

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

June 2020



Does God ever "speak" to you in the shower? Well, it happens to me often. It's almost like it's holy ground when I step in to that shower! I never know what God is going to "say" to me. Well, today it happened again and I wanted to

share it with you. The message was from some words a pastor I listened to online last Sunday said:

## **Are we experiencing SOCIAL DISTANCING with COVID-19 because we have been SPIRITUAL DISTANCING from God?**

My shower-time brought those words back to me. I thought about, as a parent, how much 'social distancing' from my kids hurts and how thrilled and delighted I am when one of my children call, text, or spend time with me just because they enjoy hanging out with me! **Can you relate?** There's nothing better than hearing our kid's voice, helping them through a situation, sharing a meal together or just being with them!

God reminded me that, as my heavenly Father, the one who "birthed" me for a relationship with Him, that spiritual distancing hurts and how thrilled and delighted He is when I hang out with Him or reach out to Him throughout my day. The blessings of doing so are ones of peace, perspective, and perseverance for the journey.



JUNE

3 KSC Training—Online

24 KSC Blessing Gift Make & Take

Grief Share Support Group,  
Pathway— Starts in August

Thursdays @ 3:00 Bible study at  
Oxford Grand when reopened

### **Other Days to Remember**

6 D-Day WWII

8 Best Friends Day

14 Flag Day & Army BD

20 First Day of Summer

21 Father's Day

### **Event Speaker**



Christine 316-209-9028  
Executive Director

## Widows & Widowers Quotes

If I only ever look in the rearview mirror, I'm not going to be able to move forward.

Stay in the day. Focus on what God has brought to you today.

Peace and pain can co-exist.

<sup>33</sup> *These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation but take courage; I have overcome the world.* John 16:22

*Grief Share* is offering a summer support series. Contact Christine for more information and to get started.

A new 13-week *Grief Share* class will begin in August.

## Caregiver's Corner

*God wants us to find joy in this life and one of the best ways to do this is with healthy laughter.*

Proverbs 17:22 wisely states, *"A cheerful heart is good medicine, but a crushed spirit dries up the bones."*

John 10:10 tells us, *The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.*

**Don't let the devil steal your joy!**

I think God, the creator of our bodies, knew that laughter would have physical benefits for those who discovered it. Laughter is found to release hormones in the body that strengthen immune systems, boosts mood, diminish pain, and protect from the damaging effects of stress. Humor lightens burdens, inspires hope, connects us to others, and keeps us grounded, focused, and alert. The best part about this medicine is that it is FREE! CLICK HERE for more on the benefits of laughter. <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>

For smiles & laughs, go to KSC's "Humor Me" toolbox on our [website!](#)



## Opportunities

**4 U held at**

Tyler Road Baptist Church

571 S. Tyler Road

**BLESSING GIFT**

**Make-&-Take**

**Wed. June 24**

**June TRAINING**

**Online June 3**

**The Alzheimer's Association offers many informational resources online at [www.alz.org](http://www.alz.org). Click on "Alzheimers & Dementia" and choose your topic.**

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 making a difference.*

## COVID-19, KSC, and the CDC



“Hello” from our KSC caregivers, who continue to address the social, spiritual, and significance needs of our homebound seniors through cards, calls, texts, prayers, and porch deliveries. We look forward to opening for limited home visits soon! Hugs still have to wait, though...

The following was updated May 14, 2020 from [cdc.gov](https://www.cdc.gov)

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with [underlying medical conditions, particularly if not well controlled](#), including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised. Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

### Reduce your risk of getting sick with COVID-19

- **Continue your medications** and do not change your treatment plan without talking to your doctor.
- **Have at least a 2-week supply** of prescription and non-prescription medications. Talk to your healthcare provider, insurer, and pharmacist about getting an extra supply (i.e., more than two weeks) of prescription medications, if possible, to reduce trips to the pharmacy.
- **Talk to your healthcare provider about whether your vaccinations are up-to-date.** People older than 65 years, and those with many underlying conditions, such as those who are immunocompromised or with significant liver disease, are recommended to receive vaccinations against influenza and pneumococcal disease.
- **Do not delay getting emergency care for your underlying condition** because of COVID-19. Emergency departments have contingency infection prevention plans to protect you from getting COVID-19 if you need care for your underlying condition.
- **Call your healthcare provider if you have any concerns** about your underlying medical conditions or if you get sick and think that you may have COVID-19. If you need emergency help, call 911.

