

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

July 2020



Independence Day has a way of reminding me of my *dependence* on God, just like it did for many

who fought for the freedoms we have in this country. The title itself helps me reset my focus with *dependence* on God.

But what does it look like to be *dependent* on God in an *independent* world? I like how photographer [Jessica Sheppard](#) put it, "As teens, we want independence. As women, we want independence. (I would add as seniors we want to keep our independence!) As a nation, we want independence. But if you ask me, I'd rather not do it all on my own. There is freedom in submission. I can't move any mountains for myself. I'm not strong enough, I'm not smart enough, I'm not brave enough...but with God? I believe He can help me do anything, so I go to Him for everything."

4 CHALLENGES:

1. This Independence Day find true freedom and victory in Jesus in the hope, joy, and peace God gives through the power of His Spirit when we depend and trust in Him.

2. **Memorize Romans 15:13** May the God of _____ fill you with all _____ and _____ as you _____ in Him, so that you may _____ with _____ by the **POWER** of the _____.

3. **Who said:** "It is the duty of ALL nations to acknowledge the providence of Almighty God, to obey His Will, to be grateful for His benefits, and humbly to implore His protection and favor."

4. How many of the 56 men who signed the *Declaration of Independence* held seminary or Bible school degrees? _____



JULY

1 KSC Training

4 Independence Day

29 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

11 Cheer up the Lonely Day

12 Simplicity Day

19 Ice Cream Day

Event Speaker



Christine 316-209-9028
Executive Director

Widows & Widowers

Sometimes my grief blindsides me and this is even after two years.

Grief Share is offering a Summer Support series with topics including

- COVID-19 & Grief
- Anxiety & Grief
- Dealing with Loneliness
- Establishing a New Normal After Grief

A new 13-week *Grief Share* class will begin in August if there is enough interest.

Contact Christine for more information and to get started. 316-209-9028

Answers from page 1: hope, joy, peace, trust, overflow, hope, Holy Spirit, George Washington, 29.

Caregiver's Corner

Emily's COVID Caregiving story:

After 3½ years of caring for Mom in her home, a health crisis in February took her on a journey that culminated with placement in a senior community at the end of March.



Thankfully, Mom never had Covid-19 but we've battled it in other ways. Locked doors, separation from family members, physical isolation, and social distancing within suddenly became part of our new normal.

Leaving Mom at a locked facility was so hard. She didn't understand, but the Lord prompted me to write a simple letter explaining why I couldn't come. On the back I outlined the health journey that took her there. Printed on yellow/laminated paper they put it in her room so she could read it as often as needed. Soon she calmed down and the transition became smoother. God's wisdom led the way! (Cont. on page 3)



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

July TRAINING

July 1st

BLESSING GIFT

Make-&-Take

Wed. July 29

The Alzheimer's Association offers many informational resources online at 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.*

Emily's COVID Caregiving Story (*continued*)

The hardest has been entrusting Mom's care to others. We loved *KSC* but now she was simply the facility's "newest resident." And just as weighty, I was no longer in control of Mom's care. Yet with reflection, I realized I never was. God had been all along. Now I daily entrust her to Him in a new way—through the care of others.

Her 92nd birthday soon followed. I invited family, friends, and church members to participate in a card shower. A few church friends even came with signs and sang "happy birthday" at the facility's back door. I gave her a small photo album of family members (names labeled) and cupcakes to share with staff. Seeing her happy face at the window made my day as much as it did hers!



My siblings live out-of-state but we call frequently. Still, phone calls don't give the full picture. Taking a lawn chair I soon started going twice a week to see Mom. I sit outside the back glass exit door and she on the inside. Armed with phones we see and hear each other. We sing songs and laugh together. The time together helps me assess her true condition and helps me continue to be her advocate.

Recently she's been helping other residents in their adjustment. As restrictions begin to loosen, opportunities to visit with others have increased. She shines His light through kindness and example. His Spirit at work in her reminds my heart anew that nothing can ever separate us from His love.

3-Cheese Quiche in a Cup

For safety reasons, some of our seniors do not use the stove or oven, so here is a single-serve mug recipe for the microwave!

