

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.kscore.org
316-209-9028



Koinonia Senior Care Newsletter

November 2019

National Family Caregivers Month

Family caregivers want their loved ones to have the best care possible at home, hospital, therapy and other appointments. The Caregiver Action Network encourages family caregivers to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones. The more you know, the more confident you will be in caregiving. Here's how to #BeCareCurious about your loved one's care:

Your Loved One's Goals—You know your loved one better, and spend more time with them, than anyone else does. Talk to them about what their goals are for treatment and their care in general. It can be hard to talk about goals when facing a disease. But these talks help make sure your loved ones are getting the care they want.

Treatment Options Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Whether it's a different dose, a new medication, or a new procedure, speak up and ask your doctor if there are options you and your loved one should consider.

Research The internet is a great research tool, but it can also be full of conflicting, and even dangerous, advice – so don't stop there! Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one's condition.

The Care Plan If your loved one is in the hospital, be sure to ask what happens next. Will they need home care after being discharged? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home and you need to be prepared to provide that care.

Coverage Don't be shy about asking questions about insurance coverage. Is your parents' Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do to change their minds?

Look them up online for more information and articles: <https://caregiveraction.org/national-family-caregivers-month-theme>



NOVEMBER

6 KSC Training

11 Veterans Day

14 Dementia Conference

20 KSC Blessing Gift Make

23 Vendor Day @ Oxford
Grand 9:30-11:00

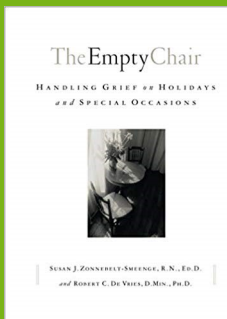
28 Thanksgiving

Thursdays @ 3:00 Bible study
at Oxford Grand (7th & 14th)

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**LOVE on a CAREGIVER**

- ⇒ Clean their home
- ⇒ Take a meal, weekly!
- ⇒ Restaurant Gift Cards
- ⇒ Sit with their loved one
- ⇒ Handy man chores
- ⇒ KSC CARE Gift Cert.
- ⇒ Send card/text weekly
- ⇒ ASK what you can do!

## A WIDOW'S MINISTRY



Holidays and other special occasions can intensify the pain of losing a loved one as the bereaved face the reality of a loved one's absence.

Susan Zonnebelt-Smeenge and Robert C. De Vries both lost a spouse, yet as they faced their pain and gleaned insights from their professions--Susan is a psychologist, Robert, a minister--they found renewed richness on special days that

once brought them each heartache.

In *The Empty Chair*, the authors share a comforting blend of emotional support, spiritual guidance, and personal experience to help readers honor their loved one on important days. Those who support the bereaved--mental-health professionals, pastors, funeral home staff, and others--will also appreciate this book for its reflective yet practical approach.

*KSC has this book in its Lending Library for you to check out!*

## Caregiver's Corner

**8th Annual Conference on Dementia THURSDAY, Nov. 14th**

8:00-4:30 Family caregivers (\$55) Professional caregivers.(\$100)

**Kansas Star Event Center—[Register Here](#)**

**Keynotes: Keith Fargo, Amy Drassen Ham, Susan Peters**

### **Breakout 1:**

- 101: Effective Communication Strategies
- 102: Introduction to Frontotemporal Degeneration (FTD)
- 103: Kansas Alzheimer's State Plan – A Needs Assessment for Kansas
- 104: Fireside Chat – High Risk Populations

### **Breakout 2:**

- 201: Planning for the Journey not Planned For
- 202: Reducing Personal Risk Factors in Rural Communities
- 203: Reaching and Engaging Diverse Communities
- 204: Fireside Chat – Culturally-Informed and Culturally Responsive Care

### **Breakout 3:**

- 301: Understanding Alzheimer's and Dementia
- 302: Caregiver Panel: The Differing Needs of Diverse Populations
- 303: How Palliative Care Eases the Burden of Dementia
- 304: Fireside Chat –An Examination of Early-Onset Alzheimer's Disease



**Opportunities**

**4 U (for you!)**

**BLESSING GIFT  
Make-&-Take**

**Wed. Nov. 20**

Tyler Road Baptist Church

571 S. Tyler Road

**November TRAINING  
for senior visits**

**Nov. 6, 1:00-3:00**

**NO ALZHEIMER'S  
Lunch & Learn**

**Due to Dementia  
Conference**

*Thank you*

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

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

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

# THE BIG *GIVE* THIS CHRISTMAS!



Mint Bliss Energizing Lotion for Feet and Legs w/fuzzy socks  
Buy 1 & we *GIFT* one! (\$11)

