

- * 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

September 2021



As we approach and celebrate Grandparent's Day on Sept. 12, KSC has a fun devotional on our website called [Celebrating Grandparents](#).

There's a neat story in the Bible where we see grandparents showering their grandchildren with love. When Laban's grandchildren were moving away from where he lived, he asked, "What can I do this day for these my daughters or for their children whom they have borne?" ([Genesis 31:43](#)). "Early in the morning Laban arose and kissed his grandchildren and his daughters and blessed them" ([Genesis 31:55](#)).

Did you see that? He *kissed* them and *blessed* them! Oh, to be able to kiss the faces of our grandchildren and great grandchildren! And the powerful words of BLESSING are a longing of every grandchild! Pray "the blessing" on your grandchildren. Pray your grandchildren will have an undivided heart after God and be a godly influence on their generation. Colossians 1:9-14 is another good passage to pray for them. Pray the priestly blessing from Numbers 6:24-26 over them as you end a letter to them or as they depart from your home:

May the Lord bless you and keep you;

May the Lord make his face shine upon you and be gracious to you;

May the Lord turn his face toward you and give you peace.

May your heart be full this month as you take in the blessing of grandchildren and give out the blessing to each one! *Christine*



SEPTEMBER

1 KSC Training

9 [Empowered Seniors](#) Botanica & online

13, 20, 27 GriefShare Support Group, ONLINE 7:00pm

18-25 [Picklepalooza](#)

29 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. She writes: *Fair time was usually late late summer and into fall after the main crops were in. I have displayed items numerous years and what fun!*



## Aunt Babe's Reflections

### The County Fair of Yesteryear

When I was a youngster 5 years old, I accompanied Mamma to the Cimarron County Fair in Boise City, OK, our hometown. That would have been the late 1920's. It seemed to my young mind that much of our farm & ranch was moving into town for the fair time of several days!!

Papa and my brothers had brought in livestock of horses and cattle. , and had spent a great deal of time caring for their every need as they would be showing the best of the best. They also would be showing grains and other produce such as a garden produce that had proven to be well adapted to this area.

Mamma and I as her helper, placed her fancy handwork and other products in their rightful department in the first south fair building. This is the part of the fair I'll be closest to as this is where Mamma's things will be. Also, upstairs in this building are school displays from all the county schools, carefully and neatly arranged. So many, many sheets of writing by each student. Ruth (Aunt Babe) was quite interested in all this. The school children were given a day (Friday) off from school to go to the fair. The school displays were not judged as fair products. They did have ratings referred to as :1. neat, 2. good, and 3. excellent.  
(continued on page 3)

## Caregiver's Corner

**Staying hydrated year round is critical to the well-being of all of us, with life-threatening consequences for older adults. So unless your doctor has restricted your fluid intake, consider some helpful tips below:**

- Eat foods high in water content, like fruits and veggies
- Have water available at all times. Recommended 48-64 oz/day
- With illness, try sucking on ice chips or eating popsicles
- Avoid alcohol and caffeine because they act as diuretics in the body and increase water loss
- Increase fluids with fever, diarrhea, nausea, and vomiting

**If you avoid fluids due to possible embarrassing bladder control issues, remember:**

- Make frequent restroom visits—good exercise, too
- Consider adult pull-ups or pads & change when they get wet
- Staying home for fear of embarrassment leads to isolation



## Opportunities

### 4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

### BLESSING GIFT

#### Make-&-Take

**Wed. Sept. 29 @ 1:00**

### September TRAINING

**Sept. 1st @ 1:00**

**Alzheimer's Assoc.**  
**has access to many**  
**virtual groups**  
**across the state &**  
**country. Contact**  
**their 24/7 hotline at**  
**1-800-272-3900 or**  
**locally 316-267-7312**

1820 E. Douglas, Wichita, KS

### EMPOWERED SENIORS

September 9

10-11:30 am

Botanica

"Solo Aging: How to Cope  
and Help Others"

[RSVP](#) in-person or ZOOM

*Thank you*

*To Caregivers in  
families & facilities,  
**YOU MATTER!***

(continued from page 2) The east end of the building was getting lots of interest, as this is the kitchen products. There are quite a goodly number of racks, all covered with glass, which will showcase all the baked goods fit for a Queen! The yummy cookies, cakes, and pies were a sight to see and what a variety! The beautiful loaves of bread was a picture as was the golden biscuits and muffins. They all looked perfect to me, probably because I was getting a bit hungry. We understood the fair judge for this was coming from another state about 150 miles away.

