

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 2023

BACK TO SCHOOL

As our children return to school and college, the following chorus came to mind. It is from "School Days" a popular song written in 1907 by Will D. Cobb and Gus Edwards. A mature couple were looking back sentimentally on their childhood together in primary school. The song was also featured in a Broadway show of the same name.

School Days

School days, school days Dear old golden rule days
 Readin' and 'ritin' and 'rithmetic
Taught to the tune of the hickory stick
 You were my queen in calico
 I was your bashful barefoot beau
And you wrote on my slate, "I love you, Joe"
 When we were a couple of kids.

Did you do your 'ritin' on a slate? What kind of books were part of your required readin'? Did you like to read? Kathleen, one of our dear seniors, was a voracious reader in her younger days. Her love of books helped foster her children's life-long love of reading. Together they made weekly trips to the library. A few good books were always close at hand. She also loved poetry, whether reading, reciting, or creating. A prolific letter-writer, Kathleen was the family "connector" helping relatives stay in touch and abreast of family news. Her letters were long-kept treasures. In her last years, even with dementia, she listened eagerly to books read aloud by family members. She quoted favorite lines of poetry and sang songs to her caregivers. Until the end, music and hymns brought comfort and peace. Marj loved the hymns and was known for "readin' her Bible and prayin' for others. Priceless skills learned early in life for these ladies. What are some of your primary school days memories? I'd love to hear them! - *Christine*



AUGUST

- 2 Training 1-3pm
Young at Heart @ Riverlawn Church 11am RSVP
- 3-4 Leadership Summit
- 9 Waxing Wednesdays at Oxford Grand at 10:00
- 10 Empowering Seniors
- 11 National Night Out Goddard
- 30 Make & Take, Newsletters

The 1st Schooling

4 Hear, O Israel...Love the Lord your God with all your heart and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. 8 Tie them as symbols on your hands and bind them on your foreheads. 9 Write them on the doorframes of your houses and on your gates. Deuteronomy 6:4-9

Aunt Babe's Reflections

Dear Friends, I was delighted to receive so many lovely cards and notes from Wichita friends on my 100th birthday!! That was the "icing on the cake." Ha! It really blessed me.

I enjoyed 2 parties; one Friday in the afternoon at Coldwater, then the BIG one on Saturday!

Sending love and blessings,

"Babe"



Volunteer Opportunities

TRAINING & SUPPORT
Wed. August 2nd 1:00

Blessing Gift Make-&-
Take & Newsletters

Wed.@ 1:00 Aug.30

Tyler Road Baptist
571 S. Tyler Rd

Thank You for the
generous donations in
memory of:

Kathleen Barham

Marj Kreller

Diana Krivanek

Caregiver's Corner

Caregivers Need School, too! There are many local and online support groups to encourage you and share helpful resources for your caregiving journey. Below is our August "Back to School" Blessing Gift bookmark that is creatively packaged with the items listed.



Bookmark: to mark your readin' progress

Pencil: for 'ritin' your daily blessings

Calculator: to check your 'rithmetic

Battery: to remind you to recharge with rest

Ruler: to measure your worth in the Ruler's (Jesus') eyes

Post-it Notes: To remind you of what's important

Eraser: to forgive yourself & others

Rubber band: to s-t-r-e-t-c-h your mind & stay flexible

Smarties: because they taste better than *chalkolate!*

EMPOWERED SENIORS

August 10

Back to School

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

April 1-June 30

\$152.34

Thank you to the 43 families who shop Dillons and have established *Koinonia Senior Care* as their charity of choice to receive from Dillons Community Rewards program.

WOULD YOU RATHER

Cut these Bible History conversation starters into strips & discuss with your friends. Mainly taken from: <https://churchleaders.com/youth/324071-icebreaker-game-would-you-rather-questions-bible-edition.html>

- Have the strength of Samson or wisdom of Solomon?
- Live through a famine or live through the 10 plagues of Egypt?
- Hide spies in your house or hide a baby from Pharaoh?
- Carry the ark of the covenant across the Jordan River or carry Jesus's cross to Golgatha?
- Be imprisoned for over 2 years or be swallowed by a whale?
- Name the animals or build the ark?
- Be carried to heaven in a chariot of fire or have God add 15 years to your life?
- Sit at the feet of Jesus while He teaches, or prepare supper for Jesus and the disciples in the kitchen?
- Face Goliath with only a stone and a slingshot or wander in the desert for 40 years?
- Be a fisherman or a tax collector?
- Be a sheep or a shepherd?
- Marry Boaz or marry King Xerxes?
- Be present at Jesus' birth or his resurrection?
- Be a shepherd or a magi?
- See Jesus feed 5,000 or see Him raise Lazarus?
- Know what type of fruit Adam and Eve ate or know what Jesus wrote in the sand when people wanted to stone the woman who'd committed adultery?
- Be thrown into a furnace or into a lion's den?
- Live as long as Methuselah (969 years) or as long as Jesus (33 years)?
- Have a plague of locusts or a plague of frogs?
- Spend an hour in heaven or a week with Jesus on earth?
- Have dinner with Moses or Paul?
- Accompany Moses on Mount Sinai or Jesus on the mountain of His transfiguration?
- Experience Pentecost or experience the Tower of Babel?
- See the burning bush talk to Moses or see the fire consume Elijah's altar in front of Baal?
- Have heard one of Jesus' sermons or seen one of His miracles?
- Have heard Moses read the 10 commandments or Jesus preach the sermon on the mount?

