

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

September 2023

Happy Grandparent's Day—September 10th

This year, Grandparents Day falls on September 10, 2023. Take it upon yourself to schedule a visit with your grands and great-grands! Don't wait on them to initiate it. If it's long-distance, give them a call or send them a special note with a fond memory of them and how special they are to you. Your words—your handwriting on paper (even if penmanship is not as good as it used to be)—become priceless treasures and words of affirmation and wisdom that they will cherish. Below are a couple stories from our KSC board members in regards to making memories *with* grandparents and *as* grandparents.

*In 1981 MTV debuted their full music video cable station. Obviously all the “cool kids” watched the videos constantly, and I liked to watch it as well. When I would go to my grandparent's house, my grandma would let me watch MTV and eventually she watched it with me all the time. She played the organ and she really liked, or at least pretend to like, some of the songs I liked, especially if there were keyboards being featured. **REO Speedwagon** was a favorite. One day she asked me to promise her something. She said, Chris, please promise me that you will never get your hair cut like Billy Idol. To this day, I have kept my promise. Chris Dennis, KSC Board Member*

Granny Camp is one of the biggest blessings in my life! Growing up I really never got a chance to know my cousins, although there were many. I saw my friends having the best time with theirs. So I decided to try to make it different for my grandchildren. Why not bring them together once a year for a week in the summer and give them my undivided attention. There are nine, so I hire one teen helper who is a close friend and we spend a week doing everything from cooking classes, reading, field trips, Bible lessons, swimming, crafts, and many other things with them. We all have a great time and at the same time they are becoming close cousins. Each year I pick a theme and everything we do is built around it. My goal is to Granny Camp six more years, ending with a grand finale of our 10th annual. Teressa Hatfield, KSC Board Member



SEPTEMBER

- 6 Training 1-3pm
- 6 *Young at Heart* @ Riverlawn Church 11am RSVP
- 2-17 **Kansas State Fair**
- 12 Downsizers Meeting 2-3:30
- 13 Waxing Wednesdays at Oxford Grand at 10:00
- 14 Empowering Seniors 10:00
- 22 Christian Women's Club @ Rolling Hills RSVP 9:15
- 27 Make & Take, Newsletters 1

Waxing Wednesdays

Waxing Wednesdays is a monthly time of pampering for the residents at Oxford Grand Assisted Living. Some residents participate in the paraffin dip for their hands, while others enjoy an eyebrow wax or a tweezing of those pesky coarse hairs that find their way to our chins! It's an hour of interaction and reward after they finish their morning exercise class. If you would like to assist Christine one month, give her a call at 316-209-9028.

Make Your Heart Smile!

While waiting to get called for my stress test, there was an older lady (older than me but not older than dirt). She was looking down when an older gentlemen came out. He waited until she looked up and then he said, "Going my way?" She smiled and got up. I told him I was going to have to try that line. She told me, "Make sure he's cute!" It was so sweet. Made my heart smile!

Caregiver's Corner

There's a song written by Marijohn Wilkin and Kris Kristofferson called **One Day At A Time** that begins with the following:

*I'm only human. I'm just a woman
Help me believe in what I could be
And all that I am
Show me the stairway I have to climb
Lord for my sake
Teach me to take one day at a time*

CHORUS

*One day at a time, sweet Jesus
That's all I'm asking from You
Just give me the strength to do every day what I have to do
Yesterday's gone sweet Jesus and tomorrow may never be mine
Lord help me today, show me the way, one day at a time*

While caregivers are both male and female, we must each recognize our humanity and limits in this 24/7 journey of caring for our loved one. We can't walk this journey alone. The song artists realize that for life's journey, they are dependent on the Lord as they spend moments in prayer, seeking His strength for the day.

Caregiving can be one of the hardest, yet most rewarding seasons of one's life. You go to bed exhausted every night after endless hours of care. Consider help with housecleaning, meal prep, yard care, daily visits/respite, or overnight care so you can get a good night's sleep if your loved one gets up at night. God may be sending You His strength through others to come alongside you during this season. Matthew 11:28-30



Volunteer Opportunities

TRAINING & SUPPORT

Wed. Sept. 6th 1:00

Tyler Road Baptist

Blessing Gift Make-&- Take & Newsletters

Wed. @ 1:00 Sept. 27

Tyler Road Baptist

Christian Women's Club

Is a monthly time for women to come together and enjoy a brunch, a special local feature, and a speaker share about her faith-walk to encourage us on our faith journey. Cost is \$13 and RSVP must be made by noon the Tuesday before. Call KSC: 316-209-9028 (22nd @ 9:15)

EMPOWERED SENIORS

September 14 (RSVP)

Longevity Secrets

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

EMPOWERED SENIORS

September 12, 2-3:30

Downsizing Made Easy

PBS Kansas (Community Room) 8710 E. 32nd St N
Wichita, KS 67226

RSVP required

PART 2: Preparing for Decluttering, Downsizing, and Detaching Emotionally

Rehome those Specialty Items: The impact of the loss of collectible children's books, curriculum, musical instruments, or other hard-to-part-with items will soften if you know they are going somewhere where they'll be appreciated. The local *Medical Loan Closet* is a good place to donate walkers, commodes, wheelchairs, and Depends-type products. Many gift-type items may be ideal to donate for BINGO prizes in aging communities, too! Label these items with the recipient's name on an index card for easier distribution.

Once you have some donate and toss piles, deal with them immediately. This will free up space in your home and give you a sense of productivity toward your goal.

Emotional Attachments Pause and connect with the memories of those hard-to-part-with items. Recognize that your memories will always be with you, even without the object itself. (Think about those who lose everything in a fire or flood). Perhaps write a story pertaining to the item and pass the item and story to a person you know who would appreciate it. Consider taking pictures of your parting items and putting in a keepsake album.

