

- \* Providing honor, help & hope for homebound seniors;
- \* Providing encouragement for widows, widowers, & caregivers;
- \* Providing volunteer opportunities for the community;
- \* Providing KOINONIA— Christian fellowship to “one another.”

www.ksccare.org  
316-209-9028

# KSC CONNECTION



## Koinonia Senior Care Newsletter

August 2021



### The 2021 Tokyo Summer Olympics

I'm sure many of you have been following at least some of the Tokyo Summer Olympics that began on July 23rd and end with the closing ceremonies on August 8th. Of course volleyball is my favorite sport to follow, but I have had a particular interest this year in the rowing competition after listening to an analogy of rowing and the Christian race of endurance.

The speaker, who I believe was Steve Farrar, was talking about finishing strong in life and he likened it to a rowing competition and the finish line.



When rowers compete, their backs are to the finish line. The rowers cannot see the finish line. But there is a Coxswain, (pronounced *cox-en*) who faces toward the finish line and “steers” the boat by giving directions to the rowing team. The rowing team has to look at him, listen to him, obey his commands, and trust him to get them across the finish line.

For the Christian, that's who Jesus is to us. He is the Coxswain whom we need to keep our eyes on, listen to, obey, and trust because we don't know where and when the finish line for each of us will come.

*Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such hostility from sinners so that you will not grow weary and lose heart. Hebrews 12:2-3*



AUGUST

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

4 KSC Training

11 “Loss of Spouse” 11am  
Pathway Church

25 Blessing Gift Make &  
Take

Thursdays @ 7:00 am ZOOM  
Conversations w/Christine

Thursdays @ 3:00 Bible study  
at Oxford Grand

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“Aunt Babe,” our guest columnist, writes about her reflections on life. She is 98 years young 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

Friend—Monico

I became acquainted with Monico when I first went into the workforce—the 1940's perhaps. He had a farm a few miles from town where he raised wonderful big vegetable gardens and fruit trees in the summer. When the produce was ripe, he would bring his great produce to town in a brightly colored wagon, pulled by his very tame horses. He peddled his wares to homes around town, but always spent a large part of time parked around the court house. So customers knew his location!

I never saw Monico drive a car. He was a jovial sort of person. When he made the offices in the court house, he would joke with his friends in Spanish, and then speak in English, I think. His friends were long satisfied customers and he did quite well, I believe, with his produce business.

He had three daughters and the two younger ones attended Boise City schools and were excellent students, always the top of their class! The younger daughter, Rose, once remarked that the only gifts they ever got was books or magazines, and they were usually reading when not working. As far as I ever knew, Monico farmed with horses. He didn't use the more modern machinery. (continued on page 4)



## Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

**BLESSING GIFT**

**Make-&-Take**

**Wed. August 25**

**August TRAINING**

**August 4**

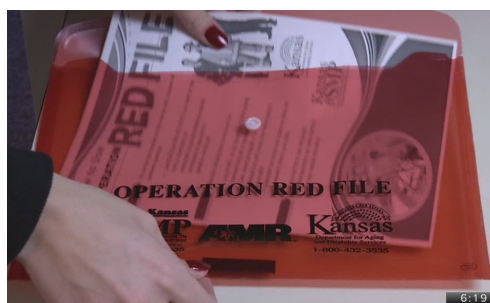
The Alzheimer's Association offers in person & virtual support groups along with [virtual classes](#).

Contact them at  
**316-267-7312**

1820 E. Douglas, Wichita, KS

## Caregiver's Corner

**Operation Red File** is designed to help seniors keep their critical health information accessible to first responders if needed in an emergency. Participants receive a large, red, magnetic folder that they can place on their refrigerator for instant access, where first responders will know to look for it. Participants are encouraged to put copies of their medical information and other critical documents in the folder, such as a clear, current photograph of the participant; a medical form with all current medical information; a medication list that can be updated as needed; and medical coverage information. You can pick up a file at the **Sedgwick County Extension Office at 7001 W. 21st St. N. Wichita, Ks 67205**



## 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.*

## DEAR YOUNGER ME *Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:12*

This is the mature, wiser ME talking to a much younger ME many decades ago...It's your story. As you look back on life, what would you say to your younger self?

What words of wisdom would you share with your younger self?

What valuable lessons have you learned that you'd like to share with your younger self?

What would you tell your younger self about the importance of character, hard work, and faith?

What would you tell your younger self about life's mountains and valley's? Life and death?

What would you tell your younger self about what defines you—or who defines you?

What would you tell your younger self about success, possessions, relationships, and wealth?

What would you tell your younger self about investing, laughing, exercising, and traveling?

