

*Providing aging awareness & encouragement for
the community, congregations, compromised
seniors and caregivers.*

www.kscare.org

KSC CONNECTION



Koinonia Senior Care Newsletter

January 2015

5 Family New Year's Resolutions

Happy New Year! This year let's make a more intentional effort to stay in touch regularly with our loved ones of all ages, bringing honor, purpose and a renewed sense of appreciation for family time and family history!

Start a traveling journal. Here are two ways to get started. 1) Purchase a lightweight bound journal or a lined notebook. Write a letter inside and give it to your loved one. He or she then writes a letter to you and returns the journal. 2) Write and mail letters back and forth. Collect them in a book to read again and again. If you can't write well, have someone take dictation! The youngest can even draw pictures! Send photographs as well. The possibilities are endless! You'll find yourself thinking of each other more often and contemplating what bit of news to share in the next letter!

Recipe exchange. Cooking can be a chore for older adults. Many will cook if they have company. For those who don't cook, easy, nutritious recipes made up, frozen, delivered or enjoyed together helps ensure healthier eating habits. As a bonus, your loved one can send you favorite family recipes that have been passed down through the generations!

Tech Time! Webcams (or FaceTime) allow live conversations between family members who live far away. The grandkids can relay their adventures, and everyone gets the pleasure of seeing each other laugh. Ask a neighbor or friend to come in weekly (or time designated) to set this up for the less tech savvy members of the family!

Video visits. Invite a family member over to record the stories of earlier days. Record your wishes. Record your words of wisdom for special occasions of graduation, marriage and parenthood of your grandchildren or great-grandchildren! Record your faith journey. Leave a lasting legacy for your family. Make copies and give them as Christmas presents this year!

Daily Dial. I knew a grand-daughter her called her grandmother every day at 1:00. It was their standing appointment and cherished by both! Perhaps in some of those conversations you can **talk about the hard stuff**; your wishes, where important papers are, etc.

May your 2015 New Year's Resolutions strengthen your relationships and be a gift of love that keeps giving all year long!



Reviewed by Christine Brisco

New in KSC's Lending Library

Alive Inside is a 78 minute documentary released in November, 2014. It reveals and celebrates the power of music to the soul of those living with Dementia. The audience witnesses the results of personalized music to those with memory impairment and how it improves their quality of life and that of their families or caregivers. It will inspire you to begin making your own personal music list as well as one for a loved one! After watching this, I played a 3-CD hymn series for a friend with dementia. I witnessed her come alive inside with worship, singing and praising the Lord with hands lifted high – for one whole hour! I am a believer in the power of music! To know more, go to www.musicandmemory.org

Thank you to my friend, Susie, who donated music, headphones and shuffles to be used to download music for the seniors we serve through *Koinonia Senior Care!*

If you would like to donate old iPods, Shuffles or phones that we can download music on to for older adults, please call KSC at 316-209-9028.

***I will praise you, Lord my God, with all my heart;
I will glorify your name forever.
Psalm 86:12***

In 2013, I had a client who could not speak much anymore but had always enjoyed singing. When I permed her hair, I would play CD's with all the old hymns on it. She would lip-sing every word! On her death bed we played those same CD's. There was no movement in her body except her finger, tapping to the beat of the hymn.

Testimonials

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Kansas Celebrates Its 154th Birthday January 29, 1861

1. Which president liked to listen to the song, “Home on the Range?” _____
2. What does our state motto “Ad astra per aspera” mean? _____
3. What are the top 3 largest cities in order of their size? _____
4. Who is the governor of Kansas? _____
5. This famous Kansan was a governor, a senator, campaigned against Ku Klux Klan, owned the *Wichita Beacon* newspaper, and had a Wichita home designed by Frank Lloyd Wright. _____
6. This famous Kansas couple: he built a glider at age 14 & was test pilot, instructor, and engineer for the U.S. Army Air Corps during World War I. They started Beech Aircraft Company in Wichita in 1932. When he became ill, she ran company during World War II and later oversaw the company’s expansion. _____
7. Played 2 seasons of basketball for KU; won 42 of 50 games, two named All-American, Played in the NBA for 14 years; won 2 championships, Scored 100 points in a game in 1962 for the Philadelphia Warriors and never fouled out of a game. _____
8. This famous Kansan was raised by his grandmother in Lawrence and Topeka, began writing poetry as a child & published first poem at age 19, worked as a reporter for newspapers, became an important writer in Harlem in the 1920s, an elementary school in Lawrence is named after him. _____
9. Famous Kansan who grew up in Abilene, liked football and history, served as chief of staff of the U.S. Army, was the Commander of allied forces in Europe during World War II; became five star general and served 2 terms as U.S. president. _____
10. Famous Kansan born in Emporia, bought the *Emporia Gazette* newspaper, hosted U.S. presidents in his home, known as the “Sage of Emporia,” wrote influential editorials and several books; received two Pulitzer Prizes and has a book award named for him.

Answers: 1) Franklin D. Roosevelt, 2) To the stars through difficulties, 3) Wichita, Overland Park, Kansas City, 4) Sam Brownback, 5) Henry J Allen, 6) Walter & Olive Beech, 7) Will Chamberlain, 8) Langston Hughes 9) Dwight D. Eisenhower, 10) William Allen White



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Thank you to the many who give their gifts of time, talents, treasures and prayers to Koinonia Senior Care. We value the various gifts God gives each of you and your trust to invest those gifts with KSC. 2 Corinthians 9:7

OUR MISSION

Christian Fellowship

Assistance

Respite

Errands

Honoring God & seniors by educating & encouraging families, the community and our churches to provide **CARE** for those whom God puts in their path.

OUR MOTTO

To captivate our community with the character of Christ through compassionate **CARE**

OUR CORE VALUES

Attitude of HONOR

Be a BLESSING

Culture of CREATIVITY & CELEBRATION

KSC is non-profit

OUR VISION

To be a model community of churches and neighbors who bring moments of joy, honor, help and hope to widows, the aging and their caregivers through personally proving **CARE** for those God puts in their path.