



Off The Rocker Dispatch

September 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

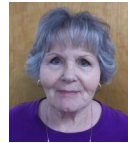
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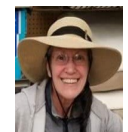
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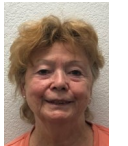
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Correspondence may also be sent to: Illinois Valley
Senior Center, P.O. Box 462; Cave Junction, OR 97523

Business of the Board

Your Illinois Valley Senior Center (IVSC) Board held its regular meeting on Tuesday, August 20, 2024, at 1:30pm. After establishing a quorum, approving minutes, and reading correspondence—the Board:

- ◆ Approved the July 31, 2024 *Treasurer's Report* with \$188,125.30 total liquid assets, including \$6,318.44 in net monthly income. There were \$15,257.85 in gross receipts from the Thrift Store alone!
- ◆ Approved adding a new dumbbell rack and lighter-weight dumbbells to the weight room equipment, as well as repairing the Pec Deck.
- ◆ Approved payment for shipping an antique trophy to a Scotland museum.
- ◆ Set up a committee to re-evaluate sales coordinator pay per a suggestion received.
- ◆ Declined providing CPR training to hosts and sales coordinators due to costs and liability issues.

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

Just remember, once you're over the hill, you begin to pick up speed. Charles Schulz

From the Desk of the President . . .



Well, summer is winding down and we're heading into the season of HalloThanksMas. :) Hope you have had a chance to come join us for Bingo on Wednesday nights. We're still doing pretty well and having fun. As the days get shorter and the weather gets colder, it's a good place to spend a fun evening, so hope to see you there!

Last month I spoke about the need for volunteers. We are now desperately seeking one or more dishwashers to work at the monthly Country Breakfast. Each volunteer will receive a free breakfast on the day they work. PLEASE call us at 541-592-6888 if you can help. Your help will be sincerely appreciated! Next breakfast will be on September 7th.

Every Labor Day weekend, the IVSC cookie bakers get together to raise money for our Scholarship Fun at Jubilee Park. We will also be holding Bingo all weekend, too. Please see the associated article from Jean Shubert about our need for cookies.

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

URGENT

COOKIE BAKERS NEEDED!

The Labor Day Festival at Jubilee Park is only days away and we only have 7 people signed up to bake. We feel this is a very worthwhile project to help raise funds for our community students' scholarships. All funds go directly to the scholarships, but we must have more support from our members. I can't believe that of the 700+ members, we can only get 7 to join us in this endeavor. Where is your community spirit?

I have had lots of people asking about the cookies and are looking forward to some homemade delicious goodies, but without more support, these 6 ladies and 1 gentleman can't be asked to supply the entire community, so please consider giving of your time to help support our youth — they are our future.

If you need or would like to have the basic ingredients, they are available at the IVSC, just come by any morning and Richard will be happy to help you.

I will so appreciate your help and support for my special project.

Jean Shubert, Project Manager & Cookie Lady

I've still got it, but nowadays nobody wants to see it. 😊 3

The 12 Best Superfoods for Older Adults

1. **Dark green leafy vegetables.** It's important to eat more vegetables, especially as an older adult, and dark leafy greens lead the way because they contain large quantities of antioxidants. Foods high in antioxidants, such as dark green leafy vegetables and berries, assist in removing free radicals from the body. Free radicals are unstable molecules in the body that can build up in cells and cause damage to other cells. Fighting off free radicals can lower your risk for many diseases associated with aging, including diabetes, heart disease and cancer. Leafy green vegetables are also high in Vitamin K, which helps blood clot and protects bones from osteoporosis.
2. **Blueberries and other superfood berries.** All berries are high in antioxidants and polyphenols, compounds typically found in plant-based foods.
3. **Brussels sprouts.** Brussels sprouts are part of the cruciferous family of vegetables and are chock full of antioxidants that can help prevent cellular damage, as well as folate and Vitamins C and K. They're also high in fiber, which helps promote regular bowel movements and can help you maintain a healthy weight by increasing the feeling of fullness on relatively few calories. Four to six sprouts per day is all it takes to get that powerful nutrient punch.
4. **Salmon and other fatty fish.** Fatty fish like salmon are high in omega-3 fatty acids, which help decrease your risk for heart disease, and protein, a macronutrient that is essential for maintaining muscle mass and strength. This is important at any age, but especially later in life. Our bodies tend to process protein less efficiently as we age, which is why it's important to have a protein-rich food source with each meal. Plus salmon is packed with minerals, such as selenium, and an array of vitamins, including Vitamin D, which plays an important role in bone health to protect against osteoporosis as you age.
5. **Beets.** Beets are a superfood that can help you age well. Beets and beet juice are underappreciated superfoods that reduce your risk of chronic diseases, such as heart disease and diabetes, and improve your cognitive functions. Beets have this effect because they offer potent antioxidant properties that help protect your body against harmful free radicals, as well as folate and manganese, which promotes healthy bones, immunity and proper blood clotting for wound healing. In particular, the nitrates in beets improve circulation, which can help lower blood pressure and improve memory and brain function. Whole beets are also high in fiber, which promotes gut health, improves digestion and helps reduce cholesterol levels.
6. **Eggs.** Eggs have been both reviled and praised over the years, and many people have settled on just eating egg whites to get a good protein boost without the cholesterol found in the yolks. But by skipping on the egg yolks, you're missing out on key nutrients. Egg yolks are rich in selenium, Vitamin D, Vitamin B12, and choline. Selenium protects the body from infection and damage caused by free radicals. Vitamin D promotes calcium absorption and is needed for bone growth. Vitamin B12 keeps blood and nerve cells healthy in your body. And choline plays a role in regulating memory and mood.

