

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.kscare.org

316-209-9028



Koinonia Senior Care Newsletter

January 2021

Word of the Year

I always like to start the New Year off with a new word to guide my thoughts and focus. My word in 2020 was JOY. The year was full of opportunities. I found JOY in knowing God was in control and I wasn't. All I needed to do was keep the [eyes of my heart](#) focused on Him for direction, peace, and joy!

My word for 2021 is PRESENCE—spending more time in God's presence. He says, "Be still and know that I am God." (Psalm 46:10) This busy girl *needs* to sit more at the feet of the One she serves, taking in His presence and worshiping Him in her heart and through His Word. Keeping [the eyes of my heart](#) focused on God will bring peace, direction, and inner joy!

Psalm 16:11 *"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."*

The Max Lucado quote on the outside of this mailer could be the 2021 Diet of the New Year! We don't know what challenges and changes (I call them opportunities) the new year will bring, but if we live on a "Feed your Faith" diet instead of a "Feed your Fears" diet, I know our hearts will be renewed, strengthened, and confident that God's presence will bring us hope, joy, peace, and eternal pleasures through Jesus Christ.

Isaiah 54:10 — *"For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed,' says the Lord, who has compassion on you."*

Whatever new word, attitude, or discipline you aspire to in 2021, remember Hebrews 12:11 *No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness for those who have been trained by it.*

Happy New Year

Christine

Romans 15:13



January

6 KSC Training ONLINE

11 Griefshare ONLINE
9:30 am & 7:00 pm
RSVP 13 wk

12 Book Chat ONLINE 6
wk. "Never Alone" 2:00

27 KSC Blessing Gift Make
& Take

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

Magic Carpet

When I get my magic carpet I can visit you far or near.
Then I'll carry off all your worries and pick up all your fears.
I'll mosey by and take to fly the illness and the cares.
Then seeds of doubt cannot prevail, indeed, they wouldn't dare.
I hope the carpet is mammoth. I'll stack your burdens high.
And fly them off to the "land of waste"- No return fare, can they buy.

From Aunt Babe's book, "Spice of Life" written in 1970.

Thought for the day:

*Give all your worries and cares to God, for He cares about you.
1 Peter 5:7*

Caregiver's Corner

Caregiver Resources

[Caregiver Forum](https://www.agingcare.com/caregiver-forum)—read Q&A from other caregivers @ <https://www.agingcare.com/caregiver-forum>

[Stand Up for Caregivers](#) encourages caregivers with tips to take care of your own health and support resources for caregiving