

SENIOR SPOTLIGHT

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



Food & Friends

FRIDAY, JUNE 23
COUNTRY MEATBALLS WITH GRAVY
MONDAY, JUNE 26
ROAST PORK WITH APPLE CHUTNEY SAUCE
WEDNESDAY, JUNE 28
BEEF PATTY WITH GRAVY & PEPPERS

Have lunch at the I.V. Senior Center M, W & F - call 541-592-6888

Call 541-955-8839 for VOLUNTEER INFORMATION or if you need Meals on Wheels

PROTECT YOURSELF FROM WILDFIRE SMOKE

Oregon's wildfire season is fast approaching, and harmful wildfire smoke is already drifting from Canada into the United States. Wildfire smoke can travel thousands of miles and create health hazards, especially for those with breathing or heart conditions, older adults, infants and children, and pregnant people.

"Families living with low income and who struggle with access to health care and resources may also feel worse effects of wildfire smoke in their neighborhoods," said OHA Public Health Director Rachael Banks. "Listening for local warnings and reports while taking protective measures can help reduce those effects for everyone."

FREE AIR PURIFIERS

If you are a low-income older adult with lung or heart disease (emphysema, asthma w/ meds, COPD, on oxygen) or have an infant in the home call or text 541-592-2541 or email ivwellnessresources@gmail.com

Tips to stay safe from wildfire smoke exposure include:

Stay indoors when possible, keep windows closed and consider wearing an N95 mask.

Follow a management treatment plan for those living with chronic respiratory conditions such as asthma.

Keep track of medication supplies, and refill prescriptions early.

Use high efficiency particulate air (HEPA) filters in indoor ventilation systems or portable air purifiers, if possible. You can also build your own box fan air filter if you are unable to get an air purifier. Check out <https://blogs.cdc.gov/niosh-science-blog/2023/02/03/diy-filtration/>.

The Illinois Valley Wellness Resources is offering free air purifiers to older adults or

disabled people in the Illinois Valley that have lung or heart disease, asthma with medication, emphysema, COPD or an infant in the home. You can text or call 541-592-9781, email ivwellnessresources@gmail.com or visit the IVWR office Tuesdays or Thursdays from 1 - 3:30 p.m. at 315 Caves Hwy., Suite C (Options complex next to KXCJ radio).

Stay up to date on alerts for your area by checking the Oregon Smoke Information Blog https://www.oregonsmoke.org/?utm_medium=email&utm_source=govdelivery or viewing Oregon DEQ Air Quality Index at https://www.oregon.gov/deq/aaq/pages/aqi.aspx?utm_medium=email&utm_source=govdelivery.

**Email: ivwellnessresources@gmail.com or call or text 541-592-9781 for article suggestions.

SPRING WORKERS for Hire on IVWR Resource List for Seniors and Disabled.

Need help around the house? Give Laura a call at 541-592-9781 or ivwellnessresources@gmail.com

Pop Up Public Health Wednesdays

JoCo Food Bank, COVID-19 Boosters, STD testing,

*I.V. Family Coalition Noon - 1

*Jubilee Park 1:15 - 2:15 p.m.

Lunch served at the park

Watering right can save gardeners money, gallons and their plants, too

Jessica Damiano
Associated Press

Until I installed soaker hoses throughout my vegetable beds this year, I'd always watered my plants by hand, which over the years had become tiresome.

Standing outside holding a garden hose wasn't exactly my idea of a good time, but it directs water precisely to the soil above roots,

making sure it lands where it's needed. That eliminates waste, and goes a long way toward preventing diseases like powdery mildew. That's good for plants, the environment and the water bill.

Placing flexible, porous rubber or fabric soaker hoses on the soil around plants is another preferred way to irrigate, as it allows water to seep slowly over roots. Drip irrigation hoses (rigid tubes with emitter holes that drip or stream water)

work similarly.

There are plenty of other easy ways to save water around the garden.

WHEN TO WATER, AND HOW DEEPLY

Applying water in the morning, for instance, allows time for it to permeate deeply into the soil before the sun gets too hot. Wait until later in the day, and a good portion of that water will evaporate from the soil surface before doing its job.

Later still, and moisture could stick around overnight, risking mold, mildew and fungal diseases.

How you water is just as important as when. Giving plants a quick, daily sprinkle offers little if any benefit to roots, which, depending on the plant, could extend a foot or more into the soil. Instead, water less frequently but deeply.

And when the soil is really dry, it's even more important to slow down, or the water will run off

without penetrating the surface, just as a bone-dry kitchen sponge has difficulty absorbing a spill.

CAPTURE AND REUSE WATER

You can recycle water from boiling pasta, vegetables and eggs instead of pouring it down the drain, as long as it hasn't been salted. Water from dehumidifiers can be used, too. Waste not, want not.

SEE WATER ON A-10

Good Shepherd Lutheran

Dads and Duct Tape

If there's a sticky job, duct tape can probably take care of it. But duct tape can do one more thing as well. It can teach us lessons about being a great dad.

Lesson #1. Duct tape sticks to the main thing. Duct tape adheres closely to what it was designed to adhere to. A dad's main purpose is to adhere to Jesus Christ. *John 15:5* tells us, "...apart from me you can do nothing..."

When we separate ourselves from Christ - when we don't stick with Him - we become dissatisfied. And when we're dissatisfied, we either become useless and lost, or angry and unbearable. Jesus Christ needs to be front &

center always. *Philippians 3:14* (MSG) says: "Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus."

Lesson #2. Duct tape holds things together, and God uses Dads to hold the family together. *1 Timothy 3:4-5* says: 4 He must manage his own family well and see that his children obey him, and he must do so in a manner worthy of full respect. 5 (If anyone does not know how to manage his own family, how can he take care of God's church?)

Lesson #3. Duct tape isn't a permanent solution. Duct tape fixes things, but it only works temporarily. Eventually, you have to

find a permanent solution. A solution like Jesus Christ. Fathers aren't expected to be everything to everyone. But what they are expected to do is to point themselves and others toward Jesus. *Galatians 2:20* says: 20 Christ lives in me. The life you see me living is not "mine," but it is lived by faith in the Son of God, who loved me and gave himself for me. I am not going to go back on that.

God tells us that there is only one true thing that holds everything together and that's Jesus Christ. *Colossians 1:17* says it this way: 17 He is before all things, and by Him all things hold together.

Jesus is the only one who can truly hold everything together in this universe, includ-

ing us. You dads don't have to be the duct tape that holds all of creation together. You just need to be the dad - or the disciple - that pleases God, even in your imperfections.

So don't add more to your burden than what you've been given. God doesn't expect us to shoulder His expectations alone. He gives us the strength and empowerment that we need to do it. You don't have to be Superman, so, relax. As *John 3:30* tells us: He must become greater. I must become less.

The good news is it's never too late to start being a godly father according to God's will. Like duct tape, you just have to stick with it.

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
- Tai Chi
- Balance and Exercise Class
- Pine Needle Basket Class
- Yoga and Chair Yoga
- Chess Club
- Hiking Group
- Pinochle
- Canasta

Come on down!

Open 9:30 am to 4:00 pm Monday through Friday

Take a tour and become a member!

541-592-6888

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

SEVENTH 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 W. 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.

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

3763 Holland Loop Rd in Cave Junction

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