

*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** **February 2023**

## The Love Story of John Wooden to His Nellie

Former legendary coach of the UCLA basketball team, John Wooden, married his sweetheart and biggest cheerleader, Nellie, and were lovers for 53 years until her death on the 21st of March, 1983. The reason I bring up the 21st is because it had great significance in Coach Wooden's life for the next 25 years until his passing at age 99.

Since Nellie's passing, Coach Wooden has penned his love for Nell in a love note on the 21st of each month. He would tell her he loved her, missed her, and couldn't wait to see her again. He would chronicle the activities in the lives of their children, grandchildren, and great grandchildren, as well.

According to Sports Illustrated columnist, Rick Reilly, "He'll fold the letter once, slide it into a little envelope and walk into his bedroom. He'll go to the stack of love letters sitting there on her pillow, untie the yellow ribbon, place the new one on top and tie the ribbon again."

It's recorded there were well over 200 letters to Nellie on the pillow, and Coach Wooden slept next to them on his side of the bed, on top of the sheets covered only with the same bedspread they shared as a couple. Being a deeply religious man, Coach Wooden's love for his beloved Nellie not only made a lasting memory on his heart, but an everlasting comfort for his soul that he would see her again in heaven.

If you are alone this season and missing your beloved, may you find comfort and a renewed joy in starting your own collection of love notes. If you still have your beloved, write them love notes while they're still around to read them. From one beloved to another, *Christine*

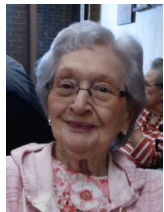


### FEBRUARY

- 1 KSC Support & Enrichment
- 1 Young at Heart-Riverlawn RSVP
- 2 GriefShare 6:15 weekly
- 3 Lunch & Hymn Sing 12:30 Pathway RSVP
- 8 Waxing Wednesday @ OG
- 22 Blessing Gift Make & Take
- Thursdays @ 3:00 Bible study at Oxford Grand

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**We do for some what we wish we could do for many. - Christine**  
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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." (See page 2)



## Aunt Babe's Reflections My Grandmother

It's a brand new year, but my thoughts lately have been taking me back to my childhood. I have cherished memories of my grandmother Bedwell. She lived on a farm in Blane County. She was rather short of stature, with snow white hair, which she wore in a bun. I don't recall seeing her wear any color but black in clothing, which fit her to a "T." Very neat and trim, always.

The Bedwell farm was much like other farms of the area—a productive land. The home was a white 2-story house, surrounded by lots of large trees, gardens, and orchards, and I was captivated by the big red hay barn!

My mother would tell us children happenings of her childhood. She said her daily job in the summer time was to gather the produce from the garden and prepare it for mealtime. She said she enjoyed sitting on the wooden porch swing where she snapped the beans and English peas and selected tomatoes and greens for salads. (continued on page 3)

## Caregiver Corner

Brain Change Resource

Caring for those with dementia is a journey into the unexpected. There are many brain changes that impact the abilities and behaviors of our loved one throughout the day. Education and support are important for care partners on this journey with their loved one. *Changing Minds, LLC* is a local Dementia Care Education Specialist group with a variety of workshops, coaching, programs, and training for care partners and professionals. Two programs I will highlight this month include:

**MEMORY CAFÉ**—for those with memory loss and their care partner. Each month, on the 2nd Saturday from 10-12, they gather to share laughs, light snacks, and experiences that create memories to cherish. This takes place at the Aviator Church in Derby, 200 W Greenway 67037. Free, but RSVP

**LEAP**—*Lifestyle Empowerment for Alzheimer's Prevention*. For those wanting to reduce their risk of Alzheimer's Disease. This program covers six key lifestyle factors that are associated with reduced risk of AD. Each month, on the 3rd Saturday from 11-12 at Natural Grocers, 1715 N. Rock Rd. Go to <https://changingmindsllc.com/leap/> for more information and to RSVP. Contact: Fiona at 316-644-7057



## Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

**BLESSING GIFT**

**Make-&Take**

**Wed. Feb. 22 @ 1:00**

**ENRICHMENT**

**February 1st @ 1:00**

(Caregiving support & Visiting Resources )

**2/1 Young at Heart at  
Riverlawn Church**

**10:00 (\$5) RSVP**

**2/7 Lunch & Hymn Sing**

**Pathway Church**

**12:30 (\$5) RSVP**

### EMPOWERED SENIORS

**February 9 10:00**

Living to be 100

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 the 40 households who designate KSC as their charity with DILLONS. This past quarter, Dillons donated \$150. 96 from those 40 households!

(continued from page 2) She added that there was a variety of produce. The berries from the orchard often ended up in cobbles for our large family. Mamma said that her sister, Nellie, was in charge of the kitchen and making meals. Grandmother had put her in charge so she could take care of her tailor trade. She and her mother before her were tailors, and they specialized in men's suits. They were in demand as there were few clothing stores in this new land.

As a youngster, I was always intrigued by the big red barn that stored prairie hay. My cousins who lived in the neighborhood were really good at negotiating the hay hooks upstairs as they took hold of the big hay hooks and happily swung to the ground floor amid laughter and glee. They were good sports as they allowed me to take part in the hayloft rides, and ah, what fun!! I don't imagine our parents were aware of this activity.

Some 50 years later I was telling Mamma about these rides with the older Bedwell cousins. She was agast! She said grandfather would never allow any children up in the hayloft. Only grown men who were working in the hayloft could even go up there. She added, "I reckon it all goes to prove that the hayloft was not hazardous to the health of the Bedwell children after all. However, it would still be well to thank the good Lord for his gracious protection of the innocent children!"

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## Senior Services of Wichita

Senior Services of Wichita is a not-for-profit dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community. Some of you may be familiar with their Meals on Wheels program. They have 4 locations where seniors can participate in exercise, educational classes, activities, book club, writing, outings, a game of pool, or their special features of the month. I have highlighted a few:

**Orchard Park Senior Center: 4808 W. 9th 67212 (316)942-2293 Kelli**

Kelli's Cooking/Comedy Show Feb. 10 @ 2:00

Coffee Chat Mardi Gras fun Feb. 21st @ 10:30

**Linwood Senior Center : 1901 S. Kansas, 67211 (316) 263-3703 Cherise**

Soup or Bowl Party Feb. 10th @ 12-2 RSVP \$4 or make a soup

Movie Time Tuesdays @ 1:30 Popcorn provided.

**Northeast Senior Center: 2121 E. 21st 67214 (316) 269-4444 Carnesha**

"Health by Chocolate" Feb. 7 @ 1:30 by nutritional coach w/Natural Grocers RSP

**Downtown Senior Center: 200 S. Walnut, 67213 (316) 267-0197 Angie**

United Way Vita Mobile Tax preparation by appt. only on Feb. 21-23. Call (316) 267-0197

*There is a \$35 annual membership fee that gets you into the activities and a monthly newsletter full of fun ideas and each center's schedule of events.*

# **Growing Your Faith Series: “Koinonia/Fellowship”**

*Koinonia Senior Care*'s name and mission originated from a passage in Acts 2. Koinonia is the Greek word for the Fellowship talked about in Acts 2. At *Koinonia Senior Care*, we know it's hard to stay spiritually strong without the fellowship of the family of God.

If you are homebound, consider inviting your brothers and sisters in Christ over to break bread and eat together. The koinonia/fellowship can include a time of communion, prayer and praising God while you enjoy the favor and fellowship of God's people. Perhaps the evenings work better for you due to those darn water pills taking affect in the morning. Think outside the box and find a time that works best for you and INVITE others to a potluck dinner with you providing the drinks and tableware. Bring out your good China that you are saving for some special occasion, or make it simple with disposable plates. It's not about the presentation. It's about the fellowship. Don't get caught up in the kitchen details like Martha did. Be like Mary and keep the main thing the main thing and that's keeping your eyes on Jesus!