Superfoods continued

7. **Plain Greek yogurt.** Greek yogurt is a functional food because it's so versatile. It has more protein compared to regular yogurt and a 6-ounce serving is almost equivalent to a 3-ounce serving of meat. Therefore, it's high-protein content can support prevention of sarcopenia. Plus its high-calcium content is important for older adults looking to strengthen bones to prevent osteopenia and osteoporosis. It also contains probiotics that keep the digestive tract healthy. This is important because poor gut health can impact other health conditions. Yogurt tends to have less milk-sugar lactose, so if you're lactose intolerant, you may find yogurt to be easier to digest than cow's milk.
8. **Nuts and seeds.** Nuts and seeds pack a nutritional punch, and they provide a number of health benefits for aging people. Plus, both nuts and seeds are a nutrient-rich food and excellent plant-based source of omega-3 fatty acids.
9. **Beans.** Another great plant-based source of nutrients is beans. Beans, including edamame and lentils, are our highest fiber foods. Fiber protects against cancer, weight gain, cardiovascular disease and diabetes. Most Americans need more fiber from whole plant foods, not supplements.
10. **Whole grains.** Whole grains are also something of a superfood, especially when compared to their refined counterparts. Substituting whole grains for refined grains will boost your intake of several important nutrients including fiber, folate, iron, magnesium, potassium, protein, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, and Vitamin E.
11. **Garlic.** Garlic falls into the superfood category because it is multifaceted in what it can do and how it benefits us. The allium family, which includes garlic, onions, chives and scallions, has a lot of antimicrobial, antibacterial and antifungal benefits when consumed.
12. **Herbs and spices.** Adding herbs and spices to dishes is a great way to enhance flavor, while packing a nutritional punch. Many are known for their high antioxidant content, as well as being good sources of vitamins and minerals. For example, turmeric's standout component is curcumin, known for its potent anti-inflammatory properties. Cinnamon is rich in antioxidants, which protect your body by fighting damage to cells caused by free radicals. Studies suggest that cinnamon may also help lower blood sugar and cholesterol levels. Ginger adds an invigorating kick to any dish. Gingerol is the potent phytochemical compound in ginger, known for many health benefits.

In general, it's not about focusing on one or two foods. Instead, you're trying to look at the totality of your diet and what your body may need. Instead of focusing on fad diets that cut out major food groups, it's important to try to have a balanced plate. A balanced plate would contain 1/4 protein, 1/4 whole grain and 1/2 fruits or vegetables.

I guess I don't so much mind being old, as I mind being fat and old.

Benjamin Franklin



September Birthdays



Nancy Alex
 Bob Bell
 Coreen Berglund
 Wayne Bergman
 Lois Black
 Gary Bognuda
 Wayne Clower
 Marlene Cooke
 William Culbertson
 Cheryl DeBrett
 Minerva Duff
 Glenda Dutra
 Duveen Elam
 Dick Ethier
 Joya Feltzin
 Gary Fichtner

Joyce Fisher
 Kent Fisher
 LaVina Fonseca
 Desiree Gerrard
 Clifton Guyton
 Annabelle Heape
 Louise Hunter
 Jerry Jones
 Sara Jones
 Laura Joseph
 Rhonda Kaufmann
 Dianna Kihs
 Jack Lacy
 Terrie Livingston
 Helen Maners
 Freeda McDonald

Linda McDonald
 Kee Mooney-Wilson
 Elaine Moore
 Trey Moore
 Frank Mowery
 Andrew Myers
 Dan Nadow
 Terri Nelson
 Brian Nichols
 Marion Nichols
 Julie Nielsen
 Lynn Nielsen
 Sally Palmer
 Diane Patton
 Walter Pose
 Deborah Reiske

