



Off The Rocker Dispatch

February 2025



Illinois Valley Senior Center

PO Box 462 / 520 E River St

Cave Junction, OR 97523

Phone: 541-592-6888

Email: ivseniorcenter@gmail.com

Senior Thrift Store

102 S Redwood Hwy

Cave Junction, OR 97523

Phone: 541-592-6630

BOARD OF DIRECTORS

Officers:

Doris Fowers - President

Judy Krouse - 1st Vice President

Jean Shubert - 2nd Vice President

Donna Marie May - Secretary

Rhonda King - Treasurer

Directors at Large:

Betty Jacobson, David Levison, India Moss,

Jim Shirley and Janice Sommers

Parliamentarian:

Carol Caswell

Regular Hours: 9:30am—4:00pm

Editor: Doris Fowers



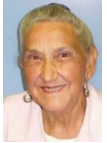
2023/25 Board Contact Information



Doris Fowers, President/Office Manager

Email - dmfowers@outlook.com

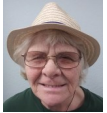
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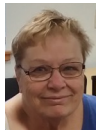
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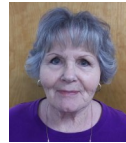
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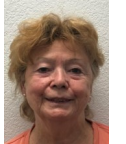
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India Moss, Director at Large

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Janice Sommers, Director at Large

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Correspondence may also be sent to: Illinois Valley
Senior Center, P.O. Box 462; Cave Junction, OR 97523

Business of the Board

Your Illinois Valley Senior Center (IVSC) Board held its regular meeting on Tuesday, January 21, 2025, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the December 31, 2024 *Treasurer's Report* with \$211,249.53 total liquid assets, including \$12,609.62 in net monthly income. There were \$19,087.64 in gross receipts from the Thrift Store alone!
- ◆ Approved two SOP changes.
- ◆ Approved allowing the IVHS Alumni Association to have their annual meeting in conjunction with the Country Breakfast to be held on July 5, 2025.

Complete meeting minutes are available in the IVSC office once approved (usually at the Board's next meeting).

The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down. T.S. Elliot

From the Desk of the President . . .

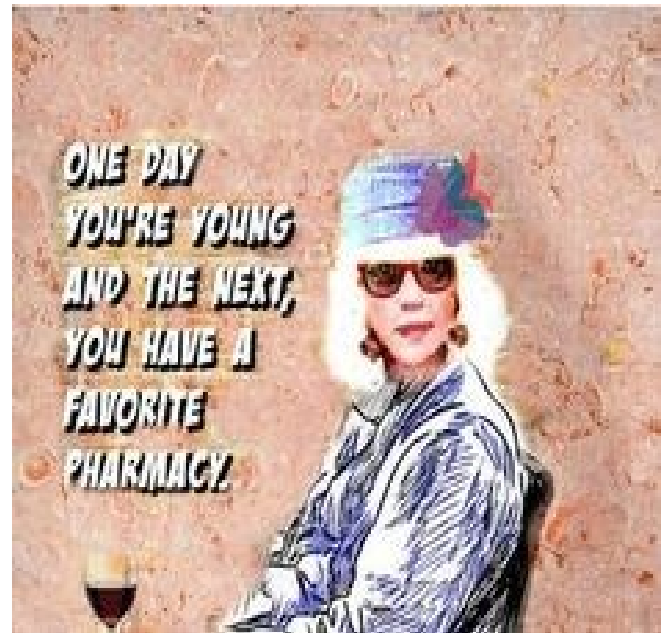


Happy Valentine's Day to all of our wonderful members! Be sure to sign up and join us for the Valentine's Day Potluck on February 15th. Be sure to see the invitation on Page 9.

We celebrated with about 40 volunteers at our Annual Volunteer Appreciation Luncheon on January 25th and presented the Volunteer of the Year Award. Please see details on page 8. My heartfelt appreciation goes out to all of our wonderful volunteers. We couldn't run the IVSC without them!

As always, please contact us if you are able to volunteer at either the Thrift Store (541-592-6630) or the IVSC (541-592-6888). We can always use your help!

Doris Fowers, President



Who Came Up With That One?

