

PROVIDING...

- \* honor, help & hope for homebound seniors, wherever they call home;
- \* encouragement for widows & caregivers;
- \* awareness & action opportunities for the community.

KOINONIA—"Spiritual community or Christian fellowship"

# KSC CONNECTION



www.ksicare.org  
316-209-9028

Koinonia Senior Care Newsletter

December 2019



## Lotions & Caroling for Long-Term Care

The gift of TOUCH is rare when you live by yourself or in a long-term care community, yet it's a priceless gift given with a hug. The gifts of TOUCH and TIME are given when rubbing lotion on the hands, legs and feet of a senior friend or family member. Their thinning skin is also in need of hydration and is yet another added benefit to this gift!

This Christmas, Koinonia Senior Care will gift wrap and deliver **unscented 3-8 oz. lotions brought to us by Dec. 15th** OR you can donate money to go toward the purchase of lotions. Just write "KSC" on your check and *Lotions for LTC* in the memo and mail to the address on the back of this newsletter. You can also donate through our webpage, [ksicare.org](http://ksicare.org)

We will *gift* treats, lotions, and sing Christmas carols to the residents PLUS *gift* lotions to the caregivers on duty. Their work is priceless.

Koinonia Senior Care is a faith-based, non-profit ministry whose mission is to enrich the lives of homebound seniors and their caregivers and invite our community to join us! Here is YOUR opportunity!

JOIN US!

For GIFT WRAPPING  
on Monday, Dec. 16th

JOIN US!

For CAROLING around  
lunch on Dec. 18-20

For more details & locations, contact Christine Brisco (316) 209-9028



DECEMBER

4 KSC Training

6 Surviving the Holidays

13-14 Majesty of Christmas  
Central Community Church

18 KSC Blessing Gift Make

21 First day of Winter

25 Merry Christmas!

Thursdays @ 3:00 Bible study  
at Oxford Grand

### KSC's Christmas Wish List

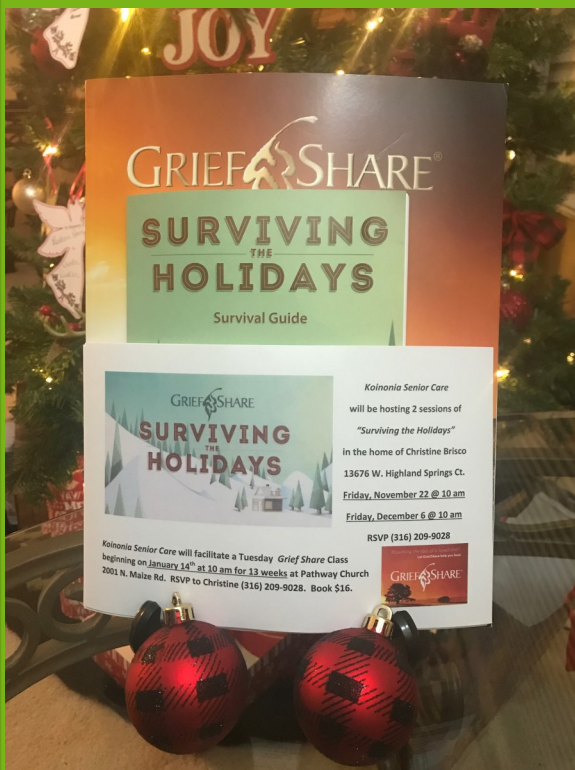
- ⇒ 2 computers <1 yr. old
- ⇒ Stamps
- ⇒ Reams/box of paper
- ⇒ Amazon Gift Cards
- ⇒ Brother Ink TN-223BK/C/M/Y or TN-227BK/C/M/Y

THANK YOU for your  
generosity!

**Surviving the  
Holidays**  
Dec. 6 10 am  
Christine's Home

**GriefShare  
Class Begins**  
January 14  
Tuesdays @ 10  
Pathway Church  
2001 N. Maize Rd

**RSVP**  
**(316)209-9028**



## Opportunities

**4 U held at**

Tyler Road Baptist Church

571 S. Tyler Road

**BLESSING GIFT  
Make-&-Take  
Wed. Dec. 18**

**December TRAINING  
for senior visits  
Dec. 4, 1:00-3:00**

**NO ALZHEIMER'S  
Lunch & Learn  
this month**

## Caregiver's Corner

### Holiday Tips for Caregivers

**Prioritize what is most meaningful and brings joy, not stress**

**Simplify the Christmas activities and the menu**

**Start new traditions—Ask carolers to stop by & sing**

### KSC Caregivers who attended the Nov. Dementia Conference



## *Thank you*

**Ways to \$ donate \$ to  
Koinonia Senior Care**

- ⇒ [Online Website](#)
- ⇒ Estate Planning
- ⇒ Giving Tuesday
- ⇒ Dillons/Amazon
- ⇒ Memorials

**Thank you for the  
many memorials given  
in honor of**

**NORM SAUDER**

*Giving isn't only  
about making a  
donation; it's about  
making a difference.*

# THE SEASONS CHANGE

by J. Rollin Hole, retired Christian Minister

**Summer.** . . .Oh, the oppressive heat!

**Fall.** . . .Oh, the color of falling leaves, warm days and cool nights!

**Winter.** . . .Oh, the biting cold temps, snow and wind chills!

**Spring.** . . .Oh, the fragrant smells of new blossoms and green grown and renewal!

Oh, the variables of changing seasons with each new calendared and predictable change. Variables in the weather are temps, wind speeds, humidity and barometric pressures. Life's variables are many and more complex. John 16:33 states, *"In this world you will have trouble, but take heart! I have overcome the world."*

Change is inevitable but not unpredictable. William Bridges, in his book titled, "Making Sense of Life's Changes/Transitions," describes the common changes of our lives. He calls these changes **transitions**, which he describes as a "process of letting go of an old situation, suffering through the confusing nowhere of inbetweeness, and leading again into a new situation."

