

# Family

## Card Shower

### Birthday greetings requested

A card shower for Moya Bieker's 75th birthday on Monday, Dec. 12, has been requested. Cards will reach her at: 6735 Stonegate Dr., Chino, Calif. 91710.

## Happenings

### Progress Center plans Medicare presentation

A Medicare prescription drug coverage presentation is planned during lunch, Thursday, Dec. 15, at the Senior Progress Center, 165 Fike Park, Colby.

The featured speaker is Mary Ramey, Senior Health Insurance Counseling for Kansas, and a volunteer at the Northwest Kansas Area Agency on Aging.

For those who would like to eat lunch that day, center officials said, they request a reservation be made no later than Wednesday by calling 460-2901.

Individual counseling appointments may also be scheduled for after the presentation on Thursday from 1 to 3:30 p.m.

If interested in one of those appointments, officials ask individuals to call the Northwest Kansas Area Agency on Aging, (800) 432-7422.

The program is open to everyone.



### Engagement

William and Mary Nordstrom of Omaha, Neb. announce the engagement of their daughter, Inga Marie Nordstrom, to Joseph Anthony Kelly, son of Michael and Consuelo Kelly of Overland Park.

The future bride received her B.A. in English and Speech Communication from Baker University and her M.Ed. from Rockhurst University.

The future groom earned his B.A. in English from the University of Kansas and his M.Ed. from Rockhurst University.

Both are teachers for the Liberty School District in Liberty, Mo.

The couple will marry on December 31, 2005 at Saint Francis Xavier Church in Kansas City, followed by a reception at the Loose Mansion.

# Plenty to do in Brewster in December

The snow melt seems to be slow and it sounds like it is going to stay around for a while with more snow predicted. Winter has finally arrived.

I understand there was a lot of power outages during the storm last week. Hope it is not a sign of what we have to look forward to this winter.

Brewster has several things going on this month and I don't want you to miss any of them.

Pam Bremenkamp is having an Avon open house from 9 a.m. to 5 p.m. Friday at the Senior Center.

After the noon potluck Dec. 13, Country 1 Productions from St. Francis will play country and gospel music from 1:30 p.m. to 2:30 p.m.

Should be lots of fun and will be



### Betty Jo Baird

● Brewster Correspondent

playing cards after the program. It will be a good chance to visit your neighbors and get out of the cold.

The book "As I Remember It: the memoirs of Esther Imhof" is available at the Brewster Library. Esther's son, Ray and daughter Doris Johnson have brought us a very interesting history of the Brewster community.

December commodities will be at 9 a.m. Thursday.

The potluck for the center will be Wednesday, Dec. 21. The center

will furnish ham and people are asked to bring salads, potatoes, relish plates or desserts. The Thanksgiving Dinner has 24 people. We would like to break that record.

Our prayers go out to Kathy Baird and her family and the Mark Flanders family. Allen Quener is having knee surgery and we wish him a speedy recovery.

Dear Child,

You look for great ways to bring me glory. You fell frustrated and somehow stuck in the ordinary things of life. Know this: I delight in the ordinary. I delight in a life lived simply and obediently before me. When you choose to embrace

the small struggles and simple pleasures of this one day, you honor me. You cannot offer higher praise to me than the praise of a calm and joyous life. Do each small take as an offering to me, for I see and appreciate your work.

Enter into each conversation with a determination to let my words come out through you, for I hear and delight in such conversation. In this way the most common life becomes extraordinary. The simplest day becomes holy.

I am with your in this ordinary day.

God,  
Colossians 3:23-24.

### Make a global impact in your community!

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**Lori Wade (800) 864-0053**

[www.efdoundation.org](http://www.efdoundation.org)



# Children as caregivers has issues

We generally think of children as needing to be cared for, not as providing care to others.

But according to a report from the National Alliance for Caregiving, as many as 1.4 million children in the United States between the ages of eight and 18 provide care for an older adult who is a member of their household or a close family member.

These children's responsibilities and tasks include helping with bathing, dressing, getting in and out of bed or chair, toileting and feeding. They also help with shopping, household chores and preparing meals. Many spend a great deal of time providing companionship and company to the person(s) in their charge.

Some also dispense medications and help the care recipient communicate with doctors or nurses, as well as make calls and arrange for other people to help.

Such a level of caregiving can profoundly influence children's lives and development in a multitude of ways, both positively and negatively.

The NAC report indicates that most child caregivers feel appreciated for what they do. But they also say that their caregiving has caused them to miss school or after school activities, and for some their family responsibilities have sometimes interfered with completing homework.

Some child caregivers tend to

## Plain Sense

feel, at least part of the time, that no one loves them, and may exhibit more anxious or depressive behaviors than non-caregivers. According to this report, child caregivers tend to live in households with lower incomes than non-caregivers, and in single parent households, which are factors in their having to take on adult responsibilities at a young age.

As with any experience in childhood, the length of time and intensity of caregiving can have significant effect. It is important that parents be aware of their child's feelings and behaviors, and be cautious about putting too much responsibility on a young child in the role of caregiver.

*Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. Questions will be formatted and answered in a manner that ensures confidentiality. Internet site: [www.highplainsmentalhealth.com](http://www.highplainsmentalhealth.com)*

## Markets

### Quotes as of close of previous business day Hi-Plains Co-op

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|----------|--------|
| Wheat    | \$2.86 |
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| Soybeans | \$4.34 |

## Thank You

The family of Rosella Smith would like to thank all of our family and friends for the many expressions of sympathy during the time of our loss. The prayers, calls, memorials, flowers and cards were all greatly appreciated.

Also thanks to Prairie Senior Living Complex for the wonderful care of Rosella, Rev. Carol Rahn for the beautiful service, Kersenbrock Funeral Home for the very professional care and Monica Bugbee-Miller, Karla Haggard, Bob & Susan, Brandon & Blake McLemore, Pat Ziegemeier for providing the beautiful music.

Thanks to our Colby church family also for serving a delicious meal. Rosella will be missed by all.

**Mildred,  
Wayne and  
Kevin  
Lauritsen**



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