

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

www.kscare.org
316-209-9028

KSC CONNECTION



Koinonia Senior Care Newsletter

August 2022

Closer Than You Think

It's that time of year again when I send off yet another Brisco to college. I don't know if it ever gets easier, but again, I am reminded of the simple message God gave me as we were leading the way down the highway with a car full of dorm supplies and our Freshman following behind. As I gazed into the sideview mirror, I noticed 8 words that I had never paid attention to before:

Objects in mirror are closer than they appear

It was God's way of reminding me that my children may seem like they're a long way from home by distance, but they are really closer than we think when we remember all the ways we can stay connected these days.

My youngest, who leaves at the end of the month for college, sent me this the other day and it sums up an even greater truth for me this go-around:



It's Jesus on a skateboard, which is an interesting thought, but more importantly, it's knowing that Jesus is closer than we may think He is. Be certain that, for the Christian, whatever change you are going through in your life right now, you are not alone. Jesus, our Shepherd, is right there with you and closer than you think!

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

Written by a new empty-nester, — *Christine*



AUGUST

3 KSC Support & Training

10 Waxing Wednesday

11 Empowered Seniors

12 National Night Out

31 Blessing Gift Make & Take

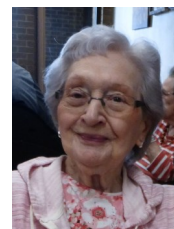
Thursdays @ 3:00 Bible study at Oxford Grand

NOTE: Hymn Sings will resume in September.

Do you know a homebound senior who would enjoy a *Blessing Gift* and the devotion?

"Aunt Babe," turned 99!

Our guest columnist, writes about her reflections on life and is not only blessing our readers, but inspiring them! Aunt Babe lives in a land of silence since her hearing loss 8 years ago, yet she so wisely encourages others to "keep a song in your heart." Happy Birthday, Aunt Babe! See her article on pp.2-3.



Aunt Babe's Reflections

Everyday Activities

For farm and ranch families, the hot summer months were usually busy! There was planting, harvesting, tilling the soil, caring for the livestock, and a herd of cattle! We often glanced at the clear blue sky and hoped for rain. Even though we complained of the heat, we needed to remember we were 10-15 degrees cooler than our kinfolks further east. Cousins Charles reports warmer temps at Beaver most days. Papa always said this was because we lived nearer to the rocky Mountains. After all, we were a mere 287 miles from Denver. When we kids were all young, how we loved visiting our "City Cousins" in Denver, and making merry, for a whole week!

But back to the farm life. We could always stop long enough to eat our summer favorite of home-made ice cream. We had a 2-gallon freezer, and Momma would make (continued p.3)

Caregiver Corner

Advice from Caregivers of Loved Ones with Dementia

I recently attended the Kansas Education Conference on Dementia that our local Alzheimer's Association hosted. I heard some very good advice from caregivers and thought I would pass some of these along this month and next:

Moving from denial "Lord, change her back into my world." to acceptance, "Lord, change me into her world."

Beauty comes in every circumstance because they let you walk beside them.

There are "Blessings in Disguise" as we draw closer together & closer to God

Don't stay home. Have a good time. Start traveling when you can

Dress exactly alike so if she was lost or in the bathroom, people could help.

Learn the finances if you are not the bill payer. Know the passwords.

Beware: A saver can become a spender and rack up some debt



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. Aug. 31 @ 1:00

TRAINING & SUPPORT

Aug. 3 @ 1:00

Speaker Topics presented
by Christine Brisco

10 Lessons from Grandma

GROWTH through Grief

Humor for the Senior Soul

Age-old Bible Characters

EMPOWERED SENIORS

August 11

Navigating the Healthcare Maze

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

Thank you

to those who have selected
KSC as their charity of
choice on their

Dillons

purchases. KSC received
\$171.77 this past quarter!

(continued from p.2) a very delightful custard which she cooked, and was made of our very own home grown ingredients of cream, milk, and eggs. Momma usually made a vanilla flavor. Occasionally we added fruit such as strawberries. There was also a variety of cakes to go with the ice cream. Also we had toppings of chocolate, peach or strawberry preserves to go on the ice cream. My brothers all loved ice cream and they could eat 2 or 3 large bowls and come back for more! I was amazed! For me, a small bowl was my limit.

I do recall that Momma dearly loved ice cream and she could eat it just about any time. It was high on her list of favorite foods. I don't recall that Papa especially craved ice cream. In fact, the one food he really enjoyed was a T-bone steak. He wasn't a big eater. I don't think Ruth was a real big ice cream girl. She was a real tomboy type who craved the pinto brown beans morning, noon, and night. She loved a BIG bowl of pinto's anytime of the day. I could understand this because I had a yearning for them too—with lots of our farm fresh butter added! Momma made our butter in a 5-gallon churn which was delightful. For quite a while she had a butter route in town to folks wanting this special product. Often she couldn't supply the demand.

Ruby helped Momma in the kitchen with baking. She made pies mostly and fancy desserts. She also made a great taffy which we kids loved to pull. Momma was more of a cake baker. She had a favorite chocolate devils food cake of 5 layers with a fruit filling between the layers. Another good delicacy was her cream cake which was tinted pink with food coloring. I thought it was delightful, probably because of the color, partly.

