



Off The Rocker Dispatch

March 2025



Illinois Valley Senior Center

PO Box 462 / 520 E River St

Cave Junction, OR 97523

Phone: 541-592-6888

Email: ivseniorcenter@gmail.com

New Website: www.ivseniorcenter.org

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



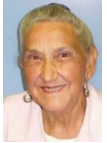
2023/25 Board Contact Information



Doris Fowers, President/Office Manager

Email - dmfowers@outlook.com

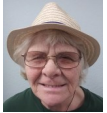
Phone - 541-592-9664



Jean Shubert, 2nd Vice President

Email - N/A

Phone - 541-592-6150



Donna Marie May, Secretary

Email - raggiemutt@gmail.com

Phone - 541-415-0328



David Levison, Director at Large

Email - lionspawmt@yahoo.com

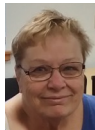
Phone - 541-660-0933



Jim Shirley, Director at Large

Email - jamesshirley6651@yahoo.com

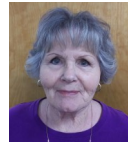
Phone - 530-400-3137



Carol Caswell, Parliamentarian

Email - 1caswellhouse@gmail.com

Phone - 208-989-7483



Judy Krouse, 1st Vice President

Email - judithkrouse21@yahoo.com

Phone - 951-306-2158



Rhonda King, Treasurer

Email - 62rking@gmail.com

Phone - 541-660-9858



Betty Jacobson, Director at Large

Email - carbett@cavenet.com

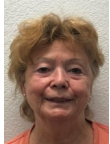
Phone - 541-592-2692



India Moss, Director at Large

Email - indiamoss1mt@gmail.com

Phone - 541-916-2825



Janice Sommers, Director at Large

Email - janicesommers77@gmail.com

Phone - 541-659-2875

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, February 18, 2025, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the January 31, 2025 *Treasurer's Report* with \$207,443.73 total liquid assets, including a loss of \$2,467.66 in net monthly income. There were \$14,335.42 in gross receipts from the Thrift Store alone!
- ◆ Approved adding a limit of 2 eggs per Country Breakfast, with no seconds on eggs, due to the current egg shortage.
- ◆ Disapproved the pool players' request of a new radio as there is already one available.

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

Life is like riding a bicycle. To keep your balance, you must keep moving. Albert Einstein

From the Desk of the President . . .



March is officially the beginning of spring and I'm happy to see it here after the February snowstorm closed us down for almost a week.

Have you always wanted to learn the computer, but didn't know where to start? See page 9 for the free classes being offered at the Josephine Community Library. They are only accepting 18 attendees, so register early if you are interested.

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

We had a great turnout for the Valentine's Day Potluck thanks to some good food and door prizes!

Thanks to David Levi-son and the rest of the Events Committee for making this possible.



Who Came Up With That One?

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

“Henpeck” Biologist W.C. Allee gained fame when he discovered the pecking order of hens, and the female's habit of using her beak as a weapon among other females. The hens never peck the male roosters. And yet the term today is often referred to represent the verbal attacks females put upon males. Go figure!

Volunteer of the Month Alta Hostetter

By Judy Krouse, 1st Vice President

1st Vice President Judy Krouse presented the **IVSC Volunteer of the Month Recognition** to **Alta Hostetter** at the February 18th Board Meeting.

Alta has volunteered at the Thrift Store for about 8 years and currently works on Mondays.

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



THE ILLINOIS VALLEY SENIOR CENTER
PRESENTS A

SPRING CONCERT

OPEN TO THE PUBLIC

JACK HOPFINGER & B WISHES

MARCH 15TH 2025
1PM - 4PM

JOIN US FOR AN ECLECTIC BLEND OF
POP, AMERICANA, JAZZ, R&B, BLUES
AND ORIGINAL MUSIC

TICKETS AVAILABLE IN ADVANCE AT THE IVSC
OR AT THE DOOR

ADMISSION \$5 - \$10 SLIDING SCALE

520 E. RIVER ST. 541-592-6888

MY WANING MEMORY

Just a line to say I'm living
That I'm not amongst the dead,
Yes I'm getting quite forgetful
And more mixed up in the head.

