

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.kscares.org
316-209-9028



Koinonia Senior Care Newsletter

June 2021

A Father-Son Story Moment *The Pickle Jar*

<https://vidyasury.com/2019/11/the-pickle-jar.html>

The pickle jar, for as long and as far back as I can remember, sat on the floor next to the dresser in my parents' bedroom. Every night, just before he went to bed, Dad emptied his pockets and put the coins into the jar.

When I was small, I found it exciting to hear the sounds made by the coins as they were put into the jar. It sounded like a merry jingle especially when the jar was empty. Gradually, as it filled up, the tones turned into a dull thud. I enjoyed squatting on the floor in front of the jar and admiring the shiny coins, glinting like treasure when the sunlight fell on them through the bedroom window. Each time the jar was full, Dad sat at the kitchen table and rolled the coins before taking them to the bank to deposit. This was kind of a big deal. He stacked the coins neatly in a little box and placed it between him and me on the seat of his old truck. As we drove to the bank, Dad would look at me, hope in his eyes, and say, "These coins will keep you out of the textile mill, son. You will do better than me. This old mill town is not going to hold you back."

And during each visit to the bank, when he slid the box of coins across the counter to the cashier, he would smile proudly, saying, "these are for my son's college fund. He will never work at the mill all his life, like me."

Once the coins were deposited, we would celebrate by stopping for an ice cream cone. I loved the chocolate and Dad always got vanilla. When the clerk at the ice cream parlor handed over the change, Dad would show me the coins on his palm and say, "When we're home, we'll start filling the jar again!"

He always let me drop the first coins into the empty jar. As we listened to the musical sound, we would grin at each other. He'd say, "You'll go to college on these pennies, nickels, dimes and quarters. But you will get there. I'll make sure of that!"

The years went by. I finished college and got a job in another town.

During one of my visits to my parents, I went to use the phone in their bedroom and was surprised to see the pickle jar gone. I sighed. (Cont'd. page 4)



JUNE

2 KSC Training

3 KSC Board Meeting

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

20 Father's Day

9 "Loss of Spouse" 7pm
Pathway church

30 Blessing Gift Make &
Take

Thursdays @ 3:00 Bible study
at Oxford Grand

Happy Birthday

to "Aunt Babe" our guest columnist, writing about her reflections on life. She will be 98 years young this month and is still using her gifts to bless others. She is an inspiration to me because she lives in a land of silence since her hearing loss 7 years ago, yet she so wisely encourages others to "keep a song in your heart." See her article on page 2.



Aunt Babe's Reflections

The Beloved Birds—Rays of sunshine and an Azura sky seemed to greet our tiny hummingbirds at the back yard fountain as they sipped colorful sweeteners. At my sister Ruth's home in Scottsdale, AZ, they have an east wall of glass in the living room. It boasts a front row seat to observe our feathered friends, the Castas, at close range year around. And other "gems of the sky" are welcome visitors, also. The opposite in size are ducks—rather large, it seems. They are colorful and pay a brief visit almost every evening. Their home is on the small ponds here and there in the neighborhood.

But it was a little "hummer" that caught our attention this day. After her frequent hovering for the nectar, she kept flying upward. We moved closer to the sparkling glass, and there, just under the eave was a quarter-size hummer nest on a sturdy block of wood-bracing. Soon she was settled up high and protected as she "incubated" her private place. We watched frequently and long in hopes of getting a glimpse of her family. She outwitted us, however, as we had to be away for awhile, and when we returned, the nest was empty. Don't say "bird-brain" to me! Of course she knew what she was doing! So that evening when it got a bit cooler, we retired to the front patio. As we sipped our tall glasses of iced tea, a mother Gambel 's quail quietly emerged from under a large corner bush, and as she marched proudly out the gate, she was followed by 13 (count them!) little fuzzy balls, trying to keep up with the mamma! Ah ha, we hadn't missed this family after all!

Caregiver's Corner

In our pursuits today, Father, use our life and our lips to bring HOPE to those who've lost their way and their purpose.

I pray for a special place in our hearts for those who can't keep up—those using wheelchairs, walkers, canes, crutches, or walking with assistance of others on their arm. For those who are slower, Lord, may we value them and realize how much they mean to us. Give those who minister to them great strength, patience, and words of HOPE to share. May they find lasting joy in serving.

May we all learn the value of giving of ourselves to others and learn to listen to Your still small voice and holy nudge to reach out when You gift us the opportunities to do so.

We do nothing in our strength, but rely on You, Your Son, and Your Spirit to lead and guide us. With You, Lord, nothing is impossible. We bless Your name, we accept Your will, and we thank You for passionately pursuing a relationship with us! May we live this day to the fullest for You. In the powerful and precious name of Jesus I pray, AMEN. Hebrews 15:13



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. June 30

MAY TRAINING

June 2

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 gave of their time, their talents, and their treasures last month to KSC!

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

There's Nothing the Matter with Me <https://bible.org/illustration/there%E2%80%99s-nothing-matter-me>

There's nothing whatever the matter with me; I'm just as healthy as I can be.
I have arthritis in both of my knees; And when I talk, I talk with a wheeze.
My pulse is weak, and my blood is thin, But I'm awfully well for the shape I'm in.

Arch supports I have for my feet, Or I wouldn't be able to walk on the street.
Sleep is denied me night after night, And every morning I look a sight.
My memory is failing; my head's in a spin. But I'm awfully well for the shape I'm in.