When work was caught up outside was when Momma often made more than one batch of ice cream, so everyone could enjoy. Papa would then call to Ruth "go get your violin and we will have music!" He already had been playing his violin with the boys and their guitars and banjo's. We would gather for a time of singing. Dishes would have to wait awhile.

I recall one 4th of July celebration we attended when I was in the 8th grade. It was at the ranch headquarters of the Hallock family in northwest Cimarron County, close to Colorado. It was a beautiful place with lots of big trees. At the large picnic area, there were games, rides, and picnic food. Here, Gean, Ruth, and I partook of it all. Also, rock climbers enjoyed the canyon area for their sports. My older brothers, Sylvus and Gaylord, joyed seeing the big herds of cattle on large expanses of grassland! A large crowd had gathered for the holiday. By all the smiling faces, it was easy to see the 4th of July would be a happy memory of beautiful Hallock's ranch in the 1930's!

Dear Abby

This was recently asked in a Dear Abby column. How would you answer this great grandmother? I am really interested in your thoughts—ALL generations. Text or call at 316-209-9028 or email christine@kscare.org.

Dear Abby: I am a 91-year-old, 4-foot-8 woman who still drives and goes alone to shop and conduct business. My problem is I am frequently approached by strangers who want to “help” me. This frightens me because I cannot defend myself. While someone holding a door open for me is appreciated, I have no way to identify a purse snatcher who may intend to knock me down. How can I communicate that I’m capable of caring for myself without offending the person? - Great-grandmother in the Midwest.

Koinonia Senior Care’s LENDING LIBRARY for LOCALS

Part of KSC’s training and support include access to our *Lending Library for Locals* on topics of interest to our senior community and those caring for them, whether it be the church or family caregivers. There are DVD’s, books, activity bags, activity book boxes, and more. Our newest additions are Teepa Snow’s Dementia training DVD’s and specialty dementias. Each can be checked out of the library for one week. Call Christine at (316) 209-9028 for more information. For a blog on Teepa Snow, <https://www.relias.com/blog/how-teepa-snow-changed-dementia-care>

DVD TITLES include:

Lewy Body
Frontotemporal
Vascular
Parkinson's
The Journey of Dementia
Progressions of Dementia
The Art of Caregiving
It's All in Your Approach
Challenging Behaviors in Dementia
Care



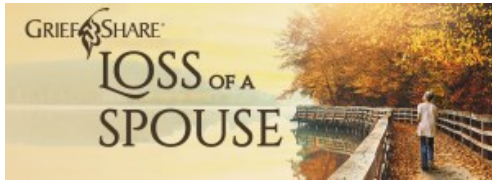
**Join Koinonia Senior Care on Friday, August 12 from 6-9pm at Linear Park in Goddard for
NATIONAL NIGHT OUT!**

STOP at our booth for a chance to win 1 of 12 prizes on our SPIN-THE-WHEEL game! Other highlights include a helicopter landing, a display of many emergency vehicles, a dunk tank, live music from *The 99*, and much more!

August's Touch Someone Challenge

Celebrate [National Chocolate Chip Cookie Day](#) on August 4th or all month long! Make them together with a friend of a different generation or buy them and share your gifts with a grandparent, older neighbor, or the youngsters in your family or neighborhood.

DID YOU KNOW? Christian comedian, Chonda Pierce is coming to Wichita, Friday, October 21 at 7:00 pm at the Orpheum Theater in Wichita. [Ticket Prices](#) start at \$36.25.



Register at (316) 209-9028

This is a one-time class with video and \$5 workbook full of helpful grieving materials. This class will be offered at Pathway Church, 2001 N. Maize Rd. Wichita, on the following dates and times:

August 4 @ 6:15 pm

August 9 @ 10:00 am

* A 13-week *GriefShare* class begins on August 25 at 6:15 pm

Making Today Count One reader responded to last month's newsletter request with what "Making Today Count" looks like in her life as a Christian.

*I love to write letters. I'm not an outgoing person and have only a handful of people I write to. I would say my world is very small. But we don't know the outcome of all our actions. Life is made out of small parts. I love the joke about atoms—don't listen to them, they make up everything. Single moments make up time. Perhaps a single word or simple phrase in just the right setting can be a catalyst for something good in someone's life. I'm always writing about God or Jesus (who is God) or the Bible because I know that is true and everything else is connected to it one way or another. The knowledge of the Truth is a great gift. Most people don't know the Truth. And perhaps many of us who do know Him don't know Him as intimately or as cooperatively as we could. So I **made today count** by writing you this letter!*



Are you looking for something to do with your grands or great-grands? The Home Depot is offering their kid workshops on the 1st Saturday of every month from 9-12. The projects are designed for kids ages 5-12. No registration at this time. Walk-in only. Learn more at <https://www.homedepot.com/c/kids>



August Project



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

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RETURN SERVICE REQUESTED

One of my senior friends recently
shared her proclamation:

“I’m ripe for Heaven!”

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
Activities
Respite
Equip Volunteers

**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 com-
munity of churches,
neighbors and
businesses who
bring moments of
joy, honor, help and
hope to widows, the
aging and their care-
givers through per-
sonally providing
CARE for those God
puts in their path.

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