



Off The Rocker Dispatch

October 2024

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



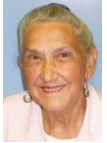
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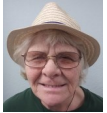
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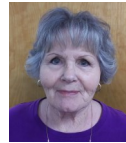
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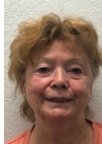
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Correspondence may also be sent to: Illinois Valley
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Business of the Board

Your Illinois Valley Senior Center (IVSC) Board held its regular meeting on Tuesday, September 17, 2024, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the August 31, 2024 *Treasurer's Report* with \$187,600.48 total liquid assets, including \$2,796.79 in net monthly income. There were \$14,851.69 in gross receipts from the Thrift Store alone!
- ◆ Approved donating \$50.00 to IVCanDo.
- ◆ Set up a committee to discuss ways to increase security at the Thrift Store.
- ◆ Approved giving a \$2/hour pay increase to the Principal Sales Coordinator.
- ◆ Approved purchasing snack machines and a coin changer to bring snacks back to the IVSC.
- ◆ Approved membership dues changes to be presented to the general membership in the next election.

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

From the Desk of the President . . .



Happy Fall Everyone! This is my favorite season, but in the Illinois Valley, it seems that spring and fall only last a week or so. Both those seasons give up most of the time to summer and winter, I think. Let's hope this fall lasts longer.

The Labor Day Weekend cookie booth was a success and we took in almost \$1,500 for the Scholarship Fund. Same goes for the Labor Day Weekend bingo, with over \$1,200 going to the Scholarship Fund!

I'm happy to say that snacks will be returning to the IVSC soon. The Board approved purchasing several snack machines and a coin changer to provide snacks and hopefully circumvent the theft problem we were having.

I'd also like to report that after last month's request for a dishwasher, we had a volunteer step forward and take over that duty at the Country Breakfast. I understand our new volunteer did a great job and I really appreciate her stepping up!

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

Make A Difference

Volunteer

Who Came Up With That One?

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

“Bikini” The first teensy weensy swimsuit known as the “bikini” went on sale in 1947, but how did it get its name? The male reaction to this was often described to be like an atomic bomb, since a year prior, 1946, the Marshall Islands were used for the atomic bomb tests. 167 natives were moved to Rongerik under “Operation Crossroads” by William H.R. Blandy. Later this was more commonly referred to as “Bikini Island Bomb Tests.” Since this skimpy swimsuit created about the same earth-shattering reactions as the bomb, it was explosively named the Bikini. After a few years, it was no longer capitalized and became bikini to represent a fashion style that showed a lot of skin, not necessarily for swimwear, i.e., a bikini-style top.

Volunteer of the Month Cathy Hughes

By Judy Krouse, 1st Vice President

First Vice President Judy Krouse presented the **IVSC Volunteer of the Month Recognition to Cathy Hughes** at the September 17th Board Meeting.

Cathy has worked thousands of hours at the Thrift Store. If Cathy sees something that needs fixing, she steps right up and takes care of it. And we can always count on her helping out if one of the Coordinators can't work.

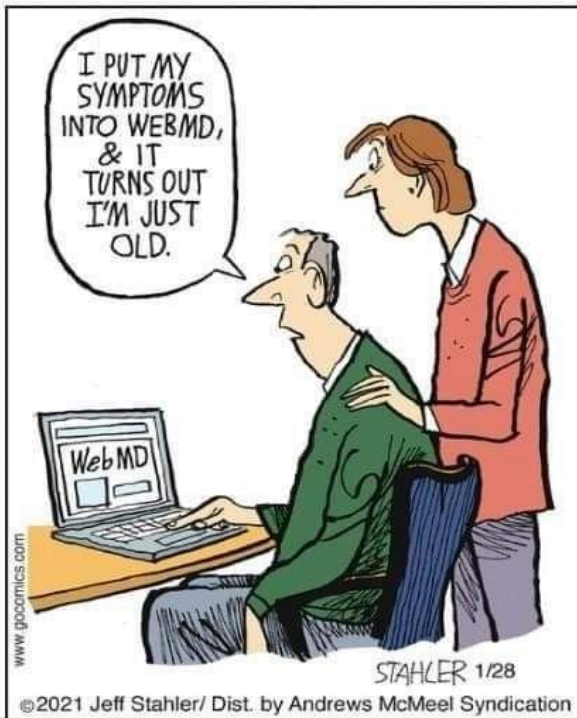
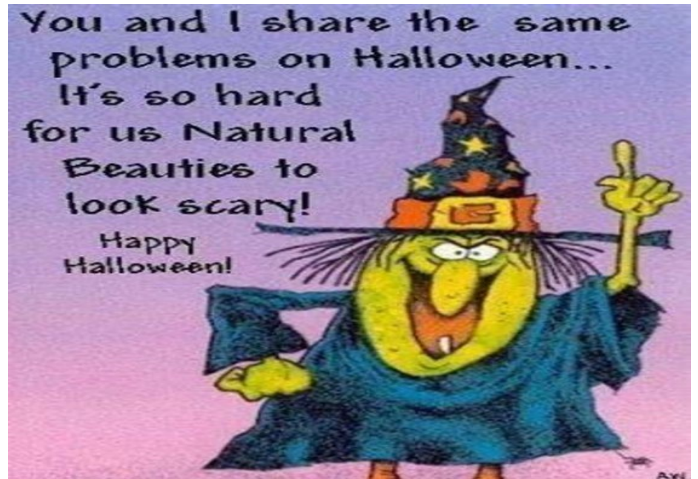
The recognition includes a Certificate of Recognition, a lapel pin, and a \$100 check. **Thank you, Cathy, for all you do for the IVSC!!**



