



# Off The Rocker Dispatch

**November 2024**



## Illinois Valley Senior Center

PO Box 462 / 520 E River St  
Cave Junction, OR 97523

Phone: 541-592-6888

Email: [ivseniorcenter@gmail.com](mailto: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**



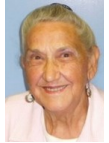
# 2023/25 Board Contact Information



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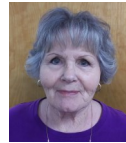
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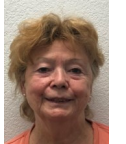
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Phone - 541-659-2875

**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, October 15, 2024, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the September 30, 2024 *Treasurer's Report* with \$203,257.50 total liquid assets, including \$9,040.38 in net monthly income. There were \$14,698.25 in gross receipts from the Thrift Store alone!
- ◆ Discussed the new automatic door that was installed the week of the 7th.
- ◆ Noted that the new coin changer and one snack machine went live the week of the 7th. One more snack machine will be coming soon to provide different types of chips.
- ◆ Thanked David Levison for replacing the Plexiglas on the Memorial Wall and going through the historical pictures.
- ◆ Discussed making repairs to the fence around the Thrift Store.

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

# From the Desk of the President . . .



We're proud to announce that the automatic doors have finally been installed and are looking good! It will now be much easier for people with mobility issues to enter and exit the building, thanks not only to the buttons on the wall that will automatically open and close the doors, but also to the new threshold that is ADA compatible with wheelchairs. Come by and check it out!

In addition to the door, one new snack machine and a coin changer have been installed next to the soda machine, so snacks are now available again!

Many thanks to David Levison for replacing the Plexiglas on the Memorial Wall in the hallway to protect the pictures! He is also the person responsible for putting together the snack machines and coin changer for us. :)

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*



An intelligent person avoids 3 things in life: In youth – lust,  
in maturity – quarrelsomeness, in old age – greed.

Albert Einstein

## Who Came Up With That One?

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

**“Lock, Stock and Barrel”** “Lock, stock, and barrel” referred to when you bought a farm. Lock meant the house, stock was all the animals, and barrel was the rain barrel, meaning all the trivial junk, so that it was absolutely everything at the time of sale that was on the land that was sold. If the previous owner left something valuable behind, it was yours (too bad for them), as it had all been sold lock, stock, and barrel.

# Volunteer of the Month Jeanette Montgomery

*By Judy Krouse, 1st Vice President*

First Vice President Judy Krouse presented the **IVSC Volunteer of the Month Recognition to Jeanette Montgomery** at the October 15th Board Meeting.

Jeanette has a big heart and never says no when asked to help. She is one of our valued kitchen workers at the Country Breakfast.

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



## BEGINNER YOGA WITH CHAIR CLASS

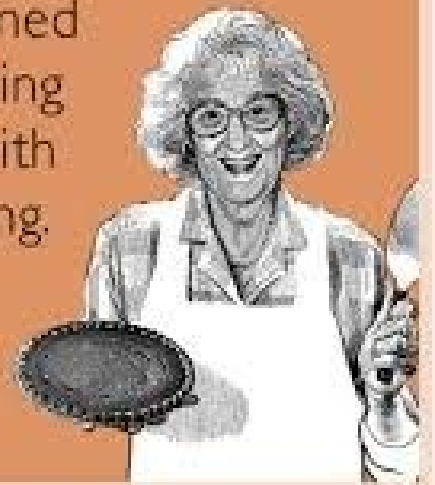
Thanks to the interest we've received, beginning November 13th, the new yoga class will be held from 1:00pm to 2:00pm each Wednesday.

See you there!

Don't forget the **Blood Drive** on  
**November 1st from 11:00am to  
4:00pm.**



Just wanted to wish you a  
happy early Thanksgiving  
before my will to  
live is drained  
by everything  
involved with  
Thanksgiving.



somee cards



Get ready for a wonderful

# Holiday Bazaar

Featuring local crafting vendors with  
new & handcrafted items  
Kitchen open with lunch & snacks

**November 8<sup>th</sup> & 9<sup>th</sup>, 9am to 4pm**

**IVSC -- 520 E RIVER ST**



The grill will be open for lunch.



