

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

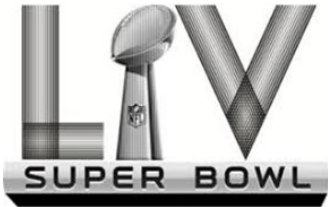


www.kscore.org

316-209-9028

Koinonia Senior Care Newsletter

February 2020



Super Bowl Sunday Souper Bowl Sundae Super Bowl SONday

I am VERY excited that our Kansas City Chiefs are playing in Super Bowl LIV this Sunday! The Hard Rock Stadium in Miami, Florida will be packed to capacity as the AFC champions take on the NFC champions. Die-hard fans will pay on average \$4,000—\$5,000 for tickets and over \$10,000 on the secondary market to squeeze into those “regulation-size” seats where your knees are in the back of the person in front of you. But we don’t mind because we are with our fan family and closeness is part of the experience! There will also be a sea of red as the Chiefs and 49er fans proudly wear their colors. With the anticipated Chief crowd noise, decibels will likely reach louder than that of an air-craft carrier deck or a rock concert.

Armchair fans back home will be watching the game with beverages, soups and sundaes, making the day a fun event with family and friends in gatherings around the Midwest.



The Super Bowl makes me wonder about the church and how excited we get to go “the stadium” each week, FREE of charge, gathering with our Jesus fan family in a climate-controlled setting with cushioned seats and plenty of leg room! Do we wear our team shirt with pride throughout the week, inviting our friends to the tailgate party and to the game each SONday? Do we wear RED for the blood shed by MVP Jesus on our behalf so we can experience the super bowl of life in heaven? (John 3:16) Is the crowd noise of hearts worshipping breaking new decibel levels of glory in heaven? Do we feed our spirit in our favorite armchair or in small group gatherings? Just some food for thought.

GO CHIEFS!

GO JESUS!



FEBRUARY

4 GriefShare Support Group, Pathway Church
10am on 4, 11, 18, 25

5 KSC Training

26 KSC Blessing Gift Make Kansas Birthday

Thursdays @ 3:00 Bible study at Oxford Grand

Mondays @ 10 Bible study Colwich Gardens

Other Days to Remember

2 Super Bowl Sunday & Groundhog Day

3 Norman Rockwell BD

7 Winter Jam @ Intrust 7 pm, \$15

14 Valentine's Day

17 President's Day & Random Act of Kindness Day

26 Ash Wednesday

29 Leap Day

Black History Month

American Heart Month

Widows & Widowers

At widowschristianplace.com, Apryl and Carol shared some great ideas leading up to Valentine's Day.



Apryl: Last year I emailed my adult children a love letter every day from Feb. 1-14. They each got an individualized, brief love letter sharing a sweet remembrance, a funny story about their past, some special gift they exhibit, or a prayer for their day. This blessed me as much as they were blessed. I called it valentine advent.

Carol H.: I decided that I would start sending a Valentine's Day card to people who rarely or never get them-- especially for the several never-married gals I know. As for me, I treated myself to a massage and pedicure. I will probably make that a regular Valentine gift to myself from now on.

Caregiver's Corner



LOVE DOES



Valentine's Day is a great time to show yourself some love:

1. Stretch— take a few moments to stretch and notice tense muscles soften.
2. Breathe— take long slow breaths to give yourself a little more relaxation.
3. Treat yourself to a hot beverage. Savor the aroma of your tea, coffee, or hot cocoa. Feel the warmth of the mug in your hands. Enjoy a few minutes to yourself or include your loved one in this “tea party” as a small Valentine's Day celebration.
4. Take a break from electronics— that can create a fatigue we often don't realize. Work on a jigsaw puzzle, read a print book, sketch or doodle. . .
5. Appreciate you and all you do— Don't think about your never ending “To do” list. Think about two or three things that you have accomplished today and give yourself a pat on the back.
6. Listen to music— Listening to something upbeat may boost your spirits on a wintry day or listening to something soft may soothe and relax you.
7. Laugh— A good laugh can warm the hearts of everyone. Share a joke, listen to a recording by a favorite comedian or bring to mind a fun memory that ignites your laughter.
8. Share something special with your loved one— reminisce by looking through a photo album together or ask your loved one to share a special Valentine's memory or tradition that was important to them in previous years.

<https://springwell.com/blog/8-tips-for-caregivers-on-valentines-day/>



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. Feb. 26

February TRAINING

for senior visits

Feb. 5, 1:00-3:00

ALZHEIMER'S Lunch & Learn

12-1 (RSVP lunch)

February 4, 2020

10 Warning Signs of
Alzheimer's

Alzheimer's Assoc. Office
1820 E. Douglas, Wichita, KS
316-267-7312

Thank you

Ways to \$ donate \$ to
Koinonia Senior Care

⇒ [Online Website](#)

⇒ Estate Planning

⇒ Dillons/Amazon

⇒ Memorials

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

Do You Need a Speaker for Your Group?

