

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

October 2020

Clergy Appreciation Month



Every year I like to pause and recognize those who serve our Lord through Christian ministry. I especially like to recognize those who are serving our senior population, so today I introduce you to my longtime friend, Cathy Tisher. We met in 1986 as she served in our church as youth/education minister. I remember the time she surrendered to the call to serve as a chaplain, first leading her to a hos-

pital and then with hospice before becoming a self-funded NAMB missionary in 2007.

Cathy's ministry, Called to Care, Inc., shares the love of Jesus with 600 residents and staff in three nursing homes and assisted living facilities around the Oklahoma City area. She makes daily room visits to encourage residents, leads Bible studies, prayer groups and singing, along with leading many memorial services in all three communities.

Cathy also heads up the homebound ministry at her home church, Southern Hills Baptist Church and is thankful for volunteers who help serve.

Cathy was featured in the [August 2020 Missions Mosaic magazine](#) distributed by the National WMU. The article shares many examples of how God is using her to touch hearts and lives for Him in these communities.

Please keep Cathy in your prayers as she, like us, are unable to visit those we serve in assisted and LTC communities due to COVID restrictions.

AN OPPORTUNITY for SOME of YOU

KSC is looking to purchase a used wheelchair accessible van to transport seniors to appointments. One van we are looking at has 139,000 miles for \$20,000. The other van has 32,000 miles for \$35,500. If you have been blessed financially and would like to contribute to this purchase, KSC would be humbly appreciative. KSC will move forward as God provides through His people. For more information, contact Christine at 316-209-9028.

Thank you, in advance, for your consideration!



October

7 KSC Training

11 Clergy Appreciation Day

28 KSC Blessing Gift Make & Take

31 Halloween

Grief Share Support Group, Pathway

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

"Aunt Babe" is our guest columnist, writing about her reflections on life. She is 97 years young and using her gifts to bless our readers. She is an inspiration to me because she lives in a land of silence since her hearing loss six years ago, yet she so wisely encourages others to "Keep a song in your heart." See her article on page 2.



Aunt Babe's Reflections

Breakfast is Ready (for 10 people)

During the school term it was necessary to arise at 4:30 am as the bus would arrive at 7:00. Lots to do!

One day in 5th grade, I walked into the schoolroom and my friend Mary called to me, saying, "I was telling the girls about your house, when I stayed over with you last week. I can't remember all we had, so please—please tell them all about it!" I said, "Well it was just a usual breakfast at our house." Mary insisted I tell it ALL. "Well first, I went to the well-house with Momma and I always took a large platter so she could put steaks on it. She would saw and cut off a frozen quarter of beef hanging from a wide beam. This was our type of refrigeration before electricity came to farms. When we came back inside, the large range was hot and all six burners were ready to cook breakfast. The steaks were place in a large cast-iron skillet. We were also having hash brown potatoes in another skillet and a large pan of gravy was soon bubbling. I was the "stirrer," so things wouldn't stick or boil over while Momma made a big baking pan of her golden biscuits and a pound of churned butter. Then we had cereal cooking; either oatmeal, malt-o-meal, or steamed wheat which was my favorite for the good taste and texture. We always had homemade jams and jars of jellies brought up from the cellar. We also had fresh seasonal fruit. There were two earthenware large pitchers full of fresh cold milk which my brothers made disappear quickly. That's all—except the secret ingredient in the biscuits—a heaping measure of LOVE.

Thought for the day: *Trust in the Lord with all your heart..* Proverbs 3:5

Caregiver's Corner

Resources for Caregivers

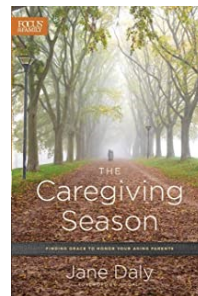
Dailycaring.com

This site offers practical and useful tips, advice, personal stories, and resources related to caregiving and aging.

The Caregiving Season

by Jane Daly

In her book, Jane shares personal caregiving stories, offering practical advice to help you honor your aging parents well and deepen your personal relationship with Christ along the journey.



The Alzheimer's Association's annual *Conference on Dementia* will be FREE and VIRTUAL, so you can watch it online from anywhere on **OCTOBER 29** from **9:00am-12:15pm**. Learn about clinical updates, caregiving strategies, and cutting-edge research. Register at alz.org/cwkansas or 800-272-3900 or [click here](#).



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

October TRAINING

October 7

BLESSING GIFT

Make-&-Take

Wed. Oct. 28

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!

**for the Memorial Gifts
given in honor of**

Tom Priddy

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



Enriching the lives of homebound seniors and their caregivers and inviting our community to join us

Koinonia Senior Care is a faith-based, non-profit ministry that celebrates the aged, encourages the caregiver, partners with churches, and involves the community in our efforts to live out our values, principles, and *CARE* services to seniors. The *why* of what we do is as important to us as *how* we do it.

We **value** the senior who wants to stay in their home as long as it is safe. We value the family caregiver who strives to honor their loved one's desires while maintaining their own well-being. We value the caregivers and staff working in senior living communities for those who can no longer live at home but need additional assistance. We value the role of the church in meeting the spiritual needs of their homebound congregation. We value the roles of business, education, and community as good Samaritans who teach and reach out to their elderly neighbors because it's the right thing to do. We value God, family, honesty, integrity, and humility.

Our **principles** are simple and Scriptural. We treat others as we want to be treated. We come alongside the family who are the primary caregivers. We partner with our community on ways we can more deeply serve our homebound. We apply the five love languages on each home visit and strive to go the 2nd mile. We are willing to provide spiritual encouragement and often pray with the families we serve. We *serve*, rather than work. We *build up*, rather than tear down. We *give*, rather than take. We *smile*. We *listen*. We *love* with our hearts.