Origins of Commonly Spoken Words, Phrases, and Sayings by Brownielocks & The 3 Bears

“On Cloud Nine” For some odd reason, the number 9 has always been considered by mathematicians to have some super power. Some say it goes back to the Holy Trinity since $3 \times 3 = 9$. And later in Victorian times, a person who was all dressed up was said to be “dressed to the nines.” So what does this have to do with clouds? It was believed that clouds existed on a successful level of layers, and the ultimate high layer was 9. So anyone who is suddenly super happy was said to be soaring in the clouds and naturally the level of the cloud they were assumed to be on was the highest — level 9. Today another way of saying you are very happy and even in some cases in love, is to say that you are on Cloud 9.

Volunteer of the Month Evelyn Goynes

By Judy Krouse, 1st Vice President

1st Vice President Judy Krouse presented the **IVSC Volunteer of the Month Recognition to Evelyn Goynes** at the January 21st Board Meeting.

Evelyn has volunteered thousands of hours over the years and her service is greatly appreciated.

The recognition includes a Certificate of Recognition, a lapel pin, and a \$100 check. **Thank you, Evelyn, for all you do for the IVSC!!**



Bereavements

IVSC members send our thoughts and prayers to the families of the following members who recently passed:

- Linda Crawford
- Dave Hocker

Don't forget the **Blood Drive** on
Monday, February 17th from
11:00am to 4:00pm.



I speak to everyone in the same way, whether he is the garbage man or the president of the university.

Albert Einstein



**EAT RIGHT and
EXERCISE.**

DIE ANYWAY.

www.cafepress.com/GeezerShop

11 Ways to Slow Down Aging Fast

- 1. Regular Exercise:** When it comes to defying the aging process and looking and feeling a lot younger — an active body is a young body. When you are consistently inactive throughout the day, your body will not move like it once used to, since it will be so used to being inactive. You may notice simple activities are more complex than they once were. You may also notice significant weight gain. This is where you have to consider regular exercise if you want to look and feel younger. More importantly, regular exercise is excellent for your heart health. Heart disease is the number one killer in the United States and as we get older, we need to exercise to keep the heart working at top capacity.
- 2. Drinking Plenty of Water:** The body is made up mostly of water. This means it needs the right amount of water to function correctly. Without enough water, the body can become dehydrated, especially the skin. It can also cause fatigue, foggy thinking, headaches, and constipation. Experts suggest that women should drink 11.5 cups of water daily and men should drink 15.5 cups of water a day to keep a healthy, age-defying body.
- 3. Quitting & Reducing Bad Habits:** Many drink and smoke and live to old age. However, that's the exception — not the rule. The people who drink and smoke regularly aren't doing any favors to their bodies or youthfulness, though. To have healthy skin and insides, you will want to limit or eliminate smoking or drinking if you do these daily. Since these substances can be highly addictive, reach out to an addiction counselor if you need help and develop a support system for yourself to help you stay on track.
- 4. Taking Supplements:** You need to give your body all of the nutrients it needs to slow down the aging process. On certain days, you may not get a balanced diet, so give your body anything it might be missing in daily supplements. In particular, you want to be sure to get Vitamin B, Vitamin C, Vitamin E, and Vitamin D. Vitamin B is essential for energy and brain function. Vitamin C and Vitamin E are known to enhance the immune system, keeping you from getting sick. Vitamin D helps support bone health, which becomes ever more important as we age.
- 5. Natural Food:** Simply put, putting healthy things into our bodies will help us look and feel younger. After all, the things we put into our bodies radiate on the outside. So, focus on eating fruits, vegetables, whole grains, and lean protein to slow aging. Buy organic foods if possible and eliminate processed foods if you can. You should also try to eliminate any empty calories, such as potato chips and fries. These foods don't give you any nutrients. Even though it can be hard not to indulge every now and then, make it a rare occurrence to eat junk food in smaller portions.
- 6. Religious Skin Care Routine:** Did you know that the skin is the largest organ of the body? It's also the organ of the body that shows age first. So you need to make a point to take care of your skin every single day with a thoughtful skincare routine. One thing to emphasize every day is moisturizer. Use it every day. You should also look into different masks and deep cleansers. Learn about your own skin to learn if you have dry skin or oily skin. Pick products appropriately and make sure to follow your skincare routine every single day to see the effects you want. (Continued on next page)

