

Home visits that focus on the social, spiritual, and significance support of our homebound seniors and their caregivers, wherever they call home.

www.ksicare.org
316-209-9028

KSC CONNECTION



Koinonia Senior Care Newsletter

May 2022

A Mother's Day Tribute:

Letter from an 80-Year-Old Woman to Her Children

The following letter was read by Dr. Dobson on the "Focus on the Family" radio broadcast entitled, "Caring for Elderly Parents."

To all my children:

A few years ago, I saw a tee-shirt with the words "Live Long Enough to Be a Burden to Your Children." Back then, I thought it was funny. Today, I don't think it's funny at all, because I am afraid I'm doing just that. None of us want to be a burden to our family, but the older we get, the more we realize that age comes not only to the aging person, but to the family, as well. Both must accept old age and make the necessary adjustments.

Sometimes I wonder how the children of Methuselah felt about their father who lived to be 969 years old. Imagine, at more than 900 years old, did he have all of his faculties at that age? Or was he blind, deaf, and maybe so feeble that he couldn't walk? Did his children worry about whether he was eating right, getting enough exercise and dressing warmly enough? How did he accept his advancing years? These questions came to mind because, as a parent, I hate having to rely on my children to do things for me that I could do for myself a few years ago.

You children are always so kind and generous about looking after me, but I want to be doing for myself. I long to drive my car again. I want to go alone to the grocery store to shop, and I want to drive myself there. I want...but you get the idea. What I really want is to be 70 again. The truth of it is, that our roles are reversed, and now I am your child needing you in a special way.

I suppose my upcoming birthday started my thoughts along these lines. You never forget my birthday, or any other special day, without a gift. I realize the problems you must have in choosing a gift, because (continued on page 4)



MAY

4 KSC Support & Training

5 National Day of Prayer

8 Mother's Day

10 Hymn Sing 1:30 Pathway

25 Blessing Gift Make & Take

30 Memorial Day

Thursdays @ 3:00 Bible study at Oxford Grand

Dear Caring People,

I so appreciate your organization and your example of true Christian love. The newsletter is full of inspiration, encouragement, beautiful writing and good ideas. Our elderly certainly deserve all the TLC they can get and I believe that those who care for them will be (and are) richly rewarded by God. Thank you! Marsha

You can't direct the wind, but you can adjust your sails!

Ruby's Writings

Grow Old with Beauty

Grow old with beauty.
Seek it everywhere.
In a wonderful play.
In a soft-spoken prayer.
In all of nature,
The rivers and mountains.
In city places
Like flowers and fountains.
Look for it in others
And find out their best.
Then you'll always have beauty
And be richly blest.

Light is shed upon the righteous and joy on the upright in heart.

Psalms 97:11 (NIV)

Our special guest columnist this month is Ruby Tobey with a writing from her "Scribbles and Sketches" collection .



Caregiver's Corner

Dealing with Anger Toward my Loved One

Anger can be a challenging emotion for caregivers. When your role is not acknowledged or your loved one becomes agitated or aggressive, the stress of this role feels overwhelming. You are also coping with the grief of losing the person you knew. Unexpected behaviors and emotions happen. As caregiver you may not be able to stop or control these situations making you feel helpless and isolated.

Anger is a normal reaction. Caregiver fatigue develops from daily physical and emotional exhaustion and your feelings about caregiving will rollercoaster. Stay humble. Ask forgiveness. Forgive yourself. You are human. Perhaps the following ideas will be helpful in your caregiving journey (see pg. 3).



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. May 25 @ 1:00

TRAINING & SUPPORT

May 4 @ 1:00

Dementia Conference

June 23, 8:00-4:30

In-person (\$55)

or online (\$25)

Find out more [here](#) or at

316-267-7312

1820 E. Douglas, Wichita, KS

EMPOWERED SENIORS

May 12 [Sunny Days are Here Again](#)

Watch past seminars on their youtube channel or

Fridays @ 8:30 p.m. PBS
Repeats Sat. @ 3 on 8.1 &
Sundays @5:30 on 8.2

WE CAN'T OUTGIVE GOD!

The generous will prosper; those who refresh others will themselves be refreshed. Prov. 11:25

Dealing with Anger Toward my Loved One (cont.d)

I am making a difference even when it doesn't feel like it.

I serve out of love, not a paycheck, and a heart of love brings worth and value to both of us.

I need to be kind to myself.

I need time to refresh and recharge and my loved one needs a fresh face to love on them for a few hours. Who can I talk to about my caregiving role? Is there an online or in-person caregiver support group close by? Maybe I should see a healthcare professional, get a physical, or join the gym.

I need to understand why they are making me angry.

Is it that I am exhausted and need some rest, good nutrition, and/or time away? Is it because I can't control them? Is it their medical condition that escalates the situation? Is it that other family members don't help and or seem to care? Is it because their disease is stripping them of even knowing me? Are they having a reaction to their meds or do they have a UTI? Is it because of our past unresolved conflict? If the last question is a yes, I may not be the best person to assume this role.

I need to have some fun with my loved one and reconnect. The work can wait.

Maybe I should put on some music and dance with/for my loved one! Or perhaps pick out a movie we'd enjoy watching together. I could find one of our photo albums and reminisce together or go for a drive with them.

I need to brush up on my redirection skills or try some new ones.