Where to start. Categorize possessions in order to sort through them, one category at a time. (clothes, shoes, bags, jewelry, cosmetics, electronics, books, etc.) This allows you to see the full extent of each category. Whether you choose to start in the garage, a room, a closet, a drawer, or a bookshelf, START SOMEWHERE! Some experts suggest going through each room of your house, from least-used to most-trafficked. Others suggest starting in an area that annoys or distracts you the most; that sock drawer that you can't close or the garage that you can't park your car into anymore.

Questions to Ask Yourself in the Sorting Process "Does it bring me joy?" "Is it essential?" "Have I used it in the past 12 months?" If the answers are no, then it's time to say goodbye. Love it or list it. Use it or lose it. Make every day a special occasion to use your favorite dishes, towels, etc. Some suggest not making room for a "maybe" pile. This essentially is deciding *now* to make the decision *later*, which isn't really deciding.

If Moving, Create an 'Open 1st Box' When in your new home, this "Open 1st Box" will help you get through that first night with a little less stress. Pack it with your basic needs: toilet paper, paper towels, lightbulbs, toiletries, basic cleaning supplies, and bed sheets. Make sure to label it clearly and instruct your movers to leave it somewhere obvious.

Ditch the duplicates in each room: Do you have multiple printers, too many lamps, hammers, screwdrivers, or duplicate kitchen items? What about old potholders, hot pads, or hand towels that would make better rags? And all those quilts and blankets...pass the ones not being used along to family or the homeless. How many umbrellas and grocery bags do you really need? Choose your favorites and sell, donate, or toss the rest.

Bless others with Books: Unless you want to keep a book for sentimental reasons or like to re-read one, eliminate some of them by selling them at a Half Price Books or donating them to libraries, Prison Book Programs, or Salvation Army. Christian materials can be donated to LovePackages.org and are collected by some churches.

The more stuff we have, the more time we have to devote to caring for that stuff

²¹ For to me, to LIVE is Christ and to DIE is gain.

Philippians 1:21

Labor

Intentionally,

Victoriously, and

Expectantly for Christ

&

Depart and

Inherit

Eternity

LIVING WITH PURPOSE in a Wearing-Out Body

Each day God *gifts* us on this earth is precious and full of possibilities when our perspective is filtered through the lens of Scripture. Even as we age and our bodies start wearing out, we can be encouraged with Scriptures like 2 Corinthians 4:16-18:

¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Invite others into your journey, asking them to read to you God's Word in an understandable version. Not only will your spirit be renewed, but God is using you to touch the hearts of those who read to you. Not THAT's living with purpose for God, by introducing others to Jesus and helping them to grow and experience the joy of their faith. John 3:16

21 For to me, to live is Christ and to die is gain. 22 If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! 23 I am torn between the two: I desire to depart and be with Christ, which is better by far for me; Philippians 1:21-24, 26

Paul, who was in prison at the time, concluded that his days left on earth would be used to help Jesus-followers *grow and experience the joy of their faith.*

The Dash Between the Dates

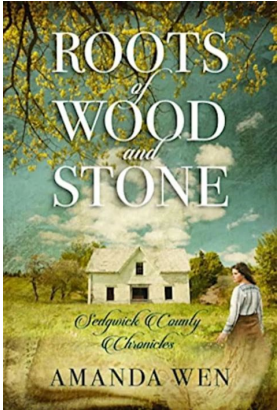
When Christ-followers leave for Heaven, how will they be remembered? Celebration services are a sweet time of reflection of their stories and influence on those left here to carry on without them. If you had to sum up our life in one sentence, what would it be? How would others sum up our life in one sentence?

One friend who recently passed is remembered for living a life with perseverance, generosity, grace, and service. She loved reading her Bible and praying with/for others. She could always be relied upon for words of wisdom, a warm hug, and a delicious baked treat, too! To sum her life up in one sentence, may be, "She met others where they were in life and loved them well." Wow! A life well-lived!

September's Touch Someone Challenge

Get this book and read 1-2 chapters each time you visit a person who can't read well anymore, or have it on hand for a visitor to read to you. You will be glad you did as you bond with the book and the one you share it with! See below for more information on the book.

September Book Club— *Roots of Wood and Stone*



I could hardly put this book down as it captivated my interest throughout the book with its local roots and storyline which includes topics that KSC addresses on a regular basis: downsizing, dementia, journaling and the journey of caregiving. The beauty and mystery of this narrative is in the weaving of two love stories and the historical home and artifacts found therein. *This warm, beautifully written split-time novel will resonate with readers looking for stories that reveal the beauty of God's plan for our lives, and how our actions ripple for generations.*

Join me by phone nationwide, zoom, or in person if you are in the Wichita area! This will be our September book read. If you don't have internet and need me to order you a book to be sent to your home, call Christine at 316-209-9028. ***“Roots of Wood and Stone: Sedgwick County Chronicles”*** by Amanda Wen, Wen is a local author who will soon become one of your fictional favorites, especially for women. Her second book is *“Songs that Could Have Been.”* September 27th is her new release, *“O Little Town”* which has stories of small-town Christmas and the love of God from three critically acclaimed authors, one being Amanda Wen.



Thursday, September 28th

10 a.m.—3 p.m.

Connect with organizations dedicated to helping Seniors and Caregivers.

PBS Kansas Headquarters, [8710 E. 32nd Street North, Wichita, KS 67226](#)



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It's not how you start.

It's how you finish.

Finish well.

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

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.

Board of Directors

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Gwendolyn Lewis	Chris Dennis
Ronda Bowles	Michael Priddle
Teressa Hatfield	
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Officers

Christine Brisco	Dawn Roberts
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