There are times I can't remember,
Standing at the foot of stairs,
If I must go up for something,
Or I've just come down from there.

There are times when it's still dark
When I stand beside my bed,
I can't tell if I'm retiring,
Or getting up instead.

If it's not my turn to write you,
There's no need to get upset.
When you're my age these things happen.
It's so easy to forget.

But with mail time fast approaching,
I will try to make it clear,
In this letter I am mailing
That I love you, precious dear.

Yet the mail box stands before me,
As my face turns ruby red,
For I failed to mail your letter.
I just opened it instead.

Interesting Fact from the Thrift Store

Last year (2024), the Thrift Store gave out 91 vouchers to the Family Coalition and gave away \$2,016 worth of items to needy people.

What is Sarcopenia?

Starting as early as age 30, we begin to lose muscle mass and strength gradually. However, some of us lose it more quickly due to a serious condition called sarcopenia, which becomes more common with age.

Sarcopenia is a serious condition that can significantly impact a person's **quality of life** by:

- Reducing the ability to perform simple tasks of daily living like walking up stairs or getting out of a chair.
- Increasing disability which may lead to loss of independence and the need for long-term care.

Sarcopenia can lead to other **health problems/complications** such as:

- Raising the risk of falls and fractures
- Increasing the need for and the length of hospitalizations
- Increasing complications post-surgery
- Raising the risk of death

Even though sarcopenia is common (10-20% of older adults are estimated to have sarcopenia), many individuals do not get diagnosed or treated for the condition.

Symptoms of sarcopenia can include:

- Falling
- Muscle Weakness
- Slow Walking Speed
- Self-Reported Muscle Wasting
- Difficulty Performing Normal Daily Activities

If you or a loved one is experiencing these symptoms, talk to your healthcare professional. You can also learn more about your risk of sarcopenia by taking the SARC-F (https://41e5fc1d-e404-4830-8c07-64690e79acce.filesusr.com/ugd/2a1cfa_b868e55b12a241028d69b9e7a2fce7a8.pdf). This is a short questionnaire that you can take on your own that will help when talking with your healthcare professional about your risk for sarcopenia.

Cost of Sarcopenia

Sarcopenia can be an expensive disease with the:

- **Direct healthcare costs of sarcopenia** in the U.S. per year at more than \$18 billion
- **Average increase to a sarcopenia patient's healthcare costs per year** at more than \$2,300

Treating Sarcopenia

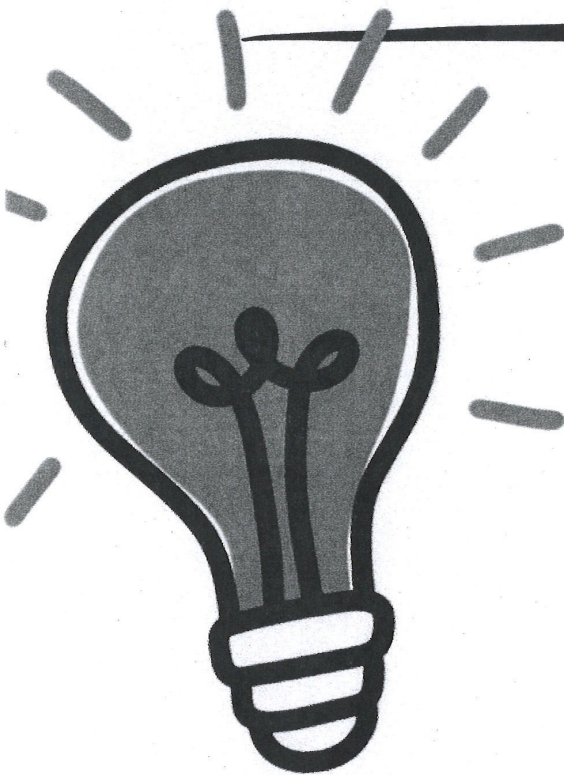
Behavior changes are the primary treatments for sarcopenia.