# HAPPY FATHER'S DAY!

I can talk about the generosity, patience, and love of my dad and my father-in-law, but this Father's Day, I am choosing to honor them by celebrating the *source* of their generosity, patience, and love, which is their Heavenly Father. When I think of Scriptures and characteristics that represent them both, I think of:

John 10:10 *The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.*

**Protector, Creator, and Spoiler:** Maker and defender of life and a generous life of joy.

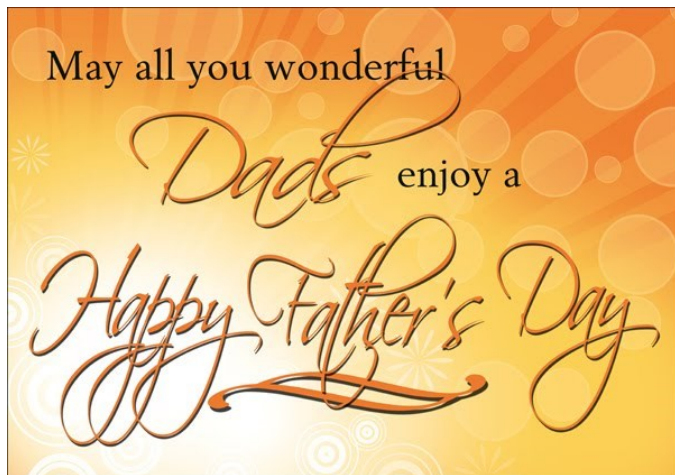
Hebrews 12:6 *The Lord disciplines those he loves, and he punishes everyone he accepts as a son.*

**Disciplines, Loves, and Accepts:** Patient correction done in love fosters security, character, and affirmation.

Proverbs 22:1 *A good name is more desirable than great riches; to be esteemed is better than silver or gold.*

**Character, Work ethic, and Highly Regarded:** Reputation and values over riches

*Dad, thank you for the fine example of my heavenly Father you have been to me! I love you! - Christine*



## Dads over age 75...

**Lived lives governed by the 10 Commandments, good judgement, common sense and a spankin.'**

**Lived when police were respected, flags were saluted, and Bible were read in schools.**

**Lived before the credit card, dishwashers, cell phones, diapers, and Tupperware.**

**Lived before Pizza Hut, KFC and the Big Mac**

**Had not heard of Play-Doh, Hot Wheels, Hula Hoop, Barbie, and Buzz Light-Year**

**Listened to the Big Bands, Jack Benny, Bing Crosby and the President's speeches on radio**

**Knew that 'grass' was mowed, 'coke' was a cold drink, 'pot' was something your mother cooked in, and 'rock music' was your grandmother's lullaby.**

**Were taught to know the difference between right and wrong and to stand up and take responsibility for their actions.**



## June's Touch Someone Challenge

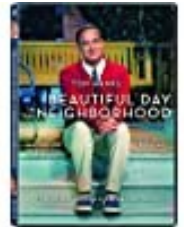
**Loneliness** is high during this Coronavirus pandemic. Inundate the mailboxes of homebound seniors with cards and letters again this month. Set your alarm at a certain time each day to call them, too! Look at the crazy “[National Day Calendar](#)” and share with them what is being celebrated on that particular day.



### Neighbor to Neighbor

What is a neighbor? Mr. Rogers knew! If you look closely, you'll find the beauty in every neighborhood—and the beauty in each of us. And if we try, we can make our neighborhoods a little more beautiful, just by being us—the us we are and the us we want to be.

A great movie to check out of KSC's *Lending Library* is “*A Beautiful Day in the Neighborhood*” and/or “*Won't You Be My Neighbor?*” **After seeing these, your family may be inspired to reach out to make your *own* neighborhood a better place.**



*Focus on the Family* recently had a broadcast titled, [CARING FOR YOUR NEIGHBORS DURING CORONAVIRUS](#). They also have a [free downloadable toolkit](#) available with great ideas to implement in your neighborhood!

### MISTER ROGERS NEIGHBORHOOD TRIVIA

What year did Mister Rogers' Neighborhood premier? \_\_\_\_\_

How many seasons did Mister Rogers' Neighborhood run? \_\_\_\_\_

Fred Rogers was an ordained preacher in what denomination? \_\_\_\_\_

Who knit Mister Rogers' iconic sweaters? \_\_\_\_\_

How many honorary degrees did Fred Rogers receive? \_\_\_\_\_

How many songs did Fred Rogers write and compose over the years? \_\_\_\_\_

How old was Fred Rogers when he retired? \_\_\_\_\_

What kind of illness did Fred Rogers have around retirement? \_\_\_\_\_

At the end of every show, Mister Rogers would say, “*You’ve made this day a special day, by just your being you. There’s no person in the whole world like you; and I like you just the way you are.*”

Answers: 1. 1968, 2. 31, 3. Presbyterian, 4. his mother, 5. more than 40, 6. over 200, 7. 72, 8. stomach cancer, 9. 143 because “I love you” has 1 letter in the first word, 4 letters in the 2nd word and 3 letters in the 3rd word. It was also how much he weighed!



**Koinonia Senior Care**  
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**ABILITY** is what you are capable of doing  
**MOTIVATION** determines what you do  
**ATTITUDE** determines how well you do it  
- Lou Holtz

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

 [www.facebook.com/kscare](https://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 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.

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