Our lives are replete with transitions (changes). From the ending of one life experience into the beginning of our next one, the transition time can often feel harsh and without meaning. We must learn by experience to let go of the old thing before we can pick up the new. We move through life in seasons, some easy and some excessively difficult, depressing and sometimes even destructive. There are the common seasons of infancy and childhood with their dependencies. Then adolescence and young adulthood with their seasons of growth toward independence. Next into adulthood where maturity is acquired even amidst the struggles and severe crises. Finally to the experiences of aging with its joyous benefits and its negatives and losses. Losses so personal as losing a spouse or close relatives and friends, leaving us discouraged, depressed and lonely. That is when faith in God and trust in Christ are the answer.

God promises never to leave us alone or uncomforted. We can move through the stages of our lives with this blessed assurance, no matter the changes. Malachi 3:6 states, *"I, the Lord do not change,"* and Hebrews 13:8 reads, *"Jesus Christ is the same yesterday, today and forever."* John 5:24 states, *"Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over (transitioned) from death to life."* God, through Christ, is the creator and controller of our lives. 2 Corinthians 5:17 reads, *"This means that anyone who belongs to Christ has become a new person. The old life is gone; and new life has begun."*

What a wondrous transition when we can truly say with Paul, as recorded in Philippians 1:21, *"For me to live is Christ and to die is gain."* Hold on to God and renew your faith by praying with the song writer, Henry F. Lyte, who penned these words: *"Swift to its close, ebbs out life's little day. Earth's joys grow dim, its glories pass away. Change and decay in all around I see; O Thou who changes not, abide with me."*



# Christmas

## *Koinonia Senior Care* OPEN HOUSE pictures

**Thank you  
for your  
support!**



50 supporters attended, a son came from KC to surprise his mother, 1 new volunteer, 1 new employee, newsletter sign-ups and a few items on our *Christmas Wish List* are taken care of! Thank you!



## December Touch Someone Challenge

Ask a homebound senior what their favorite Christmas recipe is and help them make it for the holidays. Give them extras to surprise their family with! Create a recipe card to go with the dish/goodies!

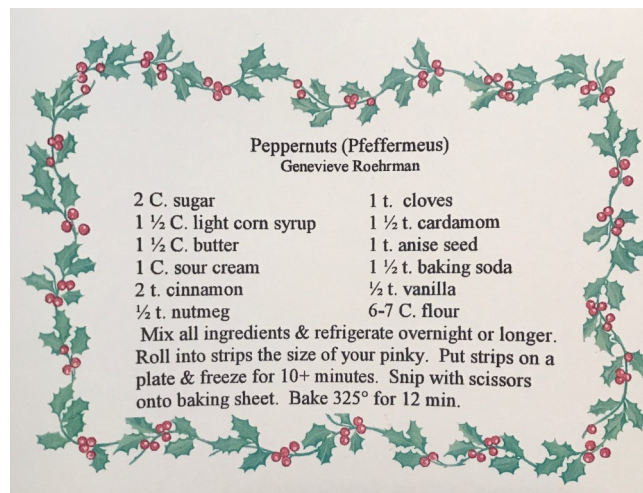
### Grandma's Peppernuts

After Grandma passed away in 2013, it was difficult to keep up her Christmas tradition of making Peppernuts. Bridget, one of our care~team members had us make Peppernuts as the December Blessing Gift in remembrance of KSC's poster queen and reason behind starting the ministry. A couple years passed after that and

we are now making these time-consuming German cookies in her honor, once again. Below is Amy, one of our care~team staff making a batch at the Open House event. Next is my mother manning and making bags of Peppernuts for supporters and shoppers to take home with the them. And, of course, the recipe—in case you would like to make some Peppernuts!



Genevieve and two of her great-grand daughters,, Abby and Hannah, making Peppernuts together!





**Koinonia Senior Care**  
**13303 W. Maple, Suite 139, PMB #128**  
**Wichita, KS 67235**

Nonprofit Org  
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Permit No 574

**Our Christmas Tour Nativity  
has moved to its new home at  
Riverlawn Christian Church  
4243 N. Meridian**

**Stop by!**

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

[www.facebook.com/kscare](https://www.facebook.com/kscare)  
[OldFashionedChristmasTour/Wichita](https://www.facebook.com/OldFashionedChristmasTour/Wichita)

***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  
Assistance  
Respite  
Errands & transportation**

**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 com-  
munity of churches,  
neighbors and  
businesses who  
bring moments of  
joy, honor, help and  
hope to widows, the  
aging and their care-  
givers through per-  
sonally providing  
**CARE** for those God  
puts in their path.

#### **Board of Directors**

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