If something isn't working, STOP and focus on something else and come back later. I need to give them 2 choices instead of 4 so they still feel like they are making their own decisions. I could buy 3 of the same shirts since they like that one so much. I could call so-and-so and let them talk to them for a little bit.

When I'm angry I could try...

Jumping jacks, praying, or writing down my feelings in a journal to release that anger. Attitude Check:

My attitude should influence my situation instead of my situation influencing my attitude.

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May your *May Day* be full of flowers in bloom.

May your *Cinco de Mayo* have good food to consume.

May the 5<sup>th</sup> also be your *National Day of Prayer*.

May your *Mother's Day* celebrate love and warm care.

May you honor the 21<sup>st</sup> as *Armed Forces Day*. May *Memorial Day* give you a reason to say:  
***We salute your service, your sacrifice, too. Our freedoms are due to brave soldiers like you.***

(continued from front page) I have all I need in material possessions. This is a good time to tell you that what I truly want are things I can never get enough of, yet they are free. I want the intangibles. I want just a little more of your time, and that's selfish of me, I know, because you have your own children, and grandchildren, who want your time, and also you need time for yourselves. But all I want is just a few unhurried minutes. I would like for you to come and sit with me, and for you to be relaxed. It makes me so nervous when you sit on the edge of your chair and keep looking at your watch. We can talk, or we can be silent. I would just like for us to be together.

You children who live out of town are thoughtful to call me on the phone, but I would like it if you could just write once or twice a month. Then I could look forward to reading and rereading your letters. I don't always hear every word you say on the phone, and a letter or two would help me greatly.

I need your patience when I don't hear what you say the first time, so please don't be annoyed. I know how tiresome it is to always be repeating, but sometimes I must ask you to repeat. Now, you don't need to yell at me, just speak slowly. I need your patience when I think too much about the past. I need your patience with my slowness and my set ways. I want you to be tolerant with what the years have done to me physically.

Please be understanding about my personal care habits. I really can't see when my dress is dirty or the floor needs cleaning. I spill things. I lose things. I get unduly excited when I try to figure out my bank statements. I can't remember what time to take my medication, or if I took it already. I take too many naps, I know, because you have said, "Quit spending all of your time sleeping." Well, sometimes when I sleep in the daytime, it was because I was awake half the night. At other times, sleep helps to pass the day. When I have nothing but time on my hands, a 15-minute nap seems like an hour.

Well, there you have it: time, patience, and understanding. These are the priceless gifts that I want. Over and over again, I take my bible, (thank God that I can still read), and I read what Paul wrote in Philippians 4:11: "I have learned, in whatsoever state I am, therewith to be content." But oh, how trying!

I know what it is to be in need, and what it is to have more than enough. I remember how your father and I struggled through the depression, and then how wonderful it was when we finally had a good nest egg, and had saved something for old age. I am thankful I can still care for myself financially (that is, unless I live to be 969!)

Finally, in his letter, Paul wrote, "I can do all things through Christ which strengtheneth me." I know I can, too! Maybe I can't do all I want to, the way I used to, but how comforting it is to know His eye is on the sparrow and I know He cares for me. I guess being 80 isn't so bad after all! God has blessed me so much.

Love, Mom Keltner

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**Mother's Day at the Sedgwick County Zoo** All moms are admitted FREE with an additional paid admission. Members get in free with membership card and photo ID.

## May's Touch Someone Challenge

Treat your mother, or an adopted mother, to an outing at our Sedgwick County Zoo or deliver some May Day flowers to adorn the table! The hymn sing would be a nice outing this month or a visit to see the many flowers in bloom!

Thank you ...

to the many who donated items and their time to help with our recent garage sale FUNDRAISER! And, of course, all you shoppers were needed to help recycle those items! I'm asking God to bless your socks off for your support of this ministry!

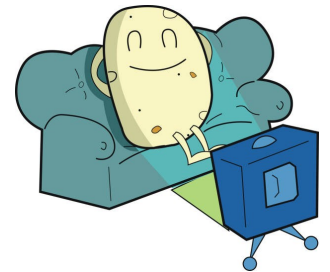
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### *Prayer Matters!*

This month we celebrate mothers and focus on prayer for our nation. I look at how Jesus prayed and am inspired. He prayed alone, in public, before meals, before important decisions, before healing, after healing, and according to His Father's will,. He also taught us the importance of prayer, including the Lord's prayer in Luke 11:2-4 and John 17. Areas we should faithfully pray about include our government, military, media, business, education, church, and family. And if you could add *Koinonia Senior Care* to your prayers, that would be a bonus for us!

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A man and his wife are sitting in the living room and he says to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine. If that ever happens, just pull the plug." "OK," says his wife as she gets up and unplugs the TV.



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### SENIOR WEDNESDAYS

Senior Wednesdays are informational and entertaining sessions, **designed for active seniors** ages 55 & older, offered by a collaboration of Sedgwick County Zoo ((316) 266-8213, Wichita Public Library (316) 261-8500, Ulrich Museum of Art (316) 978-3664, Wichita-Sedgwick County Historical Museum (316) 265-9314, Old Cowtown Museum (316) 350-3323, Museum of World Treasures (316) 263-1311, and the Wichita Art Museum (316) 268-4291. Typically, there are two Senior Wednesday events each week, one at 10 a.m. and another at 1:30 p.m. They are generally free, \$2, or \$4 for the programming. Call each one for more information.



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**I've seen so many miracles  
that I've forgotten what  
IMPOSSIBLE  
means!**

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.

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