In each of the departments there was always a local lady to look after the displays. She was also quite knowledgeable about all of the products and the food industry itself. She was usually offered a taste of the item after the judge had made her decision. The nod of the head usually meant she agreed with the judges.

Mamma's special offerings in this category was her Chocolate Devil's-food 5 Layer Cake. It was covered with fudge icing and had an apricot-raisin filling between layers. What a picture! Judging would be tomorrow and the cases were nearly full!

There was an afternoon now that the women-folk could look around at other displays, and not doubt be meeting some of their neighbors and friends, so it was a time to relax. I decided that the County Fair was magical! It was certainly colorful and a time of good fellowship with neighbors near and far. The hosts in all departments were helpful and kind and they liked to visit, too.

I wondered if cotton candy popcorn and pop would ever taste as good after the fair...Horseshoes and other games were in session. Visiting was going into "hi-gear" and smiles were everywhere. People were flocking to the Fair!

On the last day of the fair, I wondered where did they ever find so many red, white, and blue ribbons to attach to the numerous items. And then ones without ribbons were very nice, too, and they deserve to be displayed. That's what makes a wonderful fair! I noticed our family had their share and, in the mix, there was a lovely **purple ribbon**. Not many did you see in purple. This one was on Mamma's Chocolate Devils-food cake of 5 layers! A **GRAND CHAMPION!** Yippee!



The Purple Ribbon for Mamma's Chocolate Devils food 5-layer Cake

**1920's**  
**CIMARRON**  
**COUNTY**  
**FAIR**  
**in**  
**Boise City,**  
**Oklahoma,**

The family counted 115 blue ribbons and 92 red ribbons for quilts, pies, cakes, jellies/jams, date nut roll, livestock, and grains.







<https://seniorservicesofwichita.org/>

**In August, KSC's executive director spoke about KSC to members of Senior Services of Wichita, located in Orchard Park.** The participants were incredibly friendly and enthusiastic about life and staying fit and social. I was so impressed with the humble beginnings of this organization and the programs offered to seniors, **I am going to join (\$25/year) and participate** in some of their programs since I'm over 55! There are four locations around Wichita.

### **HISTORY**

In 1968, a group of area ministers came together to determine the needs of seniors living in the downtown area. They opened the Senior Activities Center on East First Street as a drop-in site for people to socialize and exchange information. Today they operate four multi-purpose senior centers across the city with a combined total membership of 3,500 people.

### **LOOK WHAT SENIOR SERVICES OF WICHITA PROVIDES FOR OUR SENIORS!**

Food Support & Distribution: *Meals on Wheels, Roving Pantry*

Fitness Classes/Opportunities: Pickle Ball & [Picklepalooza fundraiser](#) this month! Pool & dance Activities like quilting, music, cook-outs, book clubs, and BINGO

Educational classes: TOPS, Bible Study,

[Picklepalooza Festival Fundraiser](#)

Foot care & other health screenings

Tax assistance

September 18th—25th

Senior Employment Program

### **THEY ALSO GIVE BACK TO THE COMMUNITY**

Many volunteer for *Meals on Wheels*, while others support the suitcase drives for foster children, toy drives for under privileged youth, and pet supply collections for *Meals on Wheels* recipients,

### **WICHITA HAS A GOOD THING GOING WITH *SENIOR SERVICES!***

I welcome you to join me in joining Senior Services of Wichita this month! With your \$25 membership you will be mailed a month newsletter, called *Compass*, with all kinds of helpful information, articles from the directors of all four centers, and monthly activities each center provides. Call 316-267-0312.

## September's Touch Someone Challenge

Pick up one of KSC's Blessing Gifts and deliver to a homebound senior or mail a copy of this month's devotion with a note that you are thinking of them. You can find the devotion on the KSC website, [KSCare.org/devotional](https://www.KSCare.org/devotional). Just [click](#), download, and print!

