



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – OCTOBER 15

COUNTRY MEATBALLS

MONDAY – OCTOBER 18

SPAGHETTI W/ MEAT SAUCE

WEDNESDAY - OCTOBER 20

WHITE BEAN CHICKEN CHILI

For Meals On Wheels call 541-955-8839

Seizures

A seizure is a sudden, uncontrolled electrical disturbance in the brain.

It can cause changes in behavior, movements or feelings, and in levels of consciousness.

Nerve cells (neurons) in the brain create, send and receive electrical impulses, which allow the brain’s nerve cells to communicate.

Anything that disrupts these communication pathways can lead to a seizure.

There are many types of seizures, which range in symptoms and severity.

Seizure types vary by where in the brain they begin and how far they spread.

Most seizures last from 30 seconds to two minutes.

A seizure that lasts longer than five minutes is considered a medical emergency.

Having two or more seizures at least 24 hours that have no identifiable cause is generally considered to be epilepsy.

Seizures are more common than you might think and can happen after a stroke, a closed head injury, and an infection such as meningitis or another illness.

Frequently, the cause is unknown.

Symptoms range from mild to severe varying on the type of seizure and can include:

- Temporary confusion, Staring
- Uncontrollable jerking movements of the arms and legs
- Loss of consciousness or awareness

- Cognitive or emotional symptoms, such as fear, anxiety or déjà vu.

Most seizure disorders can be controlled with medication, but can still have a significant impact on daily life.

Doctors generally classify seizures based on how and where the abnormal brain activity begins.

Seizures may also be classified as “unknown onset.”

Seek immediate medical help if any of the following occurs:

- The seizure lasts more than five minutes.
- Breathing or consciousness doesn’t return after the seizure stops.
- A second seizure follows immediately.
- You have a high fever.
- You’re experiencing heat exhaustion, or you’ve never had a seizure before.

Seizures can lead to circumstances dangerous to you or others.

You risk:

- Falling -- injuring your head or breaking a bone.
- Drowning. If you’re swimming or bathing

Car accidents if you’re driving a car or operating other equipment.

People with seizures are more likely to have psychological problems, such as depression and anxiety.

Problems may be a result of difficulties dealing with the condition itself as well as medication side effects.

Cleveland Clinic.

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

FREE for Seniors

CHAIR FITNESS

FREE at Healthy U,

Tues/Thurs, 1 - 1:45 p.m.

535 E. River St., CJ,

Call 541-592-4888

Sponsored by

I.V. Wellness Resources

VETERAN DIRECTED CARE

Home and Community Based Services

Help for veterans and their caregivers

Call 541-423-1386

WELLNESS CHECKS

If you know a senior that you are worried about and feel they need a wellness check - Please call Laura, I.V. Wellness Resources at **541-592-9781.**

VOLUNTEERS WANTED

Your community needs you!

ADOPT-A-SENIOR PROGRAM

Gift cards provided for volunteers.

Please call or text IV Wellness Resources for details.

541-592-9781

BURN ...

Continued from A-1

Here are the burn site regulations:

1. Permit must be available upon request at the burn site.
2. Burn piles greater than 10-foot-wide by 10-foot-deep, shall be inspected by IVFD prior to burning.
3. The distance to the nearest structure, combustibles, or property lines unless authorized by fire official shall be: larger than 3 feet by 3 feet piles; 50 feet - 3 feet by 3 feet piles or smaller - 25 feet; and burn barrels 15 feet.