Ingredients:

1 egg
2 T. milk
1/2 piece French bread, no crust
2 t. cream cheese, softened
1 T. Cheddar cheese, shredded
1 T. Swiss cheese, shredded

Directions:

Beat egg and milk together with a fork in the mug.
Tear bread into dime-size pieces and stir into egg and milk.
Add all 3 cheeses and ham, stir to combine.
Microwave on high until done, about 1 minute, 20 seconds. (time may vary on different microwaves)
Add salt and pepper to taste.

KSC Estate Sale in the Garage & Lawn

At the end of June, *Koinonia Senior Care* held an outdoor estate sale from the estate of a family whose parents had both passed away and whom KSC had served with in-home care. The family goes through the estate and keeps everything they want and then donates the rest to KSC as a fundraiser for the ministry. KSC sets up the sale at their home and donates what doesn't sell. Here are some of our volunteers at work!



July 11



July 11th was the birthday of Francis Pesek of Detroit, Michigan, who created this day. His daughter reported that he was a quiet, kind, and wonderful man who had a heart of gold. He wanted to promote kindness toward others who were lonely or forgotten as shut-ins and those in nursing homes.

We all can feel lonely from time to time. The gifts of companionship, support, and prayer when we least expect it, can lighten our burdens a little. Below are a dozen practical

WAYS TO CHEER UP THE LONELY:

- Deliver a few spare magazines to an ailing friend.
- Watch a movie with them and share some freshly popped popcorn or watch funny YouTube videos.
- Read a book or devotional out loud to your friend.
- Set up a playlist with inspirational music.
- Offer to go for a walk with them.
- Mail a sweet or funny card.
- Bake one of their favorite foods.
- Call and visit on the phone.
- Email funny jokes every day to remind them to laugh.
- Play a board game or 20 questions.
- Go for a drive.
- Write down their story as they share.

July's Touch Someone Challenge



In celebration of National Ice Cream Month, take your senior out for some ice cream or bring some to them! Share the fact that it was Ronald Reagan, in 1984, who proclaimed July as National Ice Cream month and established the 3rd Sunday of July as National Ice Cream Day.



JULY 12th SIMPLICITY DAY

Have you ever noticed that day spa's do not have a bunch of clutter everywhere? That's because a spa is designed to be a calming, relaxing environment. Your brain feels most calm and most relaxed when there's no visual clutter. When our home is simplified, our stress decreases. We are more fun to be around. We have time to pursue a leisurely pace, an adventure, or a spontaneous whim of lunch with a friend.



As I visit in senior's homes, many have begun simplifying, but some are still just rearranging the piles. These piles become unnecessary burdens weighing us down and robbing us of time that could be better spent on relationships or serving others. Take this day to consider who you can bless with some of your prized possessions.: family members, a charity, a neighbor, or a total stranger needing what you have but are not using. Besides that, this way you can experience the joy in giving and others receiving while you're still alive!

"Clutter is nothing more than postponed decisions." - Barbara Hemphill

"Simplicity is about subtracting the obvious and adding the meaningful." - John Maeda

Tips to Simplifying Life

- Identify and write down the things, goals, and activities that are important to you.
- When it comes to things, identify the ones that are the most important to you and *gift* the rest. This creates space, openness, and a clean look. Use your good tableware and glasses, daily. *Gift* the rest. Limit magazines to a couple on the table. Magazine racks only hide what needs to be thrown out. Declutter wardrobe, one section at a time. Lay it all out on the bed. Pick up each piece. If it's not been worn in a year and you don't feel good wearing it, either *gift* it or throw away. The rest can be put back.
- When it comes to goals, add only the necessities when making a shopping trip, NOT what is too good of a deal to pass up. Consider the goal of working on one drawer, cabinet, closet, room at a time.
- When it comes to activities, consider the ones that are time wasters, energy zappers, and have no value. Replace them with activities that create strength in body, mind, and spirit. Exercise daily. Choose TV programming that exercises your brain. Read books and Scripture that exercise your faith.
- If you need help, consider one of *Koinonia Senior Care's* CareTeam specialists to come in help you started!



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NOTE: If you don't read this newsletter or pass it along to others, please let us know and we will take you off of our mailing list. 316-209-9028

I don't think growing old is
any harder than growing up.
- Ruth Graham Lotz

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 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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