11 Ways to Slow Down Aging Fast continued from previous page....

7. **Protecting Oneself from the Sun:** One of the things that will dry out and age your skin more than anything else is the sun. You should make a point to protect yourself from the sun properly. Use sunscreen on sunny days and reapply when necessary. You should also use hats and any cover-ups at all times, even on cloudy days. If you like how a tan looks on you, try spray tan or tanning lotion instead of going out into the sun. Since the sun helps create Vitamin D, make sure you get the vitamin in other ways.
8. **Dental Hygiene:** One aspect many people tend to forget about regarding aging slowly is their dental health because bad teeth can also make you look older. Make a point to brush your teeth twice a day, make flossing your teeth a regular ritual, use mouthwash, and visit a dentist twice a year. This will help make you feel more confident, smile more, and look younger.
9. **Social Stimulation:** As we get older, people get busy. They tend to have a focus on their work and family instead of hanging out with friends as they once did. However, they may wake up one day and realize they don't have friends as they used to. This can bring on depression and studies show that social stimulation can make you live longer. Besides, we all need to make social interaction a top priority in order to keep feeling young, so go out once a month if you can and talk to people throughout the week. You will feel so much younger if you do, and that will show on your face!
10. **Mental Stimulation:** Did you know that mental stimulation can defy the aging process more than anything else? So if you would like to live longer, you should make a point to read and play games that stimulate the mind on a weekly basis. Intelligence is one of the most important beauty secrets that people tend to forget about. It makes it so that you can have interesting conversations and you'll also be more likely to remember things.
11. **Care for Mental Health:** As we get older, the process of aging can be quite stressful and stress can lead to premature aging. To slow down aging, you should take care of your mental health and stress by having an active self-care routine and even going to a therapist if you find it necessary to do so. After all, putting effort into maintaining your mental health (so it stays at its top capacity) will pay you dividends in helping you look and feel younger.

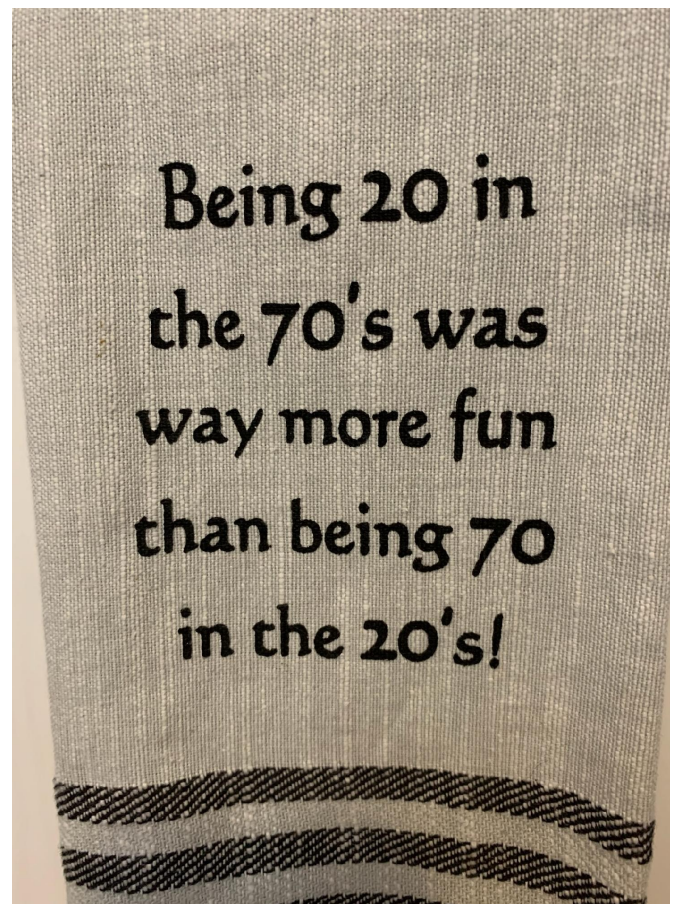
Christmas Lunch

Our annual Christmas Lunch was another well attended Event. Although Santa was busy with the young kids, our elder kids seemed to really have fun getting and opening their surprise gift, everyone enjoys getting a gift. And to top it off we had a really delicious lunch. Its really important to spend time with friends & family especially on the holidays, so I look forward to many more of our Christmas Lunches and hope you will join me.