BEGINNER CHAIR YOGA PLUS 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!



Glow with Grace
GRACE HUGHES
541-287-1110
LICENSED ESTHETICIAN
(AT BLOOM SPA)

love the skin you are in

IF INTERESTED IN THE CLASS BELOW, YOU MUST REGISTER AT THE LINK BELOW IN ORDER TO ATTEND. THERE IS A STRICT LIMIT OF 18 PEOPLE PER CLASS.

Thank you!

Do You Have a Chronic Condition? You Are Not Alone.

Our FREE Living a Healthy Life with Chronic Conditions Program is led by a trained professional who also has a chronic condition



About Living a Healthy Life with Chronic Conditions

This program is for you if you have ongoing physical or mental health conditions, like **heart disease, anxiety, diabetes, arthritis, and others.**

Date and Time

Held Wednesdays, 1:00-3:30 pm
October 2nd to November 6th ,
Illinois Valley Senior Center
520 River St., Cave Junction, OR



Register at 541-423-1373
or [https://
www.compasshp.org/
workshops/
registration/17714](https://www.compasshp.org/workshops/registration/17714)

Learn New Ways To:

- Manage symptoms
- Solve problems
- Handle frustration, fatigue, pain, and isolation
- Improve eating habits
- Exercise at your level
- Get better sleep
- Build a support system
- Work with your doctor





October Birthdays



Joyce Abrams
 Joan Armstead
 Karen Bony
 Thomas Carlisle
 Mark Chahanovich
 Diane Chirrick
 Pattie Conley
 Paul Coots, Jr.
 Patricia Cox
 Katherine Culver
 Patti Culver
 Valerie Delling

Joe Dorsey
 Russ Dyer
 Margaret Enriquez
 Helene Fiske
 Nancy Gisle
 Sandy Glamack
 Thomas Greener
 Angela Griffin
 Willa Gustavson
 Vicky Haynie
 Sheri Householder
 Vance Jenison

Susan Jenkins
 Robert Kihis
 Robert Litak
 Edith Martin
 Mike Mayo
 Ruth McBride
 Diane Miller
 Jeanette Montgomery
 Clyde Newsted
 Bob Peirce
 Jackie Pierce
 Bernadine Pinard

Ray Pinard
 Paula Redtfeldt
 Paul Reimer
 Jeannette Rogers
 JoAnn Scroggins
 Maureen Sterling
 Doug Stohlman
 Roger Thomas
 John Waltermeyer
 Jerry Work
 Joanne Young
 Marilyn Zieba

New Members

Please welcome the following new members who joined this month:









Life Members: None

Annual Members: **Denise Davi** **Roger Redondo**
Dave Smith **Trudy Stehelin**

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



 **Cookie Sale:** It was a great sale. Details to follow next month as I am a little dis- 
 tracted at this time.

 **Garden:** The garden was looking pretty good and I had big plans to get some 
 work done in September, but as luck would have it, my first day I watered heavily 
 so we could pull grass and weeds, but instead of pulling weeds, I fell into a soft, 
 muddy flower bed. At least it was soft, but not enough to keep me from breaking 
 2 ankle bones (actually my lower leg). So as you can guess, I am really going to 
 need some help. And no, I didn't do this to get out of work. Although I did get out 
 of work, I'm just sitting in my recliner letting people wait on me. If you can help, it 
 will be greatly appreciated! Lazy Jean :)





Save the Date!

Just a reminder about upcoming events:
 Holiday Bazaar—November 8th & 9th
 Thanksgiving Potluck—November 23rd
 (Cut-off date to sign up is November 15th)



What an Honor—Charlie Hickerson Grand Marshal 2024!



