

PROVIDING...

- * honor, help & hope for homebound seniors, wherever they call home;
- * encouragement for widows & caregivers;
- * awareness & action opportunities for the community.

KOINONIA—"Spiritual community or Christian fellowship"

KSC CONNECTION



www.ksicare.org

316-209-9028



Koinonia Senior Care Newsletter

May 2021



For girlfriends, sisters, mamma's & daughters

Aunt Babe

Ah, Sweet Sixteen—As we finished Speech class, our instructor, a favorite of many students, said she had received the long-awaited date of our Junior/Senior banquet and prom. The date didn't give us much time to get formals and prepare for the BIG event!

The following day at noon, basketball was being played and the halls were crowded. My sweet sister, Ruth, who was now living in town and working at the bank, sought me out in the crowded hallway at school. As the class was getting ready to start, she wiggled through the throng and placed some bills of money in my hand, saying "I hope you can go to Amarillo on Saturday with your friend, Norma, who is planning a jaunt to find a formal. Get a formal and whatever else you need to complete your attire!" Then she ducked out with no chance to talk above the noise. But what a lovely gift that I'm sure I'll make very good use of! I'll arrange to give her my heartfelt thanks soon.

This was a blessing as Mamma had always made all three girls our dresses. She was an excellent seamstress, but she was absent. She and Papa were in another state where Papa was receiving medical treatment at present, and couldn't be back for a month or more.

I accompanied Norma to Amarillo for a spree of formal dress shopping! We arranged our trip to start early, and knowing it would take all day, our first stop was at the friendly *Walgreens Drug Store* where everyone congregates for a delightful quick coke and snack. We planned to be back before 5:00 pm as the shops all closed at 6:00 pm in those days. So, in high spirits, we began our search for our gowns.

I window-shopped only briefly before entering to see the styles. The second ladieswear store had lovely formals in the window, and many more inside. I usually end up with pink or peach colored clothing, but my eyes caught sight of a pretty pastel lemon gown of organza and lace. At that moment, all other formals just seemed to disappear. (cont'd on page 2)



MAY

3 GriefShare Support Group,
ONLINE 9:30am & 7:00 pm

5 KSC Training & Cinco de Mayo

9 Happy Mother's Day!

12 "Loss of Spouse" 7pm
online

26 Blessing Gift Make & Take

31st Memorial Day

Thursdays @ 3:00 Bible study
at Oxford Grand

"Aunt Babe" is our guest columnist, writing about her reflections on life. She is 97 years young and using her gifts to bless our readers. She is an inspiration to me because she lives in a land of silence since her hearing loss six years ago, yet she so wisely encourages others to "keep a song in your heart." See her article here on page 1-2.



Aunt Babe's Reflections

(cont'd from front page) Sure enough, it was my size, and to my delight, it fit to a "T" and had a matching slip sewn in. I could hardly imagine the price, \$2.98. Glory be! I already had my formal! Now to find sandals that would go with it and also be comfortable for dancing. It took much longer to find shoes, but by mid-afternoon I had my white leather sandals— my first grown-up heels. With 2-3 incidentals, I completed my list before heading back toward Walgreens to meet Norma for a breather and coke. We decided to eat dinner at a favorite place about 40 miles down the road, toward home. Norma said she was glad we could rest our tired and happy feet as she drove. She said driving didn't tire her, but was relaxing. We chatted non-stop, feeling we had indeed had a very "fruitful" and super enjoyable day spent with a special friend.

Another enjoyable thought was how exciting it would be to show my prom purchases to my dear Fairy God Mother, and introduce her to my real-life Prince Charming, who was to escort Cinderella to the BALL!

And now, in 2021, I'm thinking back to long ago. In my lifetime of blessings, there are some extra precious things that I recall. At the age of 98 years next month, few could ever surpass the beauty of that pastel yellow creation gifted to me at sweet sixteen during the lean depression days of the late thirties. It seemed like all Heaven was in bloom (well, tulips anyway!) And I didn't tell anyone this was my very first date!

