



Illinois Valley Wellness Resources

Food & Friends

FRIDAY – APR 15

ROASTED TURKEY W/ GRAVY

MONDAY – APR 18

PASTA PRIMAVERA

WEDNESDAY - APR 20

TURKEY TETRAZZINI

For Meals On Wheels or to volunteer call 541-955-8839

Lung nodules be cancerous can be cancerous, though most are non-cancerous or benign.

These small masses of tissue in the lung are quite common, appearing as round, white shadows about 0.2 to 1.2 inches on a chest X-ray or CT scan.

A larger lung nodule is more likely to be cancerous than is a smaller nodule.

If your doctor detects a lung nodule on an imaging test, it's helpful to compare your current imaging scan with a previous one.

If the nodule on earlier images hasn't changed in size, shape or appearance in two years, it's probably non-cancerous. Non-cancerous lung nodules are often caused by previous infections and usually require no treatment.

In some cases your doctor may recommend annual chest imaging to see if a lung nodule grows or changes over time.

If a lung nodule is new or has changed in size, shape or appearance, your doctor may recommend further testing — such as a CT scan, positron emission tomography (PET) scan, and bronchoscopy or tissue biopsy to determine if it's cancerous.

Eric J. Olson, M.D.

You can email IVWR at ivwellnessresources@gmail.com.

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

Cancer Support in the I.V.

Gas cards, food assistance and comfort care help for cancer patients. To fill out an application call

Courtney, I.V. Wellness Resources at 541-415-1409

FREE for Seniors

FREE COVID-19 Self Testing Kits

Call or text Laura at I.V. Wellness Resources at 541-592-9781 or email ivwellnessresources@gmail.com.

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**.

VETERANS COMMUNITY CARE

One number for veterans to call with questions and issues.

877-881-7618

CHAIR FITNESS

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

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

Healthy Highlights: by Pat Jenkins, MSN

Should I get a second COVID Booster?

Several studies have found that while the mRNA booster shots have been successful at preventing hospitalization and death, their effectiveness against infections is waning. Moderna has applied for a shot for all adults and Pfizer wants the shot for those 65 and older.

In their justification for seeking second boosters for people 65 and up, Pfizer and BioNTech relied heavily on evidence from two studies conducted in Israel that suggested that people who had received fourth shots were less likely to become infected with the virus compared with those who had received three doses. As of now, the only people authorized for a fourth dose are those with weakened immune systems. This includes teenagers and adults who have had organ or stem cell transplants, are undergoing chemotherapy for cancer, have advanced or untreated H.I.V. or are on immune-suppressing drugs.

Who knows how soon (or if) the F.D.A. will authorize a second booster for all adults. The agency is expected to convene an advisory committee next month to discuss the issue. And while experts say it's reasonable that the committee might move swiftly on Pfizer's application for older adults, it is unclear if Moderna's more sweeping request will get the green light.

Dr. Carlos del Rio, an infectious disease specialist at Emory University said "We know that people over the age of 65, even when vaccinated, have a higher risk of dying than people under the age of 65 and that gets lowered significantly if people get boosted."

Dr. Christian Gaebler, an immunology researcher at Rockefeller University in New York City said "One reason older adults may benefit from an additional booster is because as the immune system ages, it tends to weaken and does not produce the same quantity or quality of antibodies that it did when it was younger. On top of that, older adults often have other medical conditions that take up the body's attention, putting them at higher risk of severe disease. "Diabetes, hypertension, obesity and chronic kidney disease are all risk factors for severe Covid," he said. "And we know that these usually manifest in older age."

A recent study in the New England Journal of Medicine showed that a fourth shot for health care workers did not improve the effectiveness of the vaccine or reduce viral loads (i.e. decrease infectiousness). That's because health care workers are generally younger. Older patients, however, are the most likely to benefit from a booster — as requested by Pfizer.