# November Birthdays



Carol Angus  
 Vickie Baker  
 Marci Bognuda  
 Jim Brock  
 Debi Buchanan  
 Ellie Buell  
 Cheryl Capelle  
 Robert Clausen  
 Sally Clements  
 Les Coyne  
 Steve Culver  
 Audrey Cusumano  
 Ned Dausel

Kelly Delaney  
 Mark Dickson  
 Joyce Dodson  
 Kate Dwyer  
 Henry Ebert  
 Roy Ewing  
 Betty Ann Grodhaus  
 Susan Guyton  
 Tina Haemmerlein  
 Gale Hatch  
 Patricia Jenkins  
 Kathy LaBox

Gail Lebowitz  
 Deborah Mayo  
 Patrick Morgan  
 Karen Nichols  
 Mack Patton  
 Nina Potter  
 Linda Prince  
 Patti Pyle  
 Judith Reichenbach  
 Vickie Richardson  
 Karen Salazar  
 Bob Schaafsma

Carol Schmitz  
 Cathy Slavin  
 Cindy Soria  
 Tim Stetz  
 Gloria Stone  
 Tim Wallace  
 Marcia Wellen  
 Dorothy Wertz  
 Kristine Wildman  
 Betty Williams  
 Rose Ann Wilson  
 Carol Young

# New Members

Please welcome the following new members who joined this month:

Annual Members:

**Trish Adams**  
**Debbie Dupree**  
**Shelly Hooks**  
**Phil Householder**  
**Shirley Lazzara**  
**Donna Pope**  
**Karla van Hemert**

**Dan Clawson**  
**Linda Herrera**  
**Terry Hooks**  
**Barbara Ingle**  
**Denise Penna**  
**Denise Rochelle**  
**Martin van Hemert**

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





## Bereavements

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

- **Dave Clark**
- **Laura Joseph**
- **Ann Reser**
- **Ed White**



## MEDICARE CARD SCAMS

In 2018, Medicare updated the Medicare card form containing a person's Social Security number to a random identifier that includes numbers and letters. That was the last time the card was updated and there is no plan to update it again.

The card from Medicare is a paper card that has a blue banner on the top, a white middle, and a red banner on the bottom. However, you can print your own in black and white.

### Report potential Medicare card scams if:

Someone calls you claiming:

- You are getting a new, plastic Medicare card.
- Medicare is switching to a card with a chip in it.
- It's a new year so you need a new card.
- You need a black and white card.
- They need your Medicare number to see if you have received your new one yet.
- They need you to verify your Medicare number so they can confirm you have the correct Medicare card.

### Report Suspected Fraud:

To report suspected fraud, click on <https://oig.hhs.gov/fraud/report-fraud/>.



# DRIVING TIPS

Did you know that September 16th through 20th was National Roundabouts Week? Did you also know that roundabouts save lives wherever they are? It's true! Roundabouts can reduce fatal and serious injuries by up to 82% at intersections.

Here are a few quick facts about roundabouts:

- 10,000+ roundabouts have been installed in the U.S.
- Lower speeds of 15 to 25 mph make roundabouts a safer choice for everyone, and especially for pedestrians and bicyclists.
- Roundabouts can cost less than signals over time because they do not require signal equipment installation, power, and maintenance.
- With less idling, roundabouts cause less vehicular pollution than traffic signals.
- Roundabouts can reduce traffic delays and stops by up to 74%.

Navigating roundabouts is a topic covered in the AARP's Smart Driver™ course that also provides seniors with updated driving information and strategies necessary in a dynamic environment of changes in highway rules, new lane markings, new technology found in today's vehicles, and aggressive drivers.

If you would like to attend a class, you can download AARP's complete course schedule and calendar here: <http://gofile.me/4Phrd/oZ3yVzqP0>.

# Thanksgiving Potluck

*By David Levison, Events Coordinator*

Come join us for the Thanksgiving Potluck to be held on Saturday, November 23rd at 1pm. As usual, we will be providing the turkey and it is up to you to bring the side dishes! Please sign up at the front desk to let us know what you will be bringing. Cut-off date for sign-ups is November 15th, so that we know how many turkeys to buy. Members are allowed to bring one (1) guest to the event.

Please note that a side dish must be able to feed at least 4 people and if you do not bring anything, there will be a \$5 charge per person. We have been having issues with people not bringing anything to the potlucks, so it is only fair that you make a financial contribution. Hope to see you there!



# 2024 LABOR DAY COOKIE SALE

*By Jean Shubert, 2nd Vice President*

Another successful Scholarship Fund cookie sale! I want to say “thanks so much” to all the hard-working, dedicated volunteers who put in many hours and supplies — you are incredible!! The time put into raising this amount of money increases every year, along with the dollar amount, which was \$1,272 plus a generous donation of \$187. All sales and donations go directly to the Scholarship Fund account.

I want to personally say thanks to each and every one of my dedicated, loyal helpers, without whom this could and would not have happened. It takes a troop of volunteers working together to pull this event together. Again, we had two exceptional bakers, each baking 502.75 lbs. each — they were Charlotte Daly and Hazel Griffith.