Sincerely,
Jean S

Cribbage Anyone?

Alice Day is looking for anyone interested in playing cribbage at the IVSC. Please call her at 252-622-6838 for more information or to sign up. Thanks!





February Birthdays



Thomas Aungst	Shawnean Gay	Norah Latzke	Annie Pinios	Frances Swearingen
George Bobo	Linda Herrera	Jacqueline Leggitt	Ethel Pose	Jacky Sweetland
Richard Bouchard	Sarah Hertel	Celia Lettis	Catherine Renno	Charles Swift
Virginia Cababag	Martha Hodges	Christine Mallette	Kathy Ryan	Kirk Taylor
Timothy Coakley	Soosahna Holladay	Donna Marie May	Randy Schwindt	Maria Thorak
Shirley Cramer	Shelly Hooks	Patrick McManus	Jean Shubert	Richard Warren
Denise Davi	Richard Hughes	Barbara Nelson	Don Sills	Larry Waterman
Michael Eckert	Jane Jacobson	Becky Newsted	Kathy Simmons	Charles Wilson
Louise Evans	Menno Kraai	Sam Nichols	Robert Soria	Nate Wilson
Daniel Garceau	Mara Lambert	Penny Niemi	De Spellman	

New Members

Please welcome the following new members who joined this month:

<u>Life Members:</u>	None
<u>Annual Members:</u>	Christine Balia Holly Branhan Marian Chavez Theresa Kuper Lis Medres Mark Richardson Tanis Richardson Monet Talty Judith Timmons Yvonne Torala

Invite your friends to come explore and join the IVSC as well!

Stuffies

Thanks to your donations & the community donations, I/we were able to collect & deliver 8-10 banana boxes of approximately 75 to 100 stuffies to Monique Allen for her stuffed bags project to bring cheer to our community kids. Thank you Monique! I want to thank my Thrift Store Elves for helping me with this project, oops its time to deliver boxes to Monique and I have a broken leg and wheel chair bound but don't worry its being taken care of by the Thrift Store Elves, they're the best. This is a very worthwhile project for your community's kids and we look forward to years to come.

Sincerely,
Jean S.

I'm ready to meet my maker. Whether my maker is prepared for the ordeal of meeting me is another matter. Winston Churchill

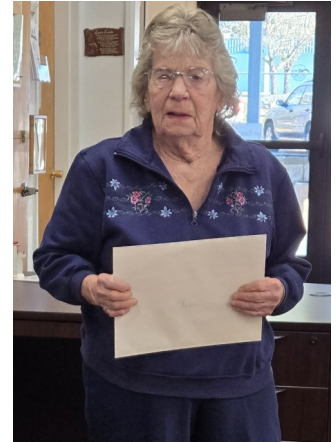
Volunteer of the YEAR Charlie Hickerson

By Judy Krouse, 1st Vice President

1st Vice President Judy Krouse presented the **IVSC Volunteer of the Year Recognition to Charlie Hickerson** at the January 25th Volunteer Appreciation Luncheon. As you can see from the picture, Charlie was quite surprised and a little teary-eyed.

Charlie has volunteered for many years at both the IVSC and the Thrift Store. Anything you ask Charlie to do, she will always say “yes” and she is much appreciated by everyone for her great sense of humor.

The recognition includes a Certificate of Recognition and a \$250 check. Thank you, Charlie, for all you do for the IVSC!!



WE NEED YOUR HELP!

Election time is fast approaching and we need a few volunteers for the Nominating Committee to help out. Please contact the IVSC at 541-592-6888 to express your interest.

Jeannette Montgomery is the Chairperson and she needs four more people to help find Officers and Directors for the next two years.



WHEN I GET OLD, I DON'T WANT PEOPLE TO SAY “WHAT A SWEET OLD PERSON.” I WANT THEM TO SAY “OMG! WHAT’S THAT CRAZY PERSON UP TO NOW?”



