls, May, 2020.

You can contact IVWR by emailing iwellnessresources@gmail.com. Please like [iwellnessresources](https://www.facebook.com/iwellnessresources) on Facebook.

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

Stomping Out Cancer in the I.V.
Financial assistance for cancer patients. To fill out an application call Laura with I.V. Wellness Resources at 541-592-9781

MAMMOGRAM VOUCHER
If you need a no-cost mammography service from Asante call Laura at IVWR to receive a voucher @ 541-592-9781.

24/7 Friendship Line 1-800-971-0016
Hotline from National Institute on Aging. Offers support through phone calls, up to 10 minutes one time a day.

FREE ADS
If you are a senior and want to place a FREE AD for a living or health care need call Laura Mancuso 541-592-2541 or email laura@illinois-valley-news.com.

VOLUNTEER OPPORTUNITIES
*Transportation assistance for Medical or Grocery Store
Gas cards provided.
Call I.V. Wellness Resources at 541-592-9781.

Seventh-day Adventist

A dream comes true

Some time ago our new young Pastor Tanner Martin began noticing the empty building across from our church. The empty building had served for 30 years meeting the community service needs of our valley. But several years ago the leader Terri Harwood had passed away, and no one was able to fill her shoes...so the building had been sitting empty for about 5 years. The more Pastor Tanner saw the empty building the more he wished we could use it for something. So he began to pray that God would help us find a way to use that building. About that time, a new family moved into the Illinois Valley. The lady's name was Patti Delk. Now in God's providence

when Patti saw the empty building she believed

God had sent her here to help our community. She didn't know about the need for another food bank in the Illinois Valley. For awhile plans were at a standstill because of COVID-19. Patti had 8 years of experience working at a Community Center before she came to us. Her biggest qualification was her great love for people in need. Since Patti didn't know how to lead a new Community Service program she began to pray that the Lord would send her help. That was the beginning of miracles. Each of these supporting people has been a miracle of help.

A lovely young lady named Ashley

Boice became the Volunteer Coordinator.

She really did a nice job painting the office. Then Kate Dwyer volunteered to help get grants to help fund the project. Our newspaper editor Laura Mancuso came to a couple of meetings and wrote a good article about the venture for the paper.

Our Mayor Meadow Martell came to the planning meetings and offered her help, which was much appreciated. Kathy Spetnagel was a big help when it came to all the legal matters that a project like this has. Rinann Uteg became the Coordinating Manager for the food pantry. Kim Collings has been helpful. She is the Oregon food bank manager in Grants Pass. With all this help Patti's work as Manager of the Ad-

ventist Community Center has been much easier.

Patti prefers the name "Dorcas" which is the story in Acts. You may read the whole story of Dorcas in *Acts 9:36-40*. She is described as a woman full of good works that she did. Sadly she got very sick and died. Dorcas' friends were so sad and when they heard that Peter was in nearby Joppa the friends of Dorcas sent two men to ask him to come. The amazing miracle story is that when Peter came and prayed for her, and took her hand and God raised her to life again. How glad the poor people and the whole church was to see their friend alive and well again.

May our Dorcas program be a blessing

Obituaries

Judge D Mayer 1935 - 2020

Judge was well-known in the Napa Valley through the 1950s and always up for a race in his Ford coupe with an Oldsmobile engine, his hopped up '54 Buick and '55 De Soto Hemi with a Cad/La Salle 3-speed. A disagreement with a telephone pole and a second marriage ended his racing career. The hemi engine went into a boat and he terrorized Lake Berryessa for a few years. His love of cars continued through the years and he had his 1941 Cadillac for over 50 years. His last restoration was a 1969 Mustang mach 1.

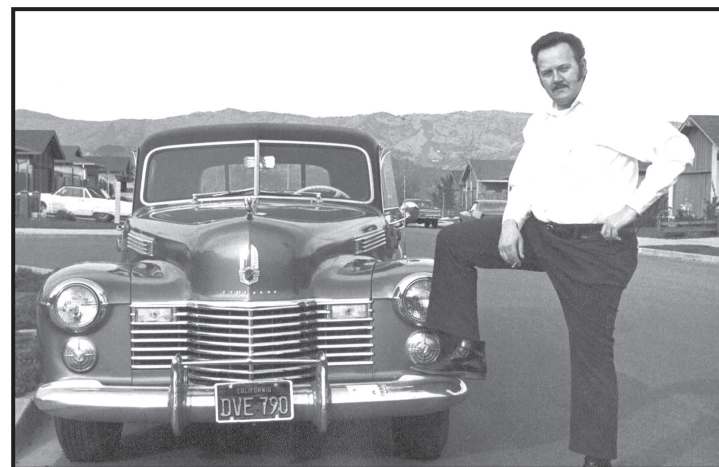
He sang and played guitar with several Napa bands and had a special love for country music and Elvis. He was truly a gifted person excelling in every endeavor.

He is survived by his daughter Sheryll L Bryner and grandchildren, Casey Bryner (Melissa), Jared Bryner (Autumn), Tamar Bryner, Lorissa Bryner and his great-grandson Ezekiel Max Bryner, brother-in-law and best friend Kenny Smith.

He was predeceased by long time companion Judy Ann Llarose and brother Max Steven Myers.

At his request, there will be no services.

Please visit the obituary and sign the family guest book at www.since1928hull.com.



Let's pitch in and help preserve and maintain the historical integrity and beauty of the Laurel Cemetery.

Donations can be made outright, a bequest, or in the honor or memory of a friend or family members.

Call: 541-592-5028 or email: historiclaurelcemetery20@gmail.com PO Box 424 Cave Junction OR 97523

Places of Worship

BRIDGEVIEW COMMUNITY CHURCH
5181 Holland Loop Rd., CJ
541-592-3923
"Come join the community in fellowship!"
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

COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbcca@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
Sunday School 9:45 a.m.
Main service 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

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.

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.
Spanish speaking service 6 p.m.
Saturdays
evfree@frontiernet.net
www.ivefc.org
(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.
CLOSED AT THIS TIME

ILLINOIS VALLEY BAPTIST CHURCH
541-592-6149
329 Caves Hwy.
Sunday School 9:30 a.m.
(for all ages)

Sunday Worship 10:30 AM
Wednesday Bible Study, 7 PM
Come be with us!
NEW LIFE PENTECOSTAL I.V. Senior Center
Please call for location and services times - leave phone number.
Tristan White, pastor
541-244-8912
newlifepentecostal.net

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
Family History Center Hours
Free Research - open and welcome to the public
Sundays 12 - 2 p.m.
Tuesdays 5 - 8 p.m. by appt.
Thursdays 11 a.m. - 6 p.m.
Call 541-415-6129

WONDER BIBLE CHAPEL
11911 Redwood Hwy.
Wonder, Ore.
Sunday worship 10 a.m.
Non-denominational Bible believing Church



NEEDS OUR HELP!

Like us and follow us on Facebook Laurel Cemetery Association-LCA @justlaurelcemetery

ROGUE STUMP GRINDING
Any Size
Contact Terry 541-660-9880
LICENSED and INSURED CCB # 219409

YOUR HOMETOWN NEWSPAPER SINCE 1937
Illinois Valley News
Published Weekly for the residents of the Illinois Valley
Email Edition
Get the Illinois Valley News in your email each week!
Call or stop in to subscribe today
541-592-2541
\$35 snail mail or \$40 email for one year