- **Physical activity** focused on progressive resistance-based strength training can improve strength and physical performance and increase muscle mass.
- **A healthy diet**, including proteins, can also help when paired with exercise.

Unfortunately, there are currently no medications for sarcopenia, and behavioral interventions are not adequate for many diagnosed with sarcopenia.

What are your home energy needs?

IVCanDO wants to know!



Fill out the IVCanDO Energy Survey for a chance to win one of 5 gift cards!

IVCanDO is planning for future Illinois Valley Energy projects - we want to know what our community needs!

Scan the QR code to take the survey & be entered to win!



or visit www.ivcdo.org/energy

IVCanDO

Illinois Valley Community Development Organization



March Birthdays



Patricia Allison
 Valerie Atcher
 Butch Aungst
 Mary Bell
 Ina Bergman
 Eric Bertlin
 Thomas Brentt
 Carla Bricker
 Janice Bruner
 Linda Butler
 Genie Carwitz
 Roxanna Chestney
 Olga Christianson
 Keith Coon

Cynthia Correia
 Beverly Curtis
 Carol Dickson
 Jeanne Dillon
 Dennis Dorsey
 Linda Ebert
 Edburn Faircloth
 Grant Fashbaugh
 Diane Floyd
 Doris Fowers
 Beth Funk
 Vale Hatch
 Krista Henning
 Robert Hirning

Bobby Ingle
 Susan Iovino
 Kathy Key
 Jean Kittredge
 Jonathan Klein
 Dolores Latva
 Marilyn Leach
 Henrietta Lee
 Kimberlie Lehman
 Lori Lindewall
 Patricia Lydick
 Hope Maitland
 Gloria McAvoy
 Mark Mellow

Bertha Miller
 Dean Potticary
 John Raviolo
 Linda Reed
 Barbara Reimer
 Nicole Rensenbrink
 Lucia Ann Saviez
 Jack Seaburg
 Janice Sommers
 Yvonne Torala
 Michael Tury
 Norma Whiting
 Beverly Winchester
 Jeffrey Worcester

New Members

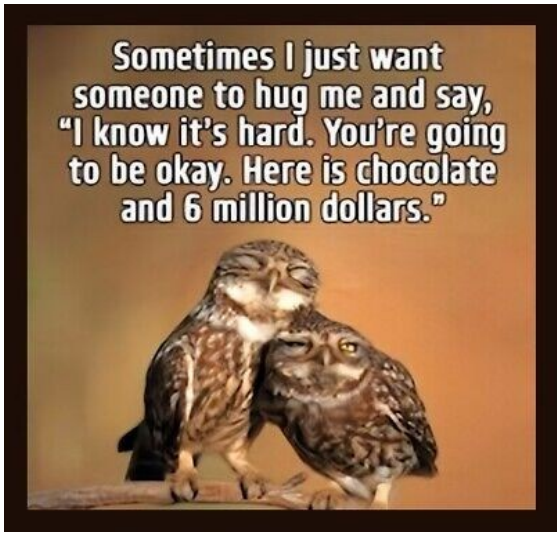
Please welcome the following new members who joined this month:

Life Members:

Laura Mancuso
Tyrone Montgomery

Annual Members:

Judy Clipp
Audrey Dougherty
Nancy Lindquist
David Myers
Cheryl Nelson
Ray Rochelle
Hope Roll



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

As I've grown older, I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake.

Help Shape a Student's Future!

The IV Senior Center Scholarship Committee is seeking volunteers to help award scholarships to deserving local high school graduates this June. We need thoughtful individuals to review and score student applications, ensuring fair and impartial selection of recipients.

This rewarding opportunity requires just a few hours of your time at home, but your contribution will make a lasting difference in these students' lives. Your wisdom and experience will help open doors to higher education or trade school for our community's young people.

If you'd like to be part of this meaningful program, please contact India Moss at 541-916-2825 or let the IVSC know you are interested. No previous experience necessary — we'll provide all the guidance you need.

Together, we can help make dreams come true!