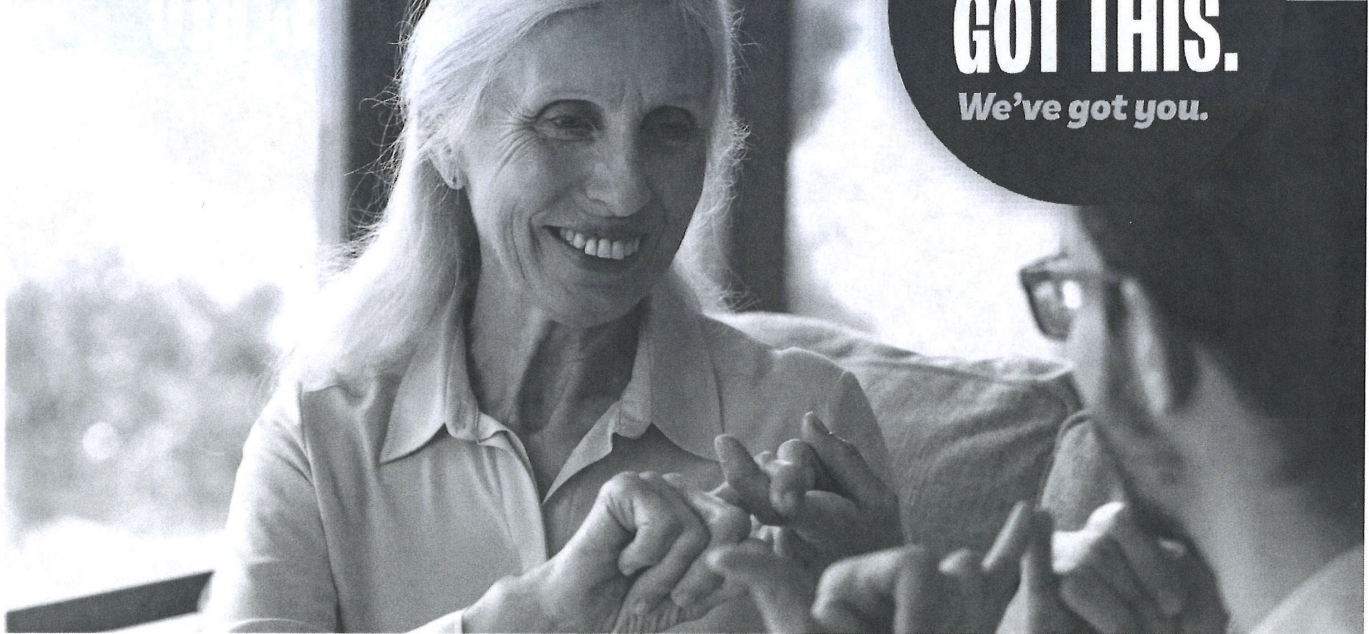
Wow, look who it is — our very own honored and loved Charlie Hickerson, 2024 Labor Day Grand Marshal. What an honor it is to have her selected to this prestigious position. Charlie first said NO because she wasn't deserving, but after some arm twisting, she agreed. I, for one, can't think of anyone more deserving. Charlie has lived and served in this area for 56 years, and specifically, Cave Junction for 52 years, where she served the community at the ambulance service for a number of years before she and her husband formed the Mom & Pop Answering Service, where they provided service to the Fire Department, Radio & Alarm Systems. She got to know everybody in the area by name, address, kids' names and phone numbers. And knowing Charlie, she probably even knew the names of their cats and dogs, too! Upon her husband's death, she sold the business and worked for the Three Rivers School District for another 9 years. Upon retiring, Charlie found a way and time to continue helping her community by volunteering. As stated before, it's hard for her to say no. Thus, she became a valued part of the Senior Center, where she is a valued and loved member of the Thrift Store team and a second hand in the kitchen for me. We love and respect you, Charlie, and thank you for all your service.

By Jean Schubert, 2nd VP

You can tell a lot about a woman's mood just by her hands. For instance, if she's holding a gun, she's probably angry.

Illinois Valley Flu & COVID-19 Vaccination Clinic October 29, 2024

**YOU'VE
GOT THIS.**
We've got you.



**Hosted by
Rogue Valley Council of Governments
Senior & Disability Services**

Vaccines Provided: Flu and COVID-19

Date: Tuesday 10/29/24 10 AM–12 PM

Location: Illinois Valley Senior Center
520 E River St., Cave Junction, OR

Appointment required:

Please call 541-776-9167

Only the following medical insurance plans are accepted

- Regence, Pacific Source, Providence, Anthem, First Choice
- Oregon Health Plan-General Card Only
- Medicare-Only if primary insurance
- Medicare Advantage plans- Regence, Pacific Source, Providence, Anthem, First Choice,
- All other insurance-check with your health plan

- ✓ **Get vaccinated.**
- ✓ **Get peace of mind.**

The Aging and Disability Vaccination Collaborative, powered by USAging, has teamed up with community providers in your area to provide easy access to vaccines.

