

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

October 2022



Are You a Squirrel or a Nut?

As I was walking around the lake with our 10-month old dog, I noticed acorns on the ground and thought about how many of those will become strong, mighty oaks and how many will become food for the squirrels who are now populating our neighborhood and driving my puppy wild with their swaying tails and playful personalities. I pondered if I were more like the squirrel, seemingly flittering energetically from one thing to the next, or if I were more like the acorn with hopes of becoming a strong mighty oak some day. I can relate to these squirrel life lessons (yourturenature.com)

Look both ways when you cross the street

Plan ahead

Stay active

Eat plenty of fiber

Spend time in the woods

Go out on a limb

It's OK to be a little nuts!

As I age, I need to plan ahead on legal matters. It's also important I stay active and eat fiber to avoid constipation as my body changes. Walks in the great outdoors and sunshine will bring refreshment to my body and soul, too. Now as far as the hope of being a mighty oak some day, I realized that patience in growing deep roots, in the dark, where no one can see, is key to the mighty oak's great strength. *Lord, may my roots be deeply nourished in Your Word so I can become all You've created me to be. Nothing more. Nothing less. AMEN.*



OCTOBER

**4 Lunch & Hymn Sing 12:30
Pathway RSVP**

5 KSC Support & Training

12 Waxing Wednesday @ OG

13 Empowered Seniors

22 Goddard Fall Festival

28 Blessing Gift Make & Take

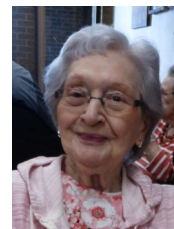
**Thursdays @ 3:00 Bible study
at Oxford Grand**

**Find the Sedgwick County Zoo
and Tanginika event dates
inside this newsletter.**

New Speaker Topic:

Lessons in the Fall

**"Aunt Babe" Our 99 year
young guest columnist,
blesses our readers as she
writes about her reflections
on life. She 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."
Read her ar-
ticle on pp. 2
-3.**



Aunt Babe's Reflections

Friendships

I'm remembering some of my dear friends of past years. One I especially recall is Alice. She is an older lady, the wife of our doctor, who often helped him at the office with records. She made a practice of remembering the names of all the babies the doctor helped to birth. As the list grew longer, she still maintained a current list. This endeared her in the area, as he was well-known as the "Baby Doctor!" After retirement, she was a busy housewife and active in community affairs.

Alice had always been very careful about how she looked and about her dress. She didn't have a large wardrobe but what she had was name brand and good quality as she felt she should look her best in public. She felt this was true for anyone working outside the home—it was expected!

Later on I was visiting with Alice and she told me this story about herself. She said she decided one morning to walk the short distance to the drug store to pick up some items she needed. On her trip to the store she met some friends and they had a good visit. The weather was lovely and she really enjoyed her walk. (continued on page 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:

Learn to see and create moments of JOY.

Good Reads: 1. *Moments of Joy* 2. *Keeping Love Alive as Memories Fade*
(Both are in KSC's Lending Library).

Don't put off having DPOA and legality things taken care of.

Keep the family (siblings & parents) abreast of what is going on in an email.

Encourage family to call at least once/week and tell him/her about their day.

Choose your battles.

www.alz.org

Never say "good-bye" but say "I'll be right back."

316-267-7333



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. Oct. 26 @ 1:00

ENRICHMENT

October 5 @ 1:00

(Caregiving support & Visiting Resources)

10/4 Lunch & Hymn Sing

Pathway Church

12:30 (\$5) RSVP

10/5 Young at Heart

Riverlawn Church

10:00 (\$5) RSVP

EMPOWERED SENIORS

October 13, 10:00

Getting Your Affairs in Order

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 friends like

Virginia Malone

(Continued from page 2) Alice had made an apple pie this morning and she had a beef roast bubbling in the oven. It smelled so good, and she decided it was going to make a tasty noon meal and she was getting hungry. She removed her jacket, and, *my goodness* there was her pink slip attached to the back of the jacket! It had no doubt been on the hanger in her closet and had accompanied her to the store and back. She chuckled to herself” Looks like she would need to invest in a full length mirror to check herself out!!!

The Lord’s love never ends.

His mercies never stop.

They are new every morning.

Lamentations 3:22-23

American Pharmacist Month It’s not a very popular time of year to recognize pharmacists when many of our Medicare friends have reached their “donut hole” or “gap” period. Pharmacists are the bearer of bad news to the consumer, unfortunately. I am thankful for our local pharmacists. Whenever we have a question about drug interactions, insurance, refills, or over-the-counter options, they are ready to help. Customer service, friendly personalities, and smiles have been hired at our neighborhood pharmacy, as well. I am honored to recognize our Dillons Pharmacy at Maple and 135th in Wichita. Thank you for serving our community with care!