Barbara Robbins
 Dianna Rose
 Susan Rowe
 Joe Salazar
 Marty Smith
 Nancy Smith
 Richard Soflin
 Kayce St James
 Karen Stapp
 Gail Stone
 Carol Sybrant
 Paula Varner
 Lettie Warloe
 Kelpie Wilson
 Jerry Wright

New Members

Please welcome the following new members who joined this month:

Life Members:

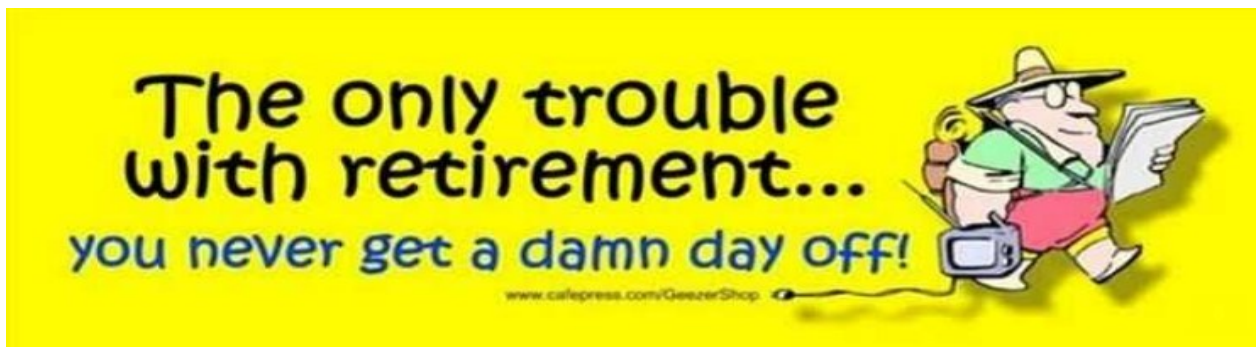
None

Annual Members:

Susan Boigon
Karen Darnell
Bobby Ingle

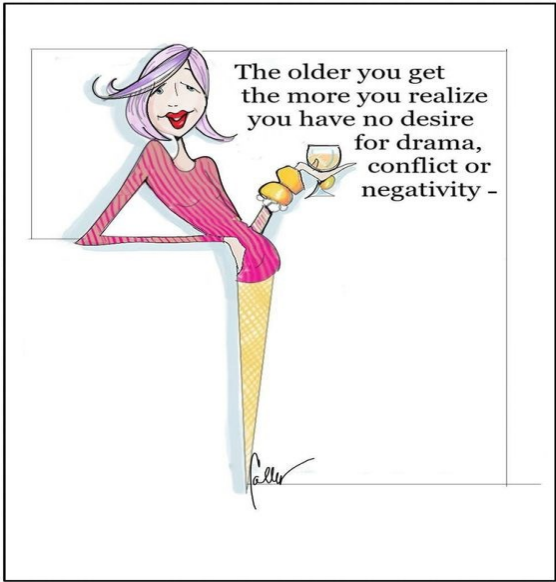
Steve Culver
Leon Gwin
Michael Shinerock

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



Save the Dates!

Just a reminder about a couple of upcoming events:
October 26th at 1pm Halloween Potluck
November 8th & 9th Holiday Bazaar
More info to come in the October newsletter.



HOW ABOUT A NEW 'EASIER' YOGA CLASS?

Would anyone be interested in joining a Beginner or Lighter Yoga? Our current instructor is thinking about starting a new class on Wednesdays at 1pm for those that need something a little easier than her current yoga offerings. It will be called Beginning Chair Yoga Plus, as the chair will be used as a prop but you will not necessarily be sitting in it all the time.

In order to start this class, Jacqui needs at least 10 people to sign up. You can call our front desk (541 -592-6888) to sign up or do it when you stop by.

Once we get enough people, it will be added to the calendar – hopefully beginning in November.



Today is the oldest you've been and the youngest you'll ever be, so enjoy it while you can.

Bereavements

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

- **Tony Kristol**

BINGO UPDATE

There will be **NO BINGO** on *August 28th and September 4th.*

Bingo will be held at Jubilee Park for the Labor Day Celebration on *August 31st, September 1st and September 2nd* instead.

SEE YOU THERE!

Let's
QUIT
Together.



2024
**Tobacco
Cessation
Workshop**

Open to all community members!



Wednesday,
Sept. 11, 18, 25
Oct. 2, 9, 16

12 to 1 p.m. @ Illinois Valley Family Coalition
535 East River Street, Cave Junction

Each workshop includes six, 1-hour sessions.

Pick up some great tips on how to deal with urges and triggers, and how to make healthy choices for you or someone else.

Free tobacco cessation materials included!



