

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.kscore.org
316-209-9028

KSC CONNECTION



Koinonia Senior Care Newsletter

September 2022

DIGNITY

To be treated with honor and respect that brings out the best in the giver and receiver

We all desire to be heard, to be valued, to be safe, to belong and to be treated with dignity in every season of life.

I believe dignity is *to be treated with honor and respect that brings out the best in the giver and receiver.*

I think many would agree that when we honor and respect others, we receive the unexpected internal satisfaction that we call *a blessing*. That's the gift to the giver. The receiver who is treated with kindness, care, help, and a listening ear, feels heard, valued, respected, and honored. A gift of dignity.

I remember two gentlemen from my grandmother's church used to come visit her in our home. One of them could barely make it up our steps at the front entry. I asked him about his visiting, and he said that there are many excuses he could convincingly make for not visiting, but he said, "the strange thing is, when I put out the effort, I always get the bigger blessing," although Grandma would insist that she did! She felt remembered because she was visited.

What might dignity look like for others in our aging population?

In a ditch of depression for those losing their independence, dignity may mean listening, advocating, taking them outside for some fresh air and new scenery.

In a sea of silence for those losing their hearing, dignity may mean finding other ways to communicate for understanding and socialization.

In a desert of dim, dullness for those losing their eyesight, dignity may mean reading to them or making sure their surroundings are safe.

In a fountain of forgetfulness for those with dementia, dignity may mean going to their reality, forgiveness, or advocating on their behalf. (cont'd. pg.3)



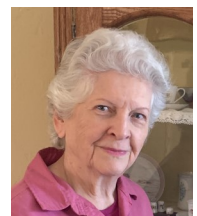
SEPTEMBER

- 5 Labor Day
- 6 Hymn Sing 1:30 Pathway
- 7 KSC Support & Training
- 8 Empowered Seniors
- 11 Grandparent's Day
- 14 Board Meeting
- 14 Waxing Wednesday @ OG
- 22 First Day of Autumn
- 28 Blessing Gift Make & Take
- Thursdays @ 3:00 Bible study at Oxford Grand

Speaker Topics

10 Lessons from Grandma
GROWTH through Grief
Humor for the Senior Soul
Age-old Bible Characters

Aunt Babe took the month off from writing, but artist, author, and friend of the ministry, Ruby Tobey has some special words for us that will touch our very souls. See page 2.



Ruby's Reflections

Season of Life

I was talking with one of my sisters about the fall colors coming in the trees. Many of the maples were turning red, and other trees were starting to show yellows and oranges. Fall can be a great time with its brisk temperatures, colorful trees, and warm campfires. But it is always a little sad and melancholy to see summer end and winter getting closer.

Sometimes life is compared to the seasons of the year. We are young in spring; the summer comes with middle age, and life is good and our bodies are healthy and strong. Then fall comes, and we start to see the changes.

Like the rich harvest and the warm colors of fall, the autumn of life can be a lovely time. I have many friends who are also at that time of life, and I can see that they have grown warm and loving and beautiful in spirit.

Is not wisdom found among the aged? Does not long life bring understanding? Job 12:12, NIV From Ruby's book, Thoughts and Prayers from the Scribbles and Sketches Collection.

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:

Learn to step into their world. You can't put them in your world.

Learning that my mood affects their mood. Learn to smile when you're mad.

Have morning devotions and prayer together. Talk about your faith and how God is in complete control and will gift us what we need for each day. HOPE focus: Isaiah 43:1-2, Romans 15:13

Removal of guns from the house.

Keep communicating and their routine for as long as possible.

Use dignity with incontinence issues



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. Sept. 28 @ 1:00

TRAINING & SUPPORT

Sept. 7 @ 1:00

"A grandfather is someone with silver in his hair and gold in his heart." – Unknown

Grandma's never run out of hugs, kisses, or

C  KIES!

EMPOWERED SENIORS

September 8, 10:00

Living with Alz./Dementia

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
generously given in
memory of

Elaine Burrow

September is the peak of APPLE SEASON!

Test your knowledge on a little [apple trivia](#) to celebrate, plus share a delicious recipe for Apple Dumplings below.

Some info. from <https://www.tastingtable.com/921755/which-us-state-produces-the-most-apples/>

1. T/F Of all the fruits consumed in the U.S., the apple, according to the USDA, is the most popular.
2. T/F The U.S. is the second largest producer of apples worldwide, second only to China.
3. Which state was expected to produce 75% of fresh apples in America in the 2021/2022 season?
4. Which one of the following states is not one of the big apple producers? New York, Michigan, Pennsylvania, California, Virginia, Florida, or Oregon.
5. How are the Washington Apple harvested? By _____
6. The top 5 varieties of apple in terms of production for the 2020/21 harvest were _____, _____, _____, _____, and _____
7. National Apple Dumpling Day is September _____th.
8. "An apple for the teacher will always do the trick when you don't know your lesson in _____."
9. The thyroid cartilage of the larynx is known as _____'s Apple.
10. The nickname of New York City is The _____ Apple

1-2-3 APPLE DUMPLINGS

Preheat oven: 350 degrees

Baking pan: 9 x 13 (greased) , **Cooking time:** 40 minutes, **Yields:**8 dumplings

INGREDIENTS:

- ☐ 1 stick butter (softened, but **NOT** melted)
- ☐ 1 cup brown sugar (firmly packed)
- ☐ 1 level teaspoon cinnamon

Mix butter, cinnamon & sugar in a small bowl, set aside.