Thank you from India Moss and the IVSC Scholarship Committee

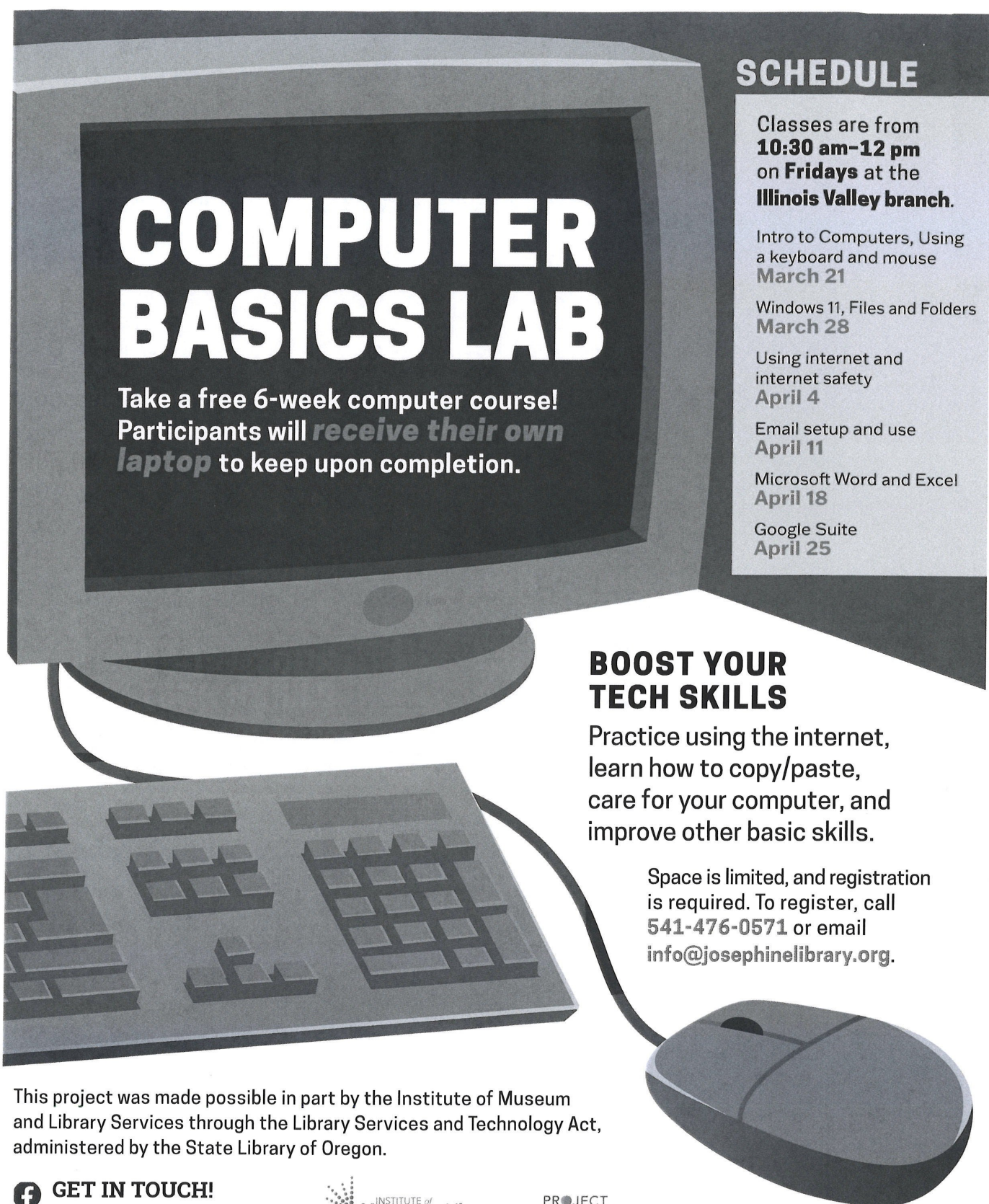
ATTENTION EGG LOVERS:

We are sorry to have to announce that "The Board" had to make the hard decision to Limit the eggs at breakfast to 2 per order and no seconds, "eggs only." We realize this may be unpopular with some people but to continue to assure needed eggs we were asked to agree to a limited qty. and a guarantee that purchase until further notice, again we say we are sorry and hope you will understand.