I'd love to hear your unique story and even help you type it up!

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*That cute little girl;*

*She's never in a hurry to leave and does everything well.*

*She always asks if there's anything else she can do for me.*

*She knows just what to do and does it quickly.*

*She sings to me and we sing together.*

**These are recent comments from our raving seniors about our KSC caregivers this month!**

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## OLYMPIC TRIVIA

The first official Olympic games were held in what year?

When did rowing make its debut in the Olympics?

Which of the following IS in the Summer Olympics? Bowling, Equestrian, Cricket, Chess

What do the 5 colors of the rings represent?

What are the 3 core values of Olympism?

\* Excellence, friendship, and respect.

that were then, in Coubertin's words, "won over to Olympism and ready to accept its fertile rivalries."  
\* In 1896, \* In 1900 at the Paris Games, \* Africa, Asia, Australia, the Americas and Europe —

(continued from page 2—Aunt Babe) His daughter remarked that he understood his horses, and didn't seem to really get involved with machinery. He worked long hours in his fiends with his animals. A neighbor later remarked that Monico had a grandson come to live with him for long periods. This young man enjoyed driving Monico's nice Chevrolet. But not Monico!

The neighbor also related a happy day each year for Monico. For on his birthday he would come to town in his wagon and bought candy to give out to the children. That made him happy!



Conrade Insurance Group nominates KSC as their 3rd Quarter Spotlight and recipient of their referral program! Request a quote and Conrade donates \$10 to Koinonia Senior Care! . If you are thinking about getting some new insurance, why not get a quote from the group that we trust - Conrade Insurance Group! Call (316) 283-0096 today!



This sign has spoken to me as I soaked in the sun by the seashore at Treasure Island earlier this summer. I anxiously arose early mornings to anticipate and enjoy the beautiful sunrises, but just as beautiful and breath-taking were the spectacular sunsets each evening. Then I reflected upon those I know who are in their sunset years and how I long to be a part of making those years beautiful and breath-taking for them. As their student, I want to listen and learn from their stories along the seashores of life. As

their friend, I want to remind them of their value, worth, and calling during these sunset years and how it can be a very refreshing and meaningful time in life if they have Vitamin SEA!

This month's *Blessing Gift* is a devotional about what Vitamin Sea is to me along with fine sand and shells from the beach at Treasure Island. Blessing Gifts are small gestures of "thinking of you" for those homebound seniors whose love language is RECEIVING GIFTS. But *Blessing Gifts* are not really about the gift, they're about the visit—the conversation—the friendship. And that is the true blessing! If you know a homebound senior in the west Wichita area who would enjoy a short visit and gift, call Christine at 316-209-9028. [Blessing Gift instructions](#) can be found on our website for download.



## August's Touch Someone Challenge

Celebrate National Chocolate Chip Cookie Day (4th), National Watermelon Day (3rd) or Tell a Joke Day (16th) with your loved ones, the elderly, or those God puts in your path this month. You'll be glad you took the time to slow down, celebrate, and socialize!

### *Losing a loved one*

*is one of the hardest things many of us will ever face.*

[GriefShare](http://GriefShare) helps group members apply biblical principles to the healing process after the death of a loved one. Throughout the videos and workbook (which provide biblical instruction from trusted experts), participants see how the gospel brings hope and restoration. They offer daily emails for the journey of grief, online resources, and 13-week local support group finder and registration at <https://www.griefshare.org/>



### 13-week *Grief Share* class beginning September 13, 2021 ONLINE

**Mondays @ 7:00 pm** Books are \$15 Even people in other cities and states can participate due to being online. Join us! For questions, about Grief Share, call Christine at 316-209-9028. To register, for a 13-week support group in your area, go to [griefshare.org](http://griefshare.org) and type in your zip code to find one near you or type in 67212 for this ONLINE group.

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### SUMMER RECIPE: FRUIT PIZZA



Refrigerated Sugar cookie dough  
Whipped topping tub  
Pkg. Cream Cheese, softened  
Fruit of choice  
Spray pan. Press out sugar cookie dough and bake per instructions. Let cool.  
Whip the cream cheese and whipped topping together and spread over cooled crust. Add toppings in a creative pattern. Cover with wrapping



**Koinonia Senior Care**  
**13303 W. Maple, Suite 139, PMB #128**  
**Wichita, KS 67235**

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**The difference between a  
stepping stone and a  
stumbling block is  
how you use it!**

More inspiration @ [www.kscare.org](http://www.kscare.org)

 [www.facebook.com/kscare](https://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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Gwendolyn Lewis  
Chris Dennis  
Lyle Jones  
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