10 Gifts from Grandma

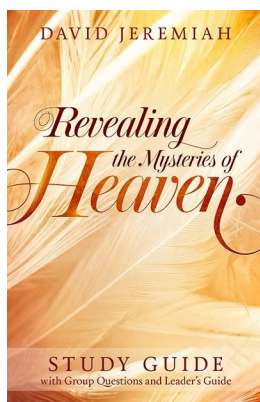
10 Ways to More Deeply Serve Homebound Seniors

10 Warning Signs of Alzheimer's

Understanding Alzheimer's Disease and Dementia

Christine

Heaven: People Want to Know



Koinonia Senior Care leads a Bible study each week at a local assisted living community. Currently we are studying about Heaven and what God's Word says about it. Attendance has been larger than usual and near capacity most weeks. As we age and attend more funerals of loved ones, we tend to ponder the question of what heaven will be like for the Christian. The Bible has more to say about heaven than one might think. This study by Dr. David Jeremiah reveals the mysteries of heaven. Great for personal or small group study. It will be in KSC's *Lending Library* after we finish the study. DVD's included.

ADDITIONAL OFFERINGS AT THE ALZHEIMER'S ASSOCIATION

February 12 Living with Alzheimer's for Early-Stage Care Partners 9:00—Noon

February 20 Advocacy Day in Topeka 9:00—4:00 Contact jjgideon@alz.org for more info.

GriefShare Support Group



**Tuesdays @ 10:00 am at Pathway Church
2001 N. Maize Rd
Questions? Call 316-209-9028**

Ways to observe [American Heart Month](#)

1. Get moving! Even if it's around the house!
2. Feed your body nutrient-rich foods to survive and thrive



FOOTBALL & BART STARR

Since 1988, Athletes in Action, formerly with Campus Crusade for Christ, has hosted an NFL-sanctioned [Super Bowl Breakfast](#) on Saturday morning of Super Bowl weekend. The breakfast is where the Bart Starr Award is given to honor a veteran NFL player who best exemplifies outstanding character and leadership in the home, on the field and in the community. Nominees are gathered from the Public Relations Directors of each NFL team, past recipients of the award, Athletes in Action Pro Staff working with the NFL teams and Bart Starr. The winner is selected from those nominees by an NFL player vote.

The award is named after Bart Starr who, in addition to being in the NFL Hall of Fame, was selected as MVP in Super Bowls I and II. He is a man of impeccable character who has served his family and community faithfully through the years and is a role model for athletes and business people alike. Bart Starr has personally presented the annual Award to the winner



Bart Starr [passed away](#) May 26, 2019 at the age of 85. [Athletes in Action](#) wrote, *Bart always took a personal interest in the men who won the Award in his name. He embraced them and the causes they were championing. He spoke with them about their personal faith, and wanted to know how they were integrating their faith into every aspect of life... We grieve, though, knowing that above his personal integrity and legacy, Bart's personal faith in God is the most important thing to remember.*

Who is the 2020 recipient of the Bart Starr award? _____

What team does he play for? _____

What brother of his also won the award ? _____ What year? _____

What is his dad's name, who was an NFL quarterback? _____

Who did Bart Starr play for? _____ Under coach _____

NOTE In Bart's retirement years, he went on to impact and influence others: Something for us all to aspire to!

Take a Timeout: *Pray for this year's recipient, his family, and previous award winners who know that with great influence comes great responsibility and even greater temptations that can hinder their impact. Pray also for the people who come to the breakfast, that they would be moved to surrender their lives to Jesus. Pray for the Starr family as they experience this first NFL Award Breakfast without their loved one.*

February Touch Someone Challenge

Celebrate Norman Rockwell's birthday this month with a book on him from the library, filled with his paintings and life story. You can also look online at the [Norman Rockwell Museum](http://www.normanrockwellmuseum.org)



Chiefs Quarterback Mahomes' Success and his Faith

Success at such a young age. How does one handle the temptations that come with it? How does one's faith play into the mixed blessing of success? NFL Kansas City Chiefs quarterback Patrick Mahomes is finding out. In an interview with themix.net, Patrick's mother credits Christianity with keeping her son humble. She encourages him to pray and to thank God for his blessings and abilities. And when Mahomes was awarded last season's NFL MVP award, his acceptance speech included evidence of gratitude: "First, I just want to thank God because without Him none of this would even be here." And in a Feb. 2, 2019 tweet, he said, "Man this is crazy! God is amazing!..."

Take a Timeout: *Pray for Mahomes and the temptations that come his way—that he can stay strong in his faith, humble in his heart, and true to his God. Pray for godly mentors and that he continues to use his success as a platform for God.*

See how much you know about Patrick Mahomes:

What sport did his father play professionally? _____

Mahomes keeps being labeled as "the next _____."

Mahomes is said to be humble like former football player _____.

Mahomes is now _____ years old.

What other sports did Patrick play in high school? _____

What is the name of Mahomes' foundation dedicated to improving the lives of children? _____

What collection does he have in his home that totals 180 of them? _____

Answers: baseball, Brett Favre, Tim Tebow, 24, baseball and basketball, 15 and the Mahomies, shoes



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The best use of a life is love, the
best expression of love is time,
and the best time to love is now.

Barbara Smith

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
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.

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