This picture is taken from the Kansas Historical Society depicting University Drug Store here in Wichita in the 1950’s. It reminds me of my grandparent’s small town of Hope, KS, where there was a drug store with a soda fountain. It was the place to hang out when I would visit in the summertime . We would walk down the sidewalks on Main street to the Boyd’s Drug Store and scootch our little bottoms onto one of the swivel round chairs and order our sodas, internally squealing with delight!

The times of the soda fountain are gone, but could they be resurrected for nostalgia’s sake? What towns still have a Drug Store of sorts? Below are a few **trivia questions** for you.



What was the name of the local drug store in Wichita well-known for its “sit-in?”

What soda was invented by a pharmacist in 1885 in Waco, TX?

Who was one of our founding fathers who was also a pharmacist?

T/F It’s a good idea to take your pills at least 10 minutes before lying down.

THE 2ND COMING OF JESUS CHRIST and the END TIMES

Is it true? Is Christ coming soon?

The Bible study group in the assisted living community we serve, asked us to teach on the book of Revelation because they are eager to know more, so Jan has been diligently studying and sharing with the group. Then, in July 2022, I heard a radio sermon from the late Dr. Adrian Rogers (died 2005) on his [Love Worth Finding](#) ministry, talking about THE 2ND COMING OF JESUS CHRIST and the END TIMES. Below are a few insights from [Dr. Rogers study on the book of Jude](#) and other selected Scriptures he mentions that I thought were interesting to share.

The Second Coming of Jesus Christ is the greatest prophetic event of all the ages, and the signs of the times warn us that it is coming soon.

The new birth is mentioned 9 times in the Bible

Baptism is mentioned 20 times in the Bible

Repentance is mentioned 70-71 times in the Bible

Second Coming of Jesus 380 times in the Bible. That's 1 in every 25 verses points to this.

Be Ready!

Jesus is coming back!

The early church thought of the 2nd Coming often. They had their eye on the sky. They were not looking for the undertaker. They were looking for the upper taker!

We've always had pestilence, famines, war, and apostacy, but Matthew 25 says that when you see **all** these things happening, the time is close. These are the beginnings of birth pangs...Birth pangs get harder and closer together. When there's a convergence of the signs, when there's a concentration of the signs, when there's an intensification of the signs, when there's a multiplication of the signs, **be ready!** Jesus will come! [*Such an hour you think not, the Son of Man comes.*](#)

I heard Jan Markell end one of her [Olive Tree Ministries](#) radio programs with the following:

When the time was right, the sea parted the waters, the walls fell down, the lions went hungry, the sun stood still, the waves were calmed, the stone was rolled away, the clouds were parted, the Lord ascended. And when the time is right, the king of kings will return. God is never early, never late. He's always right on time and His plan for you is good!

October's Touch Someone Challenge

Take your senior friend to one of the events below this month! They are sure to have a good time. Remember to watch the weather. A sweater, blanket, umbrella, wheelchair, etc. may make for a more comfortable and memorable outing. Take water and know where the bathrooms are, too! OR spend Halloween evening with them and help them pass out candy to their neighbors!

Connie's Story & Monthly Art Classes for KSC Readers

Connie, a retired teacher, lovingly cared for her aging mother and then had her move in with her for the last three years of her life, making those very memorable years for them both. Now Connie cares for her husband in their home. Connie enjoys crafts but it is difficult for her to get out



so she has invited KSC crafters to her west Wichita home to make a Gingerbread Man Bell and a Sock Snowman. Due to

room, we must limit the participants to five. Cost is \$3/project. We will look at future projects if



interested. Snacks & drinks provided. Come relax and have fun! Call Christine to RSVP or for more details: (316) 209-9028. **Nov. 14 & Dec. 12, 1:00-3:00 p.m.**



Stop by the KSC booth at the Goddard Fall Festival on **October 22nd**. The Goddard Fall Festival includes a car show, parade, carnival, games, vendors, great food and entertainment for all ages. The main events kick off with a parade Saturday morning along Main Street where most activities take place. This year's festival theme is "Back in the Swing of Things!"

[Follow the event on FB](#) to stay current on all the scheduled events and activities. **Our KSC booth will have a SPIN-THE-WHEEL for folks 65+ so stop by and/or bring those over 65 to our booth!**



TANGANYIKA
Wildlife Park

[PUMPKINS IN THE PARK](#) claims to be Wichita's largest Halloween event for the entire family and is **held every Saturday in October from 6-10:30 p.m.** For more information and to purchase \$20 tickets, visit www.pumpkinsinthepark.com

WILD LIGHTS will be open from **6 – 9 p.m. every Wednesday through Sunday NOW through December 4**. Roam the Zoo after dark, with your path illuminated by larger-than-life sculptures of all things WILD! <https://scz.org/event/wild-lights>





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RETURN SERVICE REQUESTED

The tallest oak in the forest was once just a little nut that held its ground.—Unknown

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 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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