

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources



Food & Friends

FRIDAY – DECEMBER 23

CLOSED FOR CHRISTMAS

MONDAY – DECEMBER 26

CLOSED FOR CHRISTMAS

WEDNESDAY - DECEMBER 28

CHICKEN PASTINA

Call **541-955-8839** for VOLUNTEER INFORMATION or if you need meals.

MANAGING THE HOLIDAY BLUES: by Laura Mancuso

There are many things that can contribute to the holiday blues. Whether it's something as simple as over scheduling yourself, missing a loved one or a deeper emotional need, it's possible to work through your feelings and start anew.

Here are nine ways to deal with the holiday blues:

- 1. Limit alcohol** – Limit your alcohol intake, and try not to keep it readily available around your house. If you're attending a party and you know alcohol will be accessible, limit yourself to one or two drinks. Drinking to excess can affect your mood and amplify any negative feelings that you may have.
- 2. Get plenty of sleep** – Try to go to bed at a specific time each night. Being well-rested can improve your mood and help you feel ready to take on the day.
- 3. Learn to say "no"** – Over scheduling and not making time for yourself can lead to emotional

breakdowns. Learn how to say "no," and stay firm on your decision.

- 4. Be open to new traditions** – You may have an image of what you think the holiday should consist of, and this may not be what's actually happening. Instead of holding on to what the holiday should have been, allow new traditions to unfold.
- 5. Get support when mourning a loved one** – If you've experienced the loss of a loved one, the holidays can be especially tough. Although it can be tempting to isolate yourself and grieve, it can be beneficial to spend time with your friends and family. They can support you through this difficult time.
- 6. Spend time with your loved ones** – Instead of spending the holidays alone at home, get your friends or family together for a dinner party at your place. The more the merrier! You can spruce things up with lively decorations and add welcoming floral arrangements to your living spaces.
- 7. Exercise regularly** – Plug in your headphones and pop out for a walk around the block a couple

of times a day. A quick 10-minute walk will get your heart rate up and release mood-boosting endorphins.

8. Do something fun to get over a recent breakup – It can be difficult to be alone when you're nursing an aching heart. Instead of sitting at home, fill up your calendar with activities.

9. Avoid overeating – Before heading out to social events, fill up on veggies. You can even fill up a small sandwich bag and snack in the car. Holiday outings can often lead to overeating, which can affect your mood and overall well-being.

The holidays can be an especially difficult time for older adults. If you're unable to be with friends or family this holiday, look for volunteer opportunities that allow you to be around others. Some nonprofits will even come pick you up if you're unable to drive. healthline.com

Like I.V. Wellness Resources on Facebook!
Email: ivwellnessresources@gmail.com or call 541-592-9781

FREE for Seniors
If you're in need of COVID-19 SELF TEST KITS or KN95 MASKS please call Laura from IVWR 541-592-9781.

Joy For All
1-877-569-4255
Hotline that students launched - prerecorded with jokes, stories and support for seniors, people with disabilities or anyone who is isolated.

DEATH CAFE
A discussion about death, with no agenda
Dec. 27, 4:30 - 6:30 pm
I.V. Grange, 3763 Holland Loop Rd. C.J. Light refreshments
For questions call 541-450-5336

VOLUNTEER OPPORTUNITIES
Looking for volunteers to assist isolated seniors. Must pass background check. Gas/food cards provided to volunteers. Call Laura at 541-592-9781

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

RSV ...

Continued from A-5

When to see your doctor

You should call your doctor if you or your child is having trouble breathing, has poor appetite or decreased activity levels, cold symptoms that become severe, a shallow cough that continues throughout the day and night.

How RSV is treated

Mild RSV infections will go

away in a week or two without treatment. You can use over-the-counter fever reducers and pain relievers to manage your symptoms. Check with your doctor if you are not sure if an over-the-counter product is safe to give to your child. Your doctor may also suggest nasal saline drops or suctioning to clear a stuffy nose. Supportive care such as staying hydrated and comfortable is also helpful.

In severe cases, most

commonly for infants younger than 6 months of age and older adults, hospitalization may be needed. The hospital will use intravenous (IV) fluids to aid in hydration, and a breathing machine or humidified oxygen to help your body receive the oxygen it needs. In most cases, hospitalization will only last a few days.