Our staff do not come to work, but they come to serve. This fresh spirit of serving is maintained by limiting our private pay CARE services to 1-4 hours per day per family, allowing staff time to refresh and serve others.

Koinonia Senior Care offers the following CARE services:

Christian fellowship (*Koinonia*)

Talking, listening, sharing devotions, watching sermons together, singing, playing games, exercising, eating together, reminiscing, writing in the *Legacy Journal*, reading, helping to write letters and send cards

Assistance

- Preparing meals, monitoring refrigerator freshness, performing light housekeeping, helping with laundry, changing sheets, organizing closets and drawers, assisting with paperwork, making phone calls
- Assisting in getting ready for the day, reminding about medications and hydration
- Coordinating yard work and handyman services through your church

Respite

- Coordinating respite through your church by contacting individuals and scheduling times
- Providing private pay respite for 1-4 hours during the day or overnight so caregiver can fully rest

Errands and transportation—for those families for whom we already provide other in-home care services

- Providing friendly transportation (e.g. Bible studies, hair and medical appointments, bank)
- Purchasing groceries

We strive to encourage the sometimes forgotten seniors, family caregivers, community caregivers, and churches through encouraging words, cards, calls, emails, texts, *Blessing Gifts*, *Legacy Journal*, *Lending Library* and our monthly *KSC Connection* newsletter. Please contact us for more information at 316-209-9028.

Happy EYES



As I have the opportunity to serve our most vulnerable population with my mask on, I am learning to better pronounce my words, to talk louder, and to talk slower so my senior friends can hear me more clearly since they can no longer read my lips. (Oh, I've tried the clear masks, but they fog up and have not worked well for me.) I have also been intrigued by studying the expressions and feelings our eyes reveal, as has my friend, Nancy Pierce. The

other day Nancy was at the store and another lady looked like she was smiling, so Nancy said, "You look happy! Your eyes are smiling!" As Nancy pondered this even more, she looked up songs and verses about happiness and even came up with her own verses to a familiar song, "If You're Happy." Today I share her positivity.

If you're happy and you know it, smile your eyes (repeat)
If you're happy and you know it then your eyes will surely show it.
If you're happy and you know it, smile your eyes.

If they're gray, green, blue, or brown, smile your eyes (repeat)
If they're gray, green, blue, or brown, don't let them wear a frown.
If they're gray, green, blue, or brown, smile your eyes.

If you're happy and you know it, smile your eyes (repeat)
Though the mask can hide your grin, let your eyes show you're a friend.
If you're happy and you know it, say, "AMEN!"

Nancy, then reminded us that true happiness comes from being happy with WHO God is.

"Happy are the people whose God is the LORD." Psalm 144:15

"Happy is he who has the God of Jacob for his help." Psalm 146:5

"Blessed, happy is the man who finds wisdom..." Proverbs 3:13

"Whoever trusts in the Lord, happy is he." Proverbs 16:20

Nancy reminded us of another great song, [HAPPINESS IS THE LORD](#)

Happiness is to know the savior, living a life within His favor, Having a change in my behavior, Happiness is the Lord.

CHORUS: Real joy is mine—no matter if teardrops start. I've found the secret, it's Jesus in my heart!

Happiness is a new creation, Jesus and me in close relation. Having a part in His salvation, Happiness is the Lord.

Happiness is to be forgiven. Living a life that's worth the living. Taking a trip that leads to Heaven. Happiness is the Lord.

October's Touch Someone Challenge

What a great time of year to get outside with your senior friends for a stroll, a trip to a pumpkin patch, or even a piece of pumpkin pie shared together! Make that call TODAY to visit someone on your mind. You'll be glad you did!

Newsletter Trivia

1. Where do you think "Aunt Babe" got her nickname? _____
2. What is a well-house and what did Aunt Babe's family use it for? _____
3. In what city does Cathy serve in assisted living and nursing homes? _____
4. Who is NAMB, the entity Cathy is commissioned as a chaplain under? _____
5. Finish the song phrase: [Gray skies are gon'na clear up](#), _____
6. How many times was the word "strength" used in the devotional and prayer? _____
7. Finish Christine's quote: "When all is said and done, I'm serving an audience of _____."

1. Her older brothers nicknamed her "Babe" because she was the baby of the family. 2. A well house was a covered structure built around the top of a well which Aunt Babe's mother used for refrigeration before electricity. 3. Oklahoma City. 4. North American Mission Board 5. Put on a happy face 6. seven 7. one

GOD'S WORDS OF ENCOURAGEMENT

Taken from the devotional Jan Yost put together for the assisted living residents

Isaiah tells us in Isaiah 40:27 that the people were feeling down. They felt like God was not seeing what was happening to them and that He was ignoring their situation. Have you ever felt like that? I can tell you, I have. It was a very dark time and I sometimes wondered, "Lord, where are You?" But God got us through it! Well, Israel was feeling forgotten. But Isaiah encouraged them in 40:28-31 with these words,

"Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary, His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary and the young men shall utterly fall, but those who wait upon the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

We can get weary of the journey through this life, can't we? Our God, our Creator, is everlasting and He NEVER gets weary! Here's the wonderful part; He will pass that strength on to us as we press in to Him. We can rely on His strength. Just like that eagle who rises above it all and glides on the great winds, we can rise above our fears, our trials, and our circumstances as we allow Him to infuse us with His limitless strength!

Dear Lord, infuse each one of us with Your mighty strength today. Help us to face whatever tomorrow brings without fear because our trust is in You and Your wisdom, power and strength. AMEN



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

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When all is said and done,
I'm serving an audience of
ONE

- Christine

More inspiration @ www.kscare.org

 www.facebook.com/kscare

Be POSITIVE and test NEGATIVE!

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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