The general point of vaccination is to protect us against severe disease. Though an increase in antibodies from a vaccine boost may last only a short period (approximately four months according to one Centers for Disease Control and Prevention study), that boost will be necessary for certain groups to maintain protection against severe disease. The need for further doses of the vaccine to boost antibodies will depend on your health status.

Vaccines generate neutralizing antibodies against the coronavirus in the body. These antibodies, however, can be less effective against new variants like Omicron. And even if your body receives a rush of new antibodies by receiving an extra booster shot, those antibodies will wane in the following months. That doesn't mean continuous boosting will be necessary for all, however. The

vaccines also generate something called cellular immunity, which is much longer lasting and protect many against severe disease in an enduring fashion.

Experts tracking COVID-19 are careful not to give specific advice on when to get a fourth dose when the safety and efficacy data are still limited. For instance, if another surge was just around the corner, seniors might benefit from getting an extra shot as soon as it's authorized. But if the next wave doesn't occur until the summer or even fall, getting a booster now could backfire because the recipient's immunity may start to wane by the time they need protection the most.

There is ongoing research for better vaccines and treatments. As future variants likely arise, an inactivated whole virus vaccine that enhances the body's immune system may be more protective against any variants with multiple mutations in the spike protein in all individuals. Nasal vaccines can help boost immunity in mucosal surfaces, which will help contain viral transmission. And, finally, the durable protection against severe disease from vaccines among younger, immune-competent individuals to date gives hope for the longevity of memory cell immunity against COVID-19

Dr. del Rio said "As a society, we have to think about what our goal is with repeated boosters and vaccines. None of our existing vaccines completely prevent transmission or prevent all disease. So at what point are we comfortable with asymptomatic or mild infection in the population while still being able to protect those who are vulnerable?" Emory University, Rockefeller University, University of California San Francisco. CDC

Good Shepherd Lutheran

Committed Faith - Luke 19:28-40 and Luke 23:1-49

The sign of a committed faith is that it's relationship driven. Many of those who gathered to throw their coats and palm branches onto the street on Palm Sunday didn't do it because of their deep, committed relationship with Jesus. They did it because it seemed like the popular thing to do at the time. It was trendy. It was the latest Tik Tok video or Twitter thread.

Now maybe those folks started out with sincere motives, but too many of them did it just because others were doing it. Remember that Facebook - or was it You Tube? - thing from several years ago where everyone was

pouring a bucket of ice over their own heads to show their support for some cause or other? I can't even remember now what it was they were supporting, and I'm willing to bet that most of the folks who gave themselves that ice bath probably don't remember either. That's what happens when we just follow the crowd without any kind of underlying commitment.

Many of us come to Jesus expecting everything will be easy. We become cheerleaders, expecting that maybe a little bad stuff will come our way, but not too much. That's why when the bottom drops out for us, we often ask God, "Why is this happening to me?" We think it's not supposed to be that way.

If our faith is only based on our circum-

stances, it will never be committed. It will always be casual. A committed faith has to be willing to take the good with the bad, knowing that all we're ever promised is that, in the midst of all of it, Jesus will never leave us or forsake us. He'll always be there.

So, committed faith doesn't come by following the crowd or expecting that everything will be easy. As I said, committed faith comes only through a personal relationship with Jesus Christ. A truly committed faith is one that's not swayed or changed by personal trials and crises but finds its foundation in a daily walk with our Savior.

At the procession on Palm Sunday, it was easy to offer praise because everyone

was doing it. But at the trial, speaking out for Jesus was risky, possibly even life threatening. That's why so many suddenly changed their chanting from "Hosanna!" to "Crucify Him!".

So, what about you? Is your faith casual or committed? Like the crowd in our scriptures from Luke, will you praise him on Sunday, and then cry out for his execution on Friday morning? Consider it and make a solemn decision whether you want to just follow the crowd or if you're willing to have a risky and challenging and deeply fulfilling personal relationship with the Savior. After you do, I hope you choose to give it all to him.

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