PART 1: Preparing for Decluttering, Downsizing, and Detaching Emotionally

Are you considering a move or just decluttering and wanting to organize? What a perfect opportunity to pare down your possessions. Downsizing is so worth it, as it opens up space in your home while freeing up your time and energy used to maintain those items. Then, if it comes time to move, fewer boxes mean a smaller movers fee or at least makes it easier on those friends and family who are helping you move. Maintaining a perspective that you are blessing others who may not be able to afford the full price treasures that you part with makes decluttering a win-win! Below are some considerations before you get started.

Be Rested: The decluttering process will be both satisfying and exhausting! Satisfying because you finally have a plan and can see the improvements. Exhausting because every item requires a decision; keep or trash? Sell or gift? Friends or family? Recycle or return? Starting this project when well-rested instead of when you're already exhausted will render you more productive.

If you are moving, consider the size of your new space and what furniture will be useful.

Measure the furniture to see how it will fit in your new place. Storage units are an additional monthly expense, so try to avoid the urge, and purge!

Owning less is better than organizing more. Joshua Becker

Decide if you are planning to have a sale.

Will it be a garage sale, a moving sale, an estate sale, or online sale?

Who will help you set up and price? Is a sale worth all the work involved?

Will you hire someone to run your estate sale? How much of the profits will they require?

Online estate sales are popular for those concerned about HOA's, parking limitations, low inventory, and the weather. You have the potential to reach more people online in regions where your style may be more in demand, raising your profit margin.

Collect Supplies: collect boxes, bins, tubs, or baskets to use. Also get trash bags and baggies of all sizes to use with smaller items. Have permanent markers, tape, and index cards handy to label the bins & boxes. Tape measurer, scissors, and packing tape will come in handy, too.

Use a Paper Shredder: Paper piles up around the house. Consider what documents you need to keep. You only need to keep seven years of tax records. Some office stores will shred for a fee.

Inventory Your Things as You Go: Get a book and list the items you keep/own as you go along. It'll help with homeowner's insurance and renter's insurance if you ever need to make a claim. An inventory will also help for any future estate concerns.

Invite friends to help you. They can ask the questions, write down the inventory, and keep you on track. Or maybe it's time to have a "packing party" and assign specific tasks to each person: take inventory, tape boxes, mark boxes, etc. Play some upbeat background music to keep your packing pals energized and humming!

Memorize the OHIO motto: OHIO stands for "Only Handle It Once" and is a rule that will save you time as you sort items into piles.

DID YOU KNOW? As a fundraiser where 100% of the profits go to the work of the ministry, after the family takes what they want, KSC will set up the sale at your home or in your garage, run the sale, and donate what doesn't sell to other non-profits to distribute. This saves the family a lot of time and hard work and still helps a worthy ministry!

August's Touch Someone Challenge

Watermelon, water, and walking tacos are FREE at Goddard's National Night Out. What a great event to bring the generations together to celebrate safety in our communities while meeting our trusted law enforcement.

Back to School History on Smarties

Smarties candies are one of the most recognizable, nostalgic candies out there, and they've been used for a lot of things over the years. The little pastel disks are seemingly everywhere, and they've been that way for a long time. Smarties Candy Company celebrated its 70th year operating in the United States in 2019. The story of the iconic Smarties brand goes back decades to when Edward Dee moved with his family from England to New Jersey just a few years after World War II, bringing a revolutionary candy idea with him. The company was producing Smarties the entire time, and in 2011 it was renamed to the Smarties Candy Company, as it's known today.



Did you know...

- The Smarties Candy Company is called something else in Canada? What are they named?
- The Smarties Candy Company is run by 3 women. How are they related?
- How many ingredients are in a Smartie?
- How many flavors are there in Smarties?
- T/F Smarties are gluten free, vegan, allergen-free, peanut and tree-nut free.
- How many employees are in each of the two plants?
- Which of the following does Smarties NOT make? Dum-Dums, lollipops, candy money
- T/F Smarties began compressing their ingredients with repurposed gunpowder pellet machines after the war.
- How many calories are in a roll of Smarties?

While still in England, the candy was flavored with imported spices like cinnamon and

1. Rockets, 2. 2 daughters & their cousin 3. 5, 4, 6, 5, T, 6, 100, 7. Dum-Dums, 8. T, 9. 25 calories.



Friday, August 11 from 6-9 p.m.

Come out and join the Goddard Police Department, Goddard Chamber of Commerce as well as other law enforcement agencies local businesses and organizations for the annual Goddard National Night Out. *Koinonia Senior Care* will have a booth at this event. Stop by and say hello!

Some of the highlights include a helicopter landing, a display of many emergency vehicles, a dunk tank, music, and much more! In addition, a number of local businesses will be on hand with fun activities and FREE Walking Tacos, Watermelon and Water! This is in **Linear Park, in Goddard, KS**



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Today you will spend solitary moments of conversation with yourself, either listing your complaints or counting your blessings.—John David Tripp

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
Equipping 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

Board of Directors

Rhonda Turner Lyle Jones
Gwendolyn Lewis Chris Dennis
Ronda Bowles Michael Priddle
Teresa Hatfield
David Bridgewater

Officers

Christine Brisco Dawn Roberts

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.