**Thank you
Jean S.
Kitchen Manager**



**I want my children to have all the things I couldn't afford.
Then I want to move in with them. Phyllis Diller**



COMPUTER BASICS LAB

Take a free 6-week computer course!
Participants will *receive their own laptop* to keep upon completion.

SCHEDULE

Classes are from **10:30 am-12 pm** on **Fridays** at the **Illinois Valley branch**.

Intro to Computers, Using a keyboard and mouse
March 21

Windows 11, Files and Folders
March 28

Using internet and internet safety
April 4

Email setup and use
April 11

Microsoft Word and Excel
April 18



Google Suite
April 25

BOOST YOUR TECH SKILLS

Practice using the internet, learn how to copy/paste, care for your computer, and improve other basic skills.

Space is limited, and registration is required. To register, call **541-476-0571** or email info@josephinelibrary.org.

This project was made possible in part by the Institute of Museum and Library Services through the Library Services and Technology Act, administered by the State Library of Oregon.

 **GET IN TOUCH!**
 541-476-0571
 josephinelibrary.org
 info@josephinelibrary.org



PROJECT
YOUTH+



 Josephine
Community Library

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Breakfast 8a-11a 
2	3 Food & Friends Lunch 11a-12p Pinochle 1p-4p	4 Ladies Pool 1p-3p	5 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	6 Canasta 1p-4p Ladies Pool 1p-3p	7 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	8
9	10 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	11 <i>Library in use 11a-4p</i> Ladies Pool 1p-3p	12 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	13 Canasta 1p-4p Ladies Pool 1p-3p	14 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	15 Spring Concert 1p-4p 
16	17 Food & Friends Lunch 11a-12p Pinochle 1p-4p	18 Ladies Pool 1p-3p Board Meeting 1:30p	19 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	20** Canasta 1p-4p Ladies Pool 1p-3p	21 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	22
23	24 Quilting 10a-2p Food & Friends Lunch 11a-12p Pinochle 1p-4p	25 Ladies Pool 1p-3p	26 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	27 Canasta 1p-4p Ladies Pool 1p-3p	28 Food & Friends Lunch 11a-12p Beginners' Tai Chi 12:30p-1:00p Qigong 1:00p-1:30p Regular Tai Chi 1:30p-2:00p	29
30	31 Food & Friends Lunch 11a-12p Pinochle 1p-4p					

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Illinois Valley Thrift Store

102 S Redwood Hwy
Cave Junction, OR 97523
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**



Mary Reynolds INSURANCE.LLC

- Health Insurance
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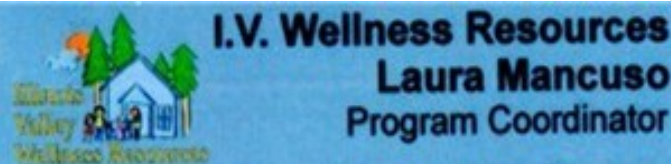
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Nathan Paige

541-291-2591

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I.V. Wellness Resources

Laura Mancuso

Program Coordinator

"Supporting Seniors & Disabled in their homes"

541-592-9781

Laurasunshine1969@yahoo.com



[iwellnessresources](http://www.iwellnessresources.com)

**THIS SPOT COULD BE YOURS!
CONTACT US IF YOU ARE
INTERESTED .**

Newsletter Advertisement Prices

Business card space — \$10.00/month

1/4 page — \$15.00 ● 1/2 page — \$30.00 ● Full page — \$60.00

(or 12 months for 10 months prepayment of all these options)

Please help seniors support your business and call (541-592-6888) for info!

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

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PERMIT NO. 462

Return Service Requested
IV Senior Center
P.O. Box 462
Cave Junction, OR 97523

March 2025

The Post office will not forward this Newsletter. Please send us your updated information if you have moved or anything has changed! Email to: ivseniorcenter@gmail.com
Dues are \$20.00 per year or \$100.00 for lifetime.