This project is supported by the Administration for Community Living (ACL, U.S. Department of Health and Human Services (HHS)) through USAging as part of a financial assistance award to USAging totaling \$74,999,835 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by USAging, ACL/HHS or the U.S. Government.



10 INTERESTING FACTS ABOUT SENIOR CITIZENS

1. *Senior Citizens are Still Active in the Workforce*

There are currently over 5 million senior citizens who are active in the work force. That means that 5 million older people are still sharing their skills and expertise to help make the world and their industry a better place.

2. *Senior Citizens are More Likely to Vote*

Senior citizens make up the majority of registered voters. That means that they are also good citizens with a strong sense of civic pride and commitment to their country.

3. *Senior Citizens Have a Day of Recognition*

May is the designated month for appreciating and recognizing senior citizens. August 21st, however, is official Senior Citizens Day. Its purpose is to bring awareness about social and economic issues regarding the well-being of seniors, as well as to honor them for their contributions.

4. *Senior Citizens are More Likely to Commit Suicide*

The media may lead us to believe that younger people are more inclined to take their own lives. However, the truth is that people 65 and older are more likely to commit suicide than any other age group. Men are more likely to commit suicide than women. According to the CDC, the suicide probability for women levels off in the 60s, but continues to climb for men.

5. *Poverty is Still a Serious Issue for Senior Citizens*

Over 16% of seniors live in poverty. This is not always due to mismanagement of funds. As the economy fluctuates, seniors often find that the value of their assets and savings may not match or exceed the rising cost of health care, medications, assisted living, and other needs of aging.

6. *Senior Citizens Still Have Sex*

At least 73% of all senior citizens are still sexually active. And not always with their spouses and partners. The elderly are also just as likely to engage in experimental sexual practices as any other age group.

7. *Senior Citizens are Tech Savvy*

More than 40% of seniors have computer access and are active online. About 15 million Facebook users are 65 and older. Along with social media sites where they can connect with friends and family, older computer users play online games, read news sites, sign up for dating sites, and contribute to sites related to their interests. They are bloggers, survey takers, shoppers, reviewers, photographers, and more.

8. *Senior Citizens Still Drive, Even When They Shouldn't*

About 80% of seniors own a car and drive frequently. Whereas only 1% of senior deaths is due to a motor vehicle accident, they are more likely to have crashes at intersections than other age groups. Elderly men have 3 times higher death rate from car accidents than women.

9. *Senior Citizens Enjoy Hobbies that are Creative or Useful*

The majority of senior citizens, whether working or retired, enjoy hobbies and social activities. Crafting, woodworking, dancing, exercise, pets, travel, charity work and church are some of the preferred activities.

10. *Senior Citizens are Individuals*

You can group them together, you can study them statistically and you can stare at infographics for days, but it still comes down to individuality. Seniors come from all classes, all ethnicities and all educational backgrounds.

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	2 F & F Lunch 11a-12p Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm Chronic Disease Mgmt 1-3:30pm BINGO 6pm	3 JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm	4 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	5 Breakfast 8am-11am 
6	7 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	8 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	9 F & F Lunch 11a-12p Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm Chronic Disease Mgmt 1-3:30pm BINGO 6pm	10 JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm	11 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	12
13	14 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	15 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm Board Meeting 1:30pm	16 F & F Lunch 11a-12p Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm Chronic Disease Mgmt 1-3:30pm BINGO 6pm	17** Quilt Show Set-up 	18 QUILT SHOW 	19 QUILT SHOW
20	21 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	22 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	23 F & F Lunch 11a-12p Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm Chronic Disease Mgmt 1-3:30pm BINGO 6pm	24 JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm	25 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	26 Halloween Pot- luck 1pm
27	28 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	29 Hiking Group 9am in Parking Lot COVID/Flu Shots 10am-12pm Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	30 F & F Lunch 11a-12p Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm Chronic Disease Mgmt 1-3:30pm BINGO 6pm	31 JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm		

DAVID ANDERSON EXCAVATING

CCB#159580 • DEQ#38382

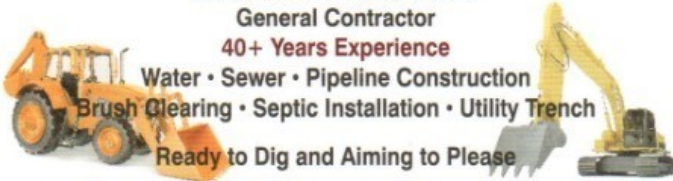
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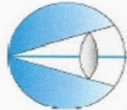


Illinois Valley Thrift Store

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

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Roger Kent Chidester

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Email: Mary@MaryReynoldsLLC.com

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I.V. Wellness Resources

Laura Mancuso

Program Coordinator

"Supporting Seniors & Disabled in their homes"

541-592-9781

Laurasunshine1969@yahoo.com



ivwellnessresources



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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

October 2024

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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.