Please join us for

IVSC

VALENTINE'S POTLUCK

DATE

FEB 15TH 1PM

3 Door Prizes!

New rule for Potlucks in 2025:
Bring a dish to serve at least 4 people
or donate \$5 to the IVSC

Sign up in person or call:

541-592-6888

Veterans Cards:

We once again sent a box of 75 to 100 Christmas cards to the Veterans facility in Roseburg. There's a very special Volunteer there who personally delivers these cards to the Veterans, she's willing to deliver to each Veterans as many times as is possible. She sent me a text this year to let us know how much the cards & acknowledgements mean to the Veterans. She said the smiles on their faces tells the story and appreciation. My thanks to Jean Chandler & family for helping me.

I plan and hope to keep this very, very special project going for years to come.

Jean S.

FREE TAX PREPARATION

Have your taxes electronically prepared by IRS-certified volunteers for FREE. Call for an appointment at 541-592-6139 or make it yourself on the website (www.joco-freetaxes.com). First appointment date is February 3rd.




Application paperwork is available at the IVSC front desk and must be completed prior to your appointment.

WHAT YOU WILL NEED:

- Social Security numbers for all on your return
- Photo ID
- All income statements
- Tuition statements
- Affordable Care Act Statement
- Copy of last year's return, if available
- Bank account routing and account numbers for any refund

Middle age is when you've met so many people that every new person you meet reminds you of somebody else. Ogden Nash

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>Breakfast 8a-11a</p> 
2	<p>3</p> <p>Food & Friends Lunch 11a-12p Pinochle 1p-4p</p>	<p>4</p> <p>Pine Needle Basket Class 11a-1p Ladies Pool 1p-3p</p>	<p>5</p> <p>F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p</p>	<p>6</p> <p>Canasta 1p-4p Ladies Pool 1p-3p</p>	<p>7</p> <p>Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p</p>	8
9	<p>10</p> <p>Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p</p>	<p>11</p> <p>Pine Needle Basket Class 11a-1p <i>Library in use 11a-4p</i> Ladies Pool 1p-3p</p>	<p>12</p> <p>F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p</p>	<p>13</p> <p>Canasta 1p-4p Ladies Pool 1p-3p</p>	<p>14</p> <p>Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p</p>	<p>15</p> <p>Valentine's Day Potluck 1p</p> 
16	<p>17</p> <p>NO FOOD & FRIENDS LUNCH Pinochle 1p-4p</p> 	<p>18</p> <p>Pine Needle Basket Class 11a-1p Ladies Pool 1p-3p Board Meeting 1:30p</p>	<p>19</p> <p>F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p</p>	<p>20**</p> <p>Canasta 1p-4p Ladies Pool 1p-3p</p>	<p>21</p> <p>Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p</p>	22
23	<p>24</p> <p>Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p</p>	<p>25</p> <p>Pine Needle Basket Class 11a-1p Ladies Pool 1p-3p</p>	<p>26</p> <p>F & F Lunch 11a-12p Transitional Yoga 9:35a-10:45a Ongoing Yoga Practice 11a-12:30p Beginning Yoga w/ Chair 1p-2p BINGO 6p</p>	<p>27</p> <p>Canasta 1p-4p Ladies Pool 1p-3p</p>	<p>28</p> <p>Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p</p>	

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Illinois Valley Thrift Store

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541-592-6630

Monday through Friday 10:00am—4:00pm
Saturday 11:00am—3:00pm

Donations accepted at back door!
11:00am until 3:00pm



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Country Breakfast

520 E. River Street
Cave Junction, OR 97523

Hours 8:00am—11:00am
First Saturday each Month

All You Can Eat
\$9 Adult/\$4 for 11 and Younger

Suggestion Box

Did you know we have a **Suggestion Box**? Share your ideas, tell us how we can improve things. No suggestion is too big or small!

The Suggestion Box is located between the office and kitchen doors.

JOIN US FOR BINGO!

Every Wednesday night:

6:00pm Early Bird

6:30pm Regular Bingo

Snacks & drinks available for purchase, or bring your own.

IVSC Member Notice

Did you know . . .
old glasses and hearing aids can be turned in to the IVSC?

Mondays through Fridays
9:30am until 4:00pm

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February 2025

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Dues are \$20.00 per year or \$100.00 for lifetime.