- ☐ 2 Granny Smith apples (peeled, cored & quartered)
- ☐ 1 tube refrigerated crescent roll dough

Completely wrap dough around each apple slice.

Place apple slices inside prepared cooking pan.

Place a dollop of mixed butter/sugar/cinnamon on top of each dumpling.

- ☐ 8 oz. (1 cup) of Mountain Dew (or other clear soda)

Pour Mountain Dew around edges of pan, not on top of dumplings.

DIRECTIONS:

Bake 40 minutes in preheated oven. Serve warm with vanilla ice cream or whipped cream. Drizzle sauce from the pan over the top before serving.

ANSWERS: T, T, Washington, Florida, hand, (Gala, Red Delicious, Fuji, Honeycrisp, and Granny Smith), 17th, arithmetic, Adam's, Big

(cont'd. p.1) In their seemingly inappropriate behaviors for those with UTI's or other misunderstood symptoms, dignity may mean advocating for a thorough examination and an accurate diagnosis for them.

Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the LORD.

Leviticus 19:32

Wow! When was the last time you witnessed someone standing up in the presence of the “elderly?” What might be some practical ways to “stand up in the presence of the aged” today, showing honor, respect, and dignity? We could ask their advice, thank them for the difference they’ve made in our lives, show them our babies or grand-babies, help them with a fun or not-so-fun project, surprise them with their favorite flower or food, perform a little much-needed yardwork for them, ask them to pray for us, or even pray over them about their concerns.

Many of our elderly are blazing the trail as centenarians. THESE ARE THE VERY PEOPLE WHO...

- * served our country and fought for our freedoms.
- * learned through the depression what saving and hard work means.
- * started their own businesses on an 8th grade education.
- * sacrificed so their children could live a better life than they had growing up.
- * lived out the command to love God and love others.

They all have a story to tell. To listen and perhaps preserve their stories is another way to honor and bring value to their lives. KSC celebrated the homegoing of a centenarian sister in Christ recently and were able to share with the family her videos, her recipe book, and her sheet of A-B-C Life Lessons that we made with her over the years. They were gifts to the family, friends, and others who have been inspired by her life story. Her legacy lives on!
Dignity – *To be treated with honor and respect that brings out the best in the giver and receiver.*

D Deposit affirmation and ahh
I Imagine yourself in their shoes
G Give them opportunities to lead
N Notice and nurture their needs
I Identify meaningful activities
T Talk with positivity about them
Y Yearn to learn and advocate

September's Touch Someone Challenge

In honor of **September 25th National Hunting and Fishing Day**, take a senior or grandchild hunting or fishing—or just share fish stories again. Perhaps have fish or wild game for a meal together, too! In a pinch you can make fish sticks or tuna! Be creative!

OVER THE COUNTER HEARING AIDS COMING SOON

We recently tried to help a senior friend get her costly hearing aids cleaned and checked. After one visit and another call to the manufacturer, we found that her current pair were 5 years old and the company quit servicing them after 4 years. What is a 90-year-old senior on a limited income supposed to do? There are advantages and disadvantages to buying these hearing aid devices over the counter without a medical exam or fitting, but the FDA has made a decision to allow those consumers with perceived mild to moderate hearing loss to have that option sometime this fall.

Making Today Count Ideas:.

***Talk** with God, thank Him, read His Word and get your marching orders for the day!*

***Send** cards and memorials to random obituary families who moved you by reading their story or by liking their choice of nonprofit to send a memorial to.*

***Mail** birthday wishes to friends or even strangers who you see their celebration in the newspaper.*

***Visit** a friend who can't use the phone or doesn't hear very well and Facetime their friends and family members so they can see them and hear them and read their lips.*

***Pray** for each person you pass by or each child/family at the bus stop (and the bus driver), or for the people in the houses you walk by.*

***Clean** out one drawer or one cabinet or one closet.*

***Text** a grandchild or a friend with a note of encouragement. Keep it short!*

Dear Abby Last month we ran the Dear Abby dilemma: **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.

Responses KSC received: Without dismissing her desire for independence, she might consider shopping etc. with someone else. NOT a caretaker, but a friend, or perhaps another grandmother who doesn't still drive. Two older ladies talking/laughing together do not appear vulnerable to others.



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RETURN SERVICE REQUESTED

“When my grandmother got arthritis,
she couldn’t bend over and paint her
toenails anymore. So my grandfather
does it for her all the time, even when
his hands have arthritis too. That’s
love.” – Unknown
Grandparent’s Day— Sept. 11th

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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