### Losing a loved one

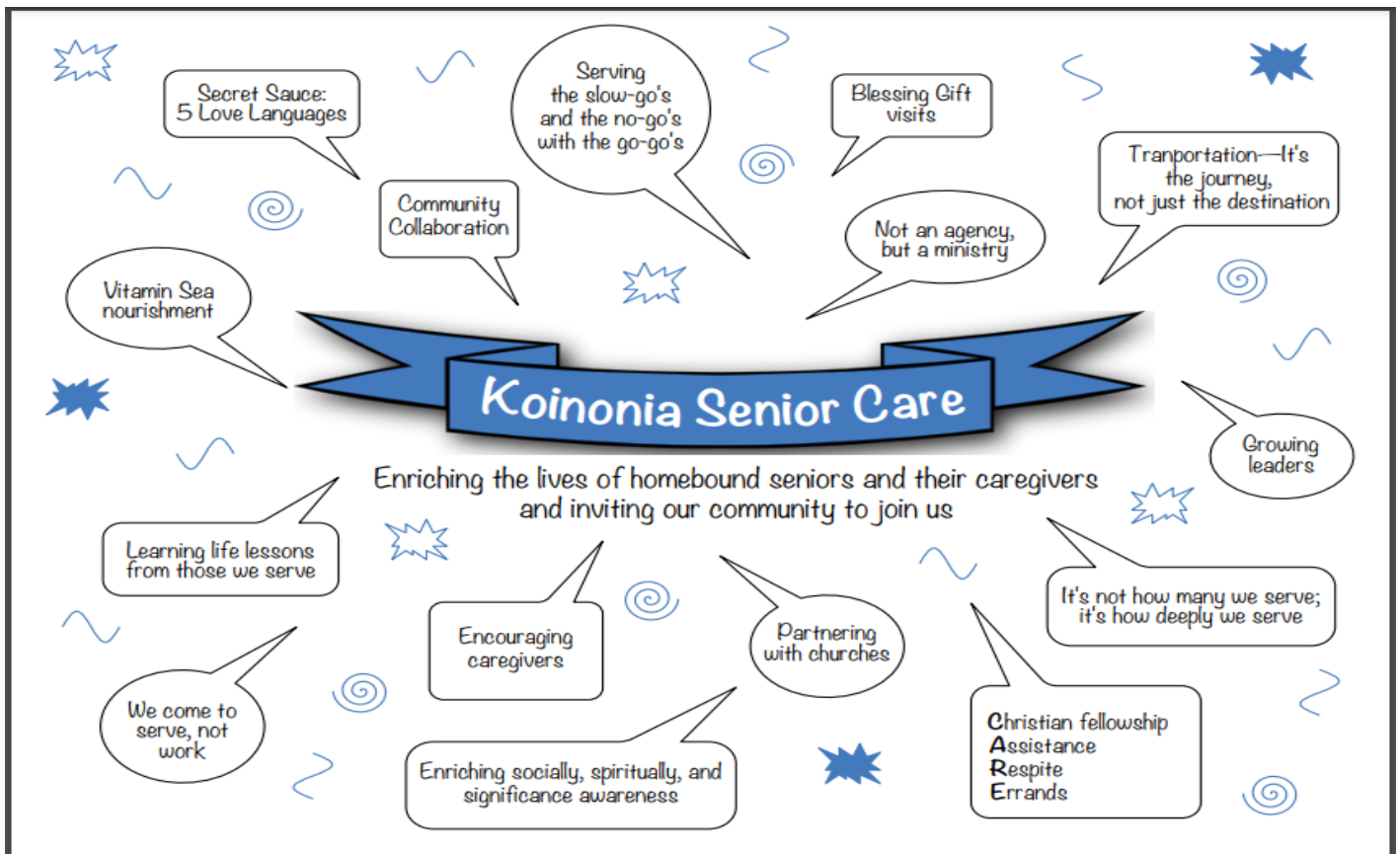
is one of the hardest things many of us will ever face.

[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](https://www.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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**Seniors are not reached by  
great programs as much as  
they are by great people who  
care and see their individual  
worth.**

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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