If you go to church throughout the week, who do you know who is homebound that you can take with you to your Bible study, your Wednesday night supper, your special events, or your worship service? Perhaps you can visit a homebound on Sunday afternoons, taking them communion, a bulletin, and sharing about the sermon Maybe you can take them that free piece of pie from Spears or Village Inn and have some coffee with them. The fellowship possibilities are endless and priceless as you gather and bring *belonging* and *blessing* to those burdened brothers and sisters who are homebound.

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## **AMAZON Shutting Down its AMAZON SMILE Charity This Month**

On February 20, AmazonSmile is closing it's charity program which was a way for consumers to donate a portion of the cost (0.5%) of their purchase to a charity. This closing will impact charities like *Koinonia Senior Care* who have gratefully received quarterly donations from those of you who chose *Koinonia Senior Care* as your charity of choice when shopping AmazonSmile. Amazon will be pursuing and investing in other areas.

THANK YOU to those of you who have supported *Koinonia Senior Care* through AmazonSmile. I've read where charities will still be able to compile a wish list that Amazon customers can support, but KSC will make our wish list known in our newsletters to our faithful readers who would like to bless the ministry in these tangible ways. The delivery address of items other than regular mail is: 13676 W Highland Springs Ct., Wichita, KS 67235. Thank you for your past contributions and future considerations!

**Reams of copy paper   Stamps   New canopy for outdoor events  
Toner (Brother HL-L3290CDW in BL, Y, M, C) and Ink (HP 67 BL & multi)**

**SAMS Club gift cards for supplies & gas for transportation**

**Used Toyota Sienna wheelchair accessible van, rear entrance**

## February's Touch Someone Challenge

February is American Heart Month. Go to <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8> and print off the “Life Essential 8” areas to improve or maintain cardiovascular health and review with a senior friend. Be sure and give HUGS, too!

## President's Day Quote Match

We celebrate President's Day on the 3rd Monday in February/ See if you can match the President with his quote.

1. “The buck stops here.”
2. “I did turn 75 today - but remember, that's only 24 Celsius.”
3. “If wrinkles must be written on our brow, let them not be written on our heart. The spirit should never grow old.”
4. “Nobody cares how much you know, until they know how much you care.”
5. “A government big enough to give you everything you want is a government big enough to take from you everything you have.”
6. “Honesty is the first chapter of the Book of Wisdom.”
7. “No person was ever honored for what he received. Honor has been the reward for what he gave.”
8. “Being a politician is a poor profession. Being a public servant is a noble one.”

Answers: 1. Harry S Truman 2. Ronald Reagan, 3. “James Garfield, 4. Theodore Roosevelt, 5. Gerald Ford, 6. Thomas Jefferson, 7. Calvin Coolidge, 8. Herbert Hoover

Christine and Marty spoke at the *Bentley Senior Center* in January and heard some great advice to pass along to you, or someone you love, who is grieving the recent loss of a loved one.

- “Listen, listen, listen.” Meaningful touch, like holding someone’s hand as they cry. No words are needed. Let them talk.
- “Just do it” was another suggestion, instead of saying “Let me know if there’s anything I can do for you.” There are 20-30 secondary losses a spouse experiences, so find some ways you can help meet those needs, even without being asked. Visits or phone calls are also more personal than texts or emails during this time.
- Hold your tongue on “It’s time to move forward,” or “They’re better off now.” Though this may be true, it seldom brings comfort at a time when they are missing their loved one and having an “ambush moment.”

*Koinonia Senior Care* is not affiliated with any particular church, but partners with many churches to provide resources and monthly support for those members serving the homebound in their church and community.



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RETURN SERVICE REQUESTED

*The best and most beautiful things in the world...must be felt with the heart.*

*-Helen Keller*

More inspiration @ [www.kscare.org](http://www.kscare.org)

 [www.facebook.com/kscare](http://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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