The moral is, as this tale we unfold, That for you and me who are growing old,
It is better to say, "I'm fine," with a grin, Than to let them know the shape we're in. - Source unknown

Match the Dates

Summer solstice ____

National Smoothie Day ____

National Iced Tea Day ____

D-day ____

Father's Day ____

1. June 6

2. June 10

3. June 20

4. June 21

5. June 20

National Iced Tea Day Tidbits

- 80% of the tea sold in the United States is iced tea.
- Americans consume over 2-1/2 billion gallons of prepared tea a year.
- Contrary to popular belief, the caffeine in tea doesn't dehydrate the drinker.

Blueberry Almond Smoothie for Nutrition:

Blueberries are a superfruit that benefits our heart, brain and digestive health, along with being a great antioxidant and immune booster (high levels of Vitamin C, A etc).

Almonds have high calcium content and a brand like Almondie's almond butter uses skinless almonds, meaning they're acid-free, which makes the almond butter act as a natural antacid which can neutralize stomach acid and provide relief for indigestion!

The recipe for this nutrient-packed smoothie serves 2:

- 1 1/2 cups ripe chunks of frozen banana
- 1/2 cup frozen blueberries (wild, organic when possible)
- 1 Tbsp almond butter (or peanut or sunflower seed butter)
- 3/4 cup unsweetened plain almond milk
- 1 Tbsp flaxseed meal
- 1 Tbsp chia seed
- 1-2 Tbsp protein powder (optional)



Source: <https://www.nursenextdoor.com/blog/smoothies-for-seniors/> Find more smoothie recipes here!

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.

June 9th @ 7:00 pm Pathway Church

July 14th @ 11 am ONLINE

August 11th @ 11 am Pathway Church

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

The 2-hour seminar will include a short video with interviews from respected Christian counselors, authors, and pastors, along with group discussion and helpful booklet to take home. 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.

(Cont'd. from page 1) It had done what it was meant to do and was now no longer there. I felt a lump in my throat as I looked at the spot by the dresser where it used to stand. My dad was not the chatty type and never lectured me about life, the values of determination, perseverance and faith. It was the pickle jar that had taught me all this much more eloquently than words could ever have.

Eventually, I got married and I told my wife about the significant part the pickle jar had played in my life while growing up. In my mind, it was more than just the pickle jar—it was proof of how much my dad loved me. Regardless of how tough things were at home, he would always drop his coins in the jar. Even during summer, when he was laid off his job at the mill, and we had eaten dried beans several times a week, he had never taken a single coin from that jar.

In fact, when we sat at the table, as he watched me pouring ketchup over my beans to make them edible, he looked more determined than ever to find me the best way out. He said, eyes glittering, “When you finish college, son, you will never need to eat beans again . . . not unless you want to!”

After my daughter was born, we spent the first Christmas with my parents. We had had dinner and Mom and Dad sat next to each other on the sofa, enjoying holding their first grandchild. When the baby started to whimper, my wife took her from Dad’s arms, saying she probably needed to be changed, and carried her to my parents’ bedroom. When she returned to the living room, I noticed her eyes were wet and she had a strange expression. She handed the baby back to Dad and taking my hand, led me out of the room.

“Look!” she said, as her eyes went to the spot on the floor by the dresser. I was amazed to see the old pickle jar standing there, as if it had never been away. The bottom was already filled with coins. I walked over to the jar, pulled a handful of coins from my pocket and, choking with emotion, dropped the coins in the jar. I looked up to see Dad who had walked in, holding the baby and our eyes met. I knew he felt what I was feeling.

Neither of us could speak.

June's Touch Someone Challenge

As in Aunt Babe's story, birds are always enjoyable to watch! Take time to bird watch with a senior and enjoy God's creation. Research the birds you observe and share what you find out! Check out one of KSC's bird books from our lending library or try some bird-brain online fun at mrnussbaum.com/bird-brain-online-game-north-american-birds-challenge

Life Lessons from the Young and Old

- No matter how hard you try, you can't baptize cats.
- When your mom is mad, don't let her brush your hair.
- You can't trust dogs to watch your food.
- Vanilla extract is not meant to be consumed alone.
- Don't sneeze when someone is cutting your hair.
- Always have a teenager around so someone is there who knows everything.
- Middle age is when you choose your cereal for the fiber, not the toy.
- Perspective is thinking how nice it is that wrinkles don't hurt.

ADVICE FROM A HUMMINGBIRD ~ [Your True Nature](#)

Sip the sweet moments.

Let your true colors glow

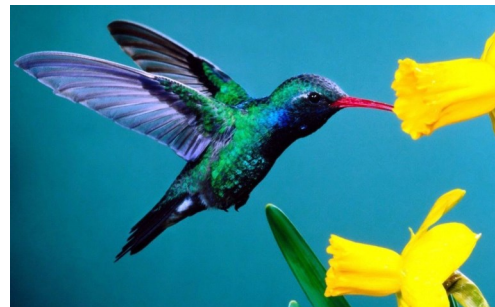
Be a nectar collector.

Don't get your feathers ruffled over the little things.

Some days are just a humdinger.

Just wing it.

Keep your visits short and sweet.



FATHERS CRYPTOGRAM

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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**,Happy moments, praise God.
Difficult moments, seek God.
Quiet moments, worship God.
Painful moments, trust God.
Every moment, thank God.**

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.

Board of Directors

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