

Adopt-a-Grand-friend is as easy as 1-2-3!



There are many seniors who cannot get out of their homes. Some are caregivers taking care of their spouses. Others are the spouses being cared for. Some are recent widows who are still hurting after the loss of a spouse. Some have been widowed for a long time. Others live in a community setting, but still feel alone and forgotten.

We have an opportunity to say “We are thinking of you,” “Our family is praying for you,” “You are special to God and to us,” “Is there anything you need or that we can help you with?” (Winter shoveling, grocery store when it’s too cold, bring a meal...) God will bring someone to mind for your family to pray for & love on!

1. Choose a home-bound or widow Grand-friend for your family to adopt.
 - a. Home-bound or widow neighbor,
 - b. Home-bound or widow church member, or
 - c. Home-bound or widow from *Koinonia Senior Care’s* ministry list. See/call Christine Brisco (316-209-9028)
2. Chat with your *Grand-friend* at least once-a-month. Take them a small gift!
 - a. February 14th – Valentine’s card(s), flower, chocolate, Sing “Jesus Loves Me” as this is true love!
 - b. Make home-made bread, cookies, card in mail, take a meal, take a plant, May Day flowers, Sept. Grandparent’s Day
 - c. Subscribe to *Koinonia Senior Care’s* “KSC Connection” monthly newsletter for ideas to connect with seniors (christine@kscare.org or at www.kscare.org)
3. Challenge others through journaling & sharing what you have done with your *Grand-friend* to inspire others and spur them on to good deeds! Share your story with *Koinonia Senior Care* to be put in their newsletter to inspire others, as well! Christine@kscare.org