RSV prevention

RSV is highly contagious. Each year, an estimated 2.1 million outpatient visits occur in

children younger than 5, due to RSV infection. There are some steps you should take to prevent its spread. The most effective means of protection are some of the simplest, such as:

Avoiding close contact with infected people

Avoiding sharing cups, bottles or toys that may have been contaminated with the virus since the virus can live on surfaces for several hours

Thoroughly washing hands

with soap and water after coming into contact with an infected person

Researchers are working to develop a vaccine, but currently, there is nothing available for public use. In some situations, high-risk infants may be prescribed monthly injections of palivizumab to help prevent severe RSV.

American Lung Association (lung.org)

Good Shepherd Lutheran

What a Gift!

Christmas is when we remember that God came close. We were in trouble and even though we were created to be with Him, our hearts had moved far away. There was a barrier between us and our Creator, and that night He took a huge step toward breaking it down.

If a couple thousand years of Jewish history teaches us anything, it's that the answer wasn't going to be found in our own efforts to be better. God took a big step toward us by coming to live with us, show us the way, and remove that barrier through his

death on the cross. It's not about being good; it's about being near to God through Jesus!

I know that some of us go to Christmas Eve Service because it's expected or required. You know what I mean. Your Grandma said everyone has to go to church if they want to be able to open presents, so you came. If that's where you find yourself and you'd rather we'd just get done with all the religious stuff, I get it.

And I know there might be a reason. I know that in the past some Christians or churches may have given you a reason to consider shutting out the story

of Christmas. But this story isn't about any one church. It's about a relationship with God. It's about love, life, and freedom. If you've already made up your mind to shut out the story, please give it a chance. Please take another look and reconsider. Try to look beyond everything you've heard about Jesus and everything you've seen people do in the name of Jesus, and just try to find out for yourself who Jesus is.

God sent His Son because you're important to Him. If God had a wallet, He'd be carrying your picture around in it. So, He made a plan to restore His

relationship with you and that plan began with a baby in a manger.

It's amazing to think that many of the specific predictions about Jesus's birth and death were recorded hundreds, or even thousands, of years before He was born. Through the wisdom of the Holy Spirit, the prophets knew we needed a Savior, and they predicted His coming. But we aren't just talking about an event that happened 2,000 years ago. We're talking about something that's happening right now, and we need to decide how we're going to respond to it.

Your response is a gift more precious to God than gold, or frankincense, or myrrh. You can bring a wonderful gift to God just by allowing Him even more space in your heart. So, exchange gifts with your amazing Creator this Christmas. Give Him your heart and He'll give you the Son who brings eternal life. What a gift!

Join us at Good Shepherd Lutheran Church, 150 Lewis Ct., C. J., at 7 pm on Christmas Eve for our Candlelight Christmas Eve Service. **Have a blessed Christmas!**

DID YOU KNOW?
THERE'S A SENIOR CENTER IN CAVE JUNCTION!
We also have an Exercise Room/Gym for members only. You no longer need to travel out of town to get your exercise!
Open 9:30 am to 4 pm Mon-Fri
TAKE A TOUR AND BECOME A MEMBER!

DID YOU KNOW?
THERE'S A SENIOR CENTER IN CAVE JUNCTION!
Lifetime Membership only \$100
Yearly Membership only \$20
Open 9:30 am to 4 pm Mon-Fri
TAKE A TOUR AND BECOME A MEMBER!

Did you know that we have a Senior Center in Cave Junction?
We are located at 520 E River St, just down the street from Illinois Valley High School
Members have access to our
Library
Meeting Rooms
Quilting
Pool Tables
Keno-Chi and Tai Chi
Yoga and Chair Yoga
Chess Club
Folk Dance
Hiking Group
Come on down!
Open 9:30 am to 4:00 pm Monday through Friday
Take a tour and become a member!

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
Saturday Worship - 9:15 a.m.
Sabbath School - 10:30 a.m.
Bible Study 11:15
Pastor Ed Nelson
Assoc. Pastor Daniel Threthewey
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 Worship - 9:00 a.m.
- ***
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. Robert Wolf, pastor
Parochial Vicar is now Fr. Joseph Mujaeropro
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.
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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
New Hours:
Sundays 11 - 1 p.m.
Third Wednesdays 6:30 - 8:30 p.m.
Fridays 1 - 3 p.m.
Sat. 10 a.m. - noon
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.



IV Grange
Taco Tuesday & Open Mic
5 - 8 pm \$3 tacos
November 29
December 6
January 10
January 24
Tuesday December 20
Winter solstice crab boil & pie auction
\$25 per person - 5 to 8 pm
All You Can Eat!
3763 Holland Loop Rd in Cave Junction