Caregiver's Corner

Perspectives for those who care for others:

An inconvenience is only an adventure wrongly considered.— G. K. Chesterton

There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver. — Rosalyn Carter

Some days there won't be a song in your heart. Sing anyway.— Emory Austin

To care for those who once cared for us is one of the highest honors.— Tia Walker

April's National Zoo Lover's Day Winners

Ken & Pat

KSC will take Ken and Pat to the Sedgwick County Zoo this month and have pictures to share with you next month. Thank you to all who entered!



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. May 26

MAY TRAINING

May 5th

The Alzheimer's Association offers many informational resources online at www.alz.org. Click on "Alzheimers & Dementia" and choose your topic.

1820 E. Douglas, Wichita, KS
316-267-7312

Thank you

To those who donated, visited, and volunteered for our Garage Sale Fundraiser!

*We raised an amazing
\$1,667.00*

Giving isn't only about making a donation; it's about making a difference.



For people with [Parkinson's, exercise](#) is a vital component to maintaining balance, mobility and daily living activities. A large clinical study has proven that 2.5 hours of exercise/week makes a significant difference on the quality of life for those with PD. Regular physical activity is linked to improved mobility and less cognitive decline as well. [Benefits of exercise:](#)

- Symptom management. Research has shown that exercise can improve gait, balance, tremor, flexibility, grip strength and motor coordination.
- Possibly slowing disease progression. There is a strong consensus among physicians and physical therapists that improved mobility decreases the risk of falls and some other complications of Parkinson's disease.

Local exercise classes targeted for those with PD can be found at:

Rock Steady Boxing—Contact Mannie Brown, Marcio Naverro and Erin Carpenter @ 316-500-3828

Williamson Wellness Center—Contact Wendy Williamson @ 316-295-4366

Hughes Metroplex Auditorium—*InMotion Parking's Fitness Program*—Contact Jennifer Sanders @ 316-771-6550

[MAY VIRTUAL CLASSES FROM ALZHEIMER'S ASSOCIATION](#)

May 3rd @ 12:00p Dr. Benson—Behaviors & Communication Strategies

May 8th @ 2:pm, May 17 @ 12 pm, and May 27th @ 11 am—Understanding Alzheimer's and Other Dementia

May 7th @ 9 am and May 19th @ 5 pm — Know the 10 Warning Signs of Alzheimer's

May 12th @ 4:00pm - Legal & Financial Planning

May 25th -@ 6:00 pm - Understanding & Responding to Dementia Behaviors

May 26th @ 12 pm—Healthy Living for Your Brain & Body

Call the *Alzheimer's Association* (316-267-7312) to RSVP or Christine (316-209-9028) with questions.

Show What You Know!

What is the birthstone of May?

What 2 consecutive days in May are known for the most tornadoes in Kansas?

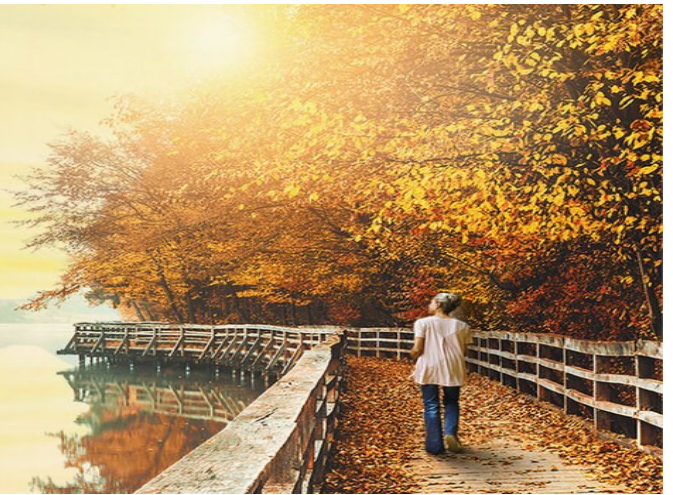
May's full moon is traditionally known as the _____ Moon occurs on May 26th. It will also be a supermoon and coincide with a total Lunar eclipse (seen in parts of N. America)

What event commemorates the victory of the Mexican over the French in the 1862 Battle of Puebla?

This National _____ Month is a highlight of the May dental calendar.

Grieving the death of a spouse?

Or do you know someone who is?



Join us online or in-person for this Grief Share seminar at one of the dates/times below.