4. Burning must be conducted under the constant supervision of a person capable of taking corrective action.
5. Charged garden hose and/or firefighting equipment or tools are required at the burn site.
6. Burn piles and barrels must have the vegetation cleared from around them to prevent fire spread.
7. Prohibited materials: Any burning of rubber products, tires, plastic, garbage, wire insulation, automobile parts, petroleum and petroleum-treated materials, asphalt, asbestos or industrial waste, clothing,

- mattress, couches, stuffed chairs, animal remains, animal or vegetable matter, or any material that creates dense smoke or noxious odors is PROHIBITED by DEQ, and can result in fines by DEQ of up to \$10,000 per day.
8. Only the burning of untreated paper, cardboard, lumber, yard debris, or woody vegetation is permitted.
 9. Burning is allowed during daylight hours only, and the attendant shall insure that the fire is completely burned down to coals or extinguished prior to dark.
 10. Fire must be extinguished if conditions

- develop which would cause the fire to spread (i.e. wind, brands or embers, etc.), or reasonable smoke complaints from neighbors.
11. No burning will be allowed during fire season.
 12. Do not have your fire near or under power lines. Smoke can conduct electricity and result in electrical shock.
 13. Liability: A permit does not relieve the permittee from criminal or civil liability for damages arising from burning occurring under his/her control.
 14. Any burning without a permit or violations of the burning requirements may result in a minimum

- \$250 fine, the issuance of a citation(s) of civil penalty, and/or suppression costs. A burn permit can be revoked at any time by a fire officer.
- The IVFD Outdoor Burn Permit is not valid for the burning of commercial, industrial, construction, demolition or land clearing waste. Contractors should contact the Oregon Department of Forestry as well as IVFD for a commercial permit. After obtaining a commercial permit, fire officials will inspect the piles and give special tools to contain the fire. The burn site should have water and heavy equipment on site and the

- burning must be completed in a certain time frame.
- Ismaili gives the advice to contractors: “The fire should not be the size of a two story house. That is too large; it should be kept to the size of a one story house.”
- This year’s permit will expire “Fire Season 2022.” Fire officers are committed to educating the public about fire safety, so if you have any questions you are welcome to visit www.ivfire.com or call 541-592-2225. I.V. Fire also has a Facebook page that you can send messages to and they will respond at their earliest convenience.

Seventh-day Adventist

When serious illness comes to our homes

In these times when so many are sick we can profit by these tips. There is a great need for every member of our homes to pay attention to personal cleanliness and a healthy diet to avoid sickness. It is important that the sick room be well ventilated. This will be a

blessing to those who are sick. It is a great value to the sick to keep their room at an even temperature. Some people require more heat than others. The family and friends of the sick who thorough anxiety and watching, such are not great thermometers.

Many invalids have been confined weeks and months shutting out the light and the fresh air of heaven.

It is the duty of family members in the sick room to have

special care of their own health, especially in critical cases of fever. One person should not be kept closely confined to the sick room. It is safer to have two or three to depend on. Even the nurse and the patient should exercise in the open air as often as possible.

If fever enters the family, often more than one will have the same fever. This need not happen. With a good healthy diet, and habits of cleanliness are followed. The reason of multiple fevers in one family is

because the sick room is not kept free of from poisonous infections and proper ventilation.

The sick room if possible should have a draught to fair through it day and night. The draught should not be directly on the patient. While burning fevers are raging there is but little danger of getting a cold.

A great amount of suffering could be saved if all would work to prevent disease, by carefully obeying the laws of health.

In regard to cleanliness God requires no less of His people now, than He did then. A neglect of cleanliness, sickness and premature death is not without a cause. Stubborn fivers and violent diseases have prevailed in some of our neighborhoods. In many instances their own yards have the agents of destruction.

However we are not left alone to remedy this problem. Let’s ask God to help us clean our homes and yards, He will be glad to help us.

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 Tanner Martin

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: 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

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**

Come join a warm and loving congregation

498 Laurel Road, CJ

P.O. Box 1248

Pastor Kevin Wood

Sunday School - 9:45 a.m.

Worship Service - 11 a.m.

Saturdays - Spanish speaking service - 6 p.m.

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

- 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 PENTECOSTALS**

Pastor Tristan White

Sundays

Call for place and time

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

Sunday School Nursery

Youth group meets

Sunday 6:30 p.m.

ROGUE STUMP GRINDING

Any Size



Contact Terry 541-660-9880

LICENSED and INSURED CCB # 219409

IV Grange

will be reopening for breakfast!



3763 Holland Loop Rd in Cave Junction

We will be serving breakfasts on the first 3 Sundays of every month