Interpreters can be made available upon request.
Se puede proveer intérpretes a quien lo solicite.

To register or questions:
(541) 471-4106
Sandra ext. 8216

AllCareHealth.com

2024ACCCO-Tobacco Cessation Workshop Flyer-BY COUNTY

Free Scam Protection Seminar

Please join the Illinois Valley Data Center along with Umpqua bank at the IVSC for a free class on how to protect yourself from internet and phone scams to be held on **Monday, September 16th at 1pm.**

Stop Losing Money to Phone Scammers

Got a phone call telling you they need your money for some official purpose that seems shady? That's because it probably is. People in the Illinois Valley are losing hundreds of thousands of dollars to these bad guys. We know, because we've helped many of them. Rather than trying to help get your money back, we will discuss how to stop being scammed in the first place. We won't use intimidating computer jargon, just simple tips you can follow.

These people are stealing local people's life savings nearly daily. We hope to help stop that.



The Importance of Social Connection for Older Adults by Angela Franklin

As we age, the importance of maintaining strong social connections becomes increasingly evident. For older adults, staying socially engaged is not just about companionship; it plays a crucial role in overall well-being, mental health, and even physical health.

Mental Health Benefits

Social connections help combat loneliness and reduce the risk of depression. Engaging in regular social activities, whether it's a chat with a friend or participating in community events, provides emotional support and a sense of belonging. These interactions stimulate the mind, keeping it active and engaged, which can help delay cognitive decline.

Physical Health Advantages

Believe it or not, staying socially active can also benefit your physical health. Studies have shown that older adults with strong social ties tend to have lower blood pressure, reduced risk of chronic diseases, and even a longer life expectancy. The simple act of connecting with others can encourage healthier lifestyle choices, such as staying active and eating well.

Enhanced Quality of Life

Beyond health, social connections enrich life by providing purpose and joy. Whether it's through joining a club, volunteering, or simply catching up with family, these interactions create a sense of fulfillment and happiness.

At Journey Home, we offer a variety of programs designed to foster these essential connections. From an older adult social connection group called The Elder Tree (Mondays 10:30-12), Uplift group for women (Tuesdays 3:30-5pm), Living with Loss grief group (Wednesdays 3:30-5pm) and the Stitch & Bitch crafting group (Thursdays 12-2pm), there's something for everyone. We encourage all our community members to take advantage of these opportunities, as building and maintaining social connections is key to a happy, healthy life.

If you or a loved one is looking to enhance your social life, we invite you to explore the activities and events at Journey Home. Together, we can create a supportive, vibrant community that celebrates the importance of staying connected. 140 S. Redwood Hwy (next to Taylor's and Pappy T's) <http://journeyhome.care> 541-592-9170 for more info.

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO LUNCH Pinochle 1pm-4pm 	3 Hiking Group 9am in Parking Lot Ladies Pool 1pm-3pm	4 Food & Friends Lunch 11am-12pm Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm NO BINGO	5 JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm	6 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	7 Breakfast 8am-11am 
8	9 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	10 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	11 Food & Friends Lunch 11am-12pm Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm BINGO 6pm	12 JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm	13 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	14
15	16 Food & Friends Lunch 11am-12pm IV Data Class on Scams 1pm-2pm Pinochle 1pm-4pm	17 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm Board Meeting 1:30pm	18 Food & Friends Lunch 11am-12pm Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm BINGO 6pm	19** JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm	20 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	21
22	23 Quilting 10am-2pm Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm	24 Hiking Group 9am in Parking Lot Pine Needle Basket Class 11am-1pm Ladies Pool 1pm-3pm	25 Food & Friends Lunch 11am-12pm Chair Yoga 9:45am-10:45am Reg Yoga 11am-12:30pm BINGO 6pm	26 JoCo Library 9:30am-4:00pm Canasta 1pm-4pm Ladies Pool 1pm-3pm	27 Food & Friends Lunch 11am-12pm Tai Chi 12:30pm-1:30pm	28
29	30 Food & Friends Lunch 11am-12pm Pinochle 1pm-4pm					31

DAVID ANDERSON EXCAVATING

CCB#159580 • DEQ#38382

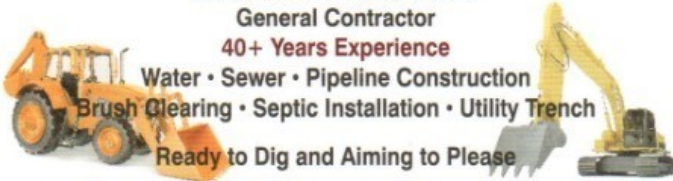
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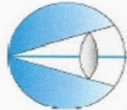


Illinois Valley Thrift Store

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

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541-592-3921

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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
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Cave Junction, OR 97523

September 2024

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