I tried to keep track of everyone who helped, but it was impossible. But I do remember most of the familiar faces, including Charlie Hickerson, our “Grand Marshal” and Hazel Griffith, my two right hands, along with Charlotte Daly, Vicky Haynie, Mary Guthrey, Donna Tellyer, Joseph Ordonez, Dale Fowers, Ella Clemence, Celia and Jim Lettis, Rhonda King, India Moss, Shawneen Gay, Cathy Hughes, Donna May, Jim Shirley, and David Levison. Each and every one of them are important to our troop.

If you haven't helped in the past, you should join our fun-loving group. You've missed out! We have a lot of fun and fellowship while contributing to our community's young peoples' education. Think of this — they will one day be our leaders!

Conclusion: Contribution \$1,459 and 381 hours. Also thanks to the community for all your support with my sincerest thanks.

**Be nice to your kids.**  
**They will choose your  
Nursing Home.**

[www.cafepress.com/GeezerShop](http://www.cafepress.com/GeezerShop)



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  <b>Blood Drive</b> 11am-4pm Food & Friends Lunch 11am-12pm	2 <b>Breakfast</b> 8am-11am 
3	4 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	5 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	6 F & F Lunch 11a-12p Transitional Yoga 9:45am-10:45am Ongoing Yoga Practice 11am-12:30pm Chronic Disease Mgmt 1-3:30pm BINGO 6pm	7 <b>Holiday Bazaar Set-up</b> 	8 Food & Friends Lunch 11am-12pm <b>HOLIDAY BAZAAR</b> 9am-4pm 	9 <b>HOLIDAY BAZAAR</b> 9am-4pm
10	11 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	12 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	13 F & F Lunch 11a-12p Transitional Yoga 9:45am-10:45am Ongoing Yoga Practice 11am-12:30pm Beginning Yoga w/ Chair 1pm-2pm BINGO 6pm	14 Canasta 1pm-4pm Ladies Pool 1pm-3pm	15 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	16
17	18 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	19 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm <b>Board Meeting 1:30pm</b>	20 F & F Lunch 11a-12p Transitional Yoga 9:45am-10:45am Ongoing Yoga Practice 11am-12:30pm Beginning Yoga w/ Chair 1pm-2pm BINGO 6pm	21** Canasta 1pm-4pm Ladies Pool 1pm-3pm	22 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	23 <b>Thanksgiving Potluck</b> 1pm
24	25 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	26 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	27 F & F Lunch 11a-12p Transitional Yoga 9:45am-10:45am Ongoing Yoga Practice 11am-12:30pm Beginning Yoga w/ Chair 1pm-2pm BINGO 6pm	28 Thanksgiving 	29 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	30

# DAVID ANDERSON EXCAVATING

CCB#159580 • DEQ#38382

General Contractor

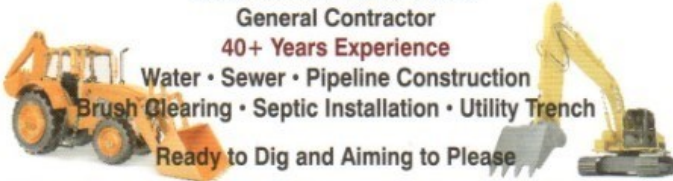
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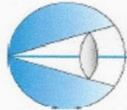


# Illinois Valley Thrift Store

102 S Redwood Hwy  
Cave Junction, OR 97523

Hours 10:00am—4:00pm  
Monday through Friday

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



## EYE CARE GROUP

OPTOMETRIC PHYSICIANS

Scott M. Walters, O.D.

Jeffrey S. Pelson, O.D., F.A.A.O.

Maisha B. Langella, O.D.

Angela M. DeDionisio, O.D.

Serving You and Serving Our Community

335 Caves Highway  
Cave Junction, OR 97523  
541-592-3921

## Jacken Insurance LLC

Life & Health Protection, Specializing in Medicare

### Roger Kent Chidester

Insurance Broker

32350 Redwood Hwy, O'Brien, OR 97534

PO Box 208

541.415.2770

www.jackeninsurance.com kentchidester@yahoo.com

541.596.2722 Fax



## Mary Reynolds INSURANCE-LLC

- Health Insurance
- Life Insurance
- Medicare Plans
- Annuities
- Long Term Care



Email: Mary@MaryReynoldsLLC.com

(Phone) 541-592-6262 • (Fax) 541-592-6263 • (Cell) 541-660-7342



## I.V. Wellness Resources

Laura Mancuso

Program Coordinator

"Supporting Seniors & Disabled in their homes"

541-592-9781

Laurasunshine1969@yahoo.com



ivwellnessresources



## Flying Carpet & Upholstery Care

Don Shaw

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Cell: 660-9074

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541-291-2591

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

November 2024

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](mailto:ivseniorcenter@gmail.com)  
Dues are \$20.00 per year or \$100.00 for lifetime.