Satin Hands Set  
Buy 1 & we *GIFT* 1 Mint Bliss w/fuzzy socks  
and 1 Satin Hands w/Manicure Set (\$36)



Satin Hands w/Manicure Set  
Buy 1 & we *GIFT* one! (\$12)

**Gift-wrapped and personally delivered to a local long-term-care community with treats and caroling! You are welcome to carol with us!**

**Call Christine about this Mary Kay *Buy 1 GIVE 1* Special —316-209-9028**

## Christmas

**OPEN HOUSE @ *Koinonia Senior Care***

**Friday, November 15th 1-5pm**

**Saturday, November 16th 1-5pm**

**13676 W. Highland Springs Ct.**

*Shopping!*

*Koinonia!*

*Refreshments!*

Visit with Christine and some of the staff

Enjoy refreshments

Tour the KSC Ministry Center

Find great gifts for the seniors & others on your Christmas list

\* All donations go to support the ministry of Koinonia Senior Care

# #GIVING TUESDAY

#GivingTuesday is a global day of giving , whether it's some of your time, a donation, or the power of your voice in your local community.

Celebrated on December 3, 2019, the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

Ways you can *GIVE* this Christmas season to the ministry of *Koinonia Senior Care* include:

- ⇒ [Visiting](#) and/or [caroling](#) to homebound seniors in your neighborhood, church, or KSC folk
- ⇒ Financially contribute to the ministry of KSC thru check, [online](#), CC, [RMD](#), [Living Trust](#), [Dillons](#) or [smile.Amazon sign-up](#), or purchase items in our [KSC Store](#)
- ⇒ **SHARE** about the ministry of [KSC](#) at your church, your workplace, and follow us on [Facebook](#) and Twitter

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## Medicare Enrollment thru December 7th

The annual Medicare Open Enrollment period ends December 7th.

During the annual enrollment period, you can review and make changes to various aspects of your coverage.

Make an appointment today for unbiased assistance from a SHICK counselor at (316) 660-0100

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## VETERAN'S DAY TRIVIA

1. How many presidents have been veterans? \_\_\_\_\_
2. Veteran's Day was originally known as \_\_\_\_\_
3. What flower is the symbol of Veteran's Day? \_\_\_\_\_
4. The motto of the Dept. of Veteran's Affairs is "To care for him who shall have \_\_\_\_\_"
5. Who wrote the words to #4? \_\_\_\_\_
6. How many war veteran's are there in the U.S.? \_\_\_\_\_
7. What patriotic song debuted on an Armistice Day broadcast in 1938? \_\_\_\_\_
8. What percent of veterans voted in the 2008 Presidential election? \_\_\_\_\_



Answers: 1. 31, 2. Armistice Day, 3. Poppy, 4. borne the battle, 5. Abraham Lincoln, 6. 22 million, 7. God Bless America, 8. 71%



## November Touch Someone Challenge

Take a senior out to the pumpkin patch with your family so they can enjoy the delight of kids enjoying this Fall season. Be sure and take a blanket or coat to keep them warm! A piece of pumpkin crunch may be good, too!



### FALL REFLECTIONS

When I reflect on this season and how it stimulates my senses in glorious awe, I can't help but smile with anticipation of those memories revisited, or better yet, live them out again!

I awaken to the crispness of the morning air and sipping some hot ginger-peach tea while curled up reading God's love letter!

Then there's listening to the rustling leaves and watching the neighborhood kids rake them into piles for mounds of laughter and fun!

Next there are the hayrides, pumpkin patches, hot cider, caramel apples, and bon fires that bring people together.



Finally there's a pause to breathe in a hand-painted sunset and an assurance of God's presence and peace at the end of the day.

May your days be filled with the simple joys and the peace of God this Autumn season!

*For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to search and a time to give up; a time to keep and a time to throw away; a time to tear and a time to mend; a time to be silent and a time to speak; a time to love and a time to hate; a time for war and a time for peace. Ecclesiastes 3:1-8*



**Koinonia Senior Care**  
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**Wichita, KS 67235**

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**If you want to make  
your mother happy, sit  
next to her in church!**

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

[www.facebook.com/kscare](http://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 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**

Rhonda Turner  
Dr. Carlene Klassen  
Chris Dennis  
Lyle Jones

#### **Officers**

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Dawn Roberts