May 12th @ 7:00 pm ONLINE

June 9th @ 7:00 pm Pathway Church

July 14th @ 11 am ONLINE

August 11th @ 11 am Pathway Church

The 2-hour seminar will include a short video with interviews from respected Christian counselors, authors, and pastors on:. There will be a group discussion. Participants will receive a helpful booklet with:

What to expect in the days to come

How to deal with the loneliness

What to do with your spouse's belongings

Why it won't always hurt this much

And other practical help for dealing with the challenges of widowhood

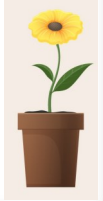
There will be a group discussion. Participants will receive a booklet with over 30 short readings on how live with grief and eventually rebuild your life. The booklet includes a video note-taking outline, devotional materials, Grief recovery exercises and journaling prompts, as well.

For questions, call Christine at 316-209-9028

To register, go to <https://pathwaychurch.com/hometeams/finder> & scroll down until you find the correct "Loss of Spouse" date & time you are wanting to join.

To view short video invitation, click/go online to <https://vimeo.com/277009974>

May Touch Someone Challenge



May 30 is National Water a Flower Day—pick up one of KSC’s *May Blessing Gifts* of a clay pot, dirt, and flower seeds, and visit a homebound senior friend, neighbor, or family member for a time of “gardening.” Sip some lemonade and enjoy each other!

This Memorial Day...

May we never forget to honor the sacrifices of our service members, their families, and those who fell in battle. The fought for our freedoms, including the freedom to worship.

May we never forget to fly our flags, drape banners from our porches, and tiny flag replicas to decorate our gardens and driveways in honor our veterans.

May we never forget to talk about it with our children and grand-children; that they may never forget the high price of freedom; for patriotism is like charity—it begins at home.

May we never forget to pray for our troops, where ever they may be, and the freedom they strive to protect and preserve. And we pray for the greatest freedom of all—the freedom from SIN for each of us, and the sacrificial price paid for this freedom through Jesus Christ.

May we never forget to say, “Thank you for your dedication and commitment to fight to the death to gain and maintain our country’s freedom. Your sacrifices do not go unnoticed, but instead inspire within us a spirit of courage, bravery, and pride for something bigger than ourselves.”

May we never forget...

The Dash Between the Dates by Lucille Britt

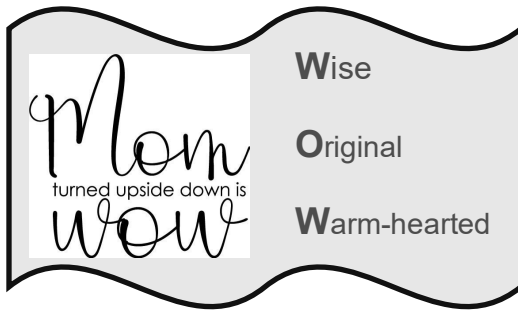
Memorial Day was over now. All had left and I was alone.
I began to read the names and dates chiseled there on every stone.
The dates which show whether it was Mom or Dad, or daughter, or baby son.
The dates were different but the amount the same. There were two on every one.
It was then that I noticed something; It was but a simple line;
It was the dash between the dates. Placed there—it stood for time.
All at once it dawned on me how important that little line.
The dates placed there belonged to God, but that line is yours and mine.
It’s God who gives this precious life, and God who takes away.
That that line between, He gives to us, to do with what we may.
We know God has written the first date down of each and every one.
And we know those hands will write again for the last date has to come.
We know He’ll write the last date down, and soon, we know, for some.
But upon the line between my dates, I hope He’ll write, “Well Done.”



Koinonia Senior Care
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Happy Mother's Day!



More inspiration @ www.kscare.org

 www.facebook.com/kscare

This newsletter has articles of encouragement for widows, homebound seniors, caregivers, and the local church/community who reach out to the needs of widows, caregivers & homebound seniors, wherever they call home.

OUR MISSION

Christian Fellowship
Assistance
Respite
Errands & transportation

**Enriching the lives of
homebound seniors and
their caregivers, and
inviting our community to
join us.**

Community Projects
Action Opportunities
Resources
Education & awareness

OUR MOTTO

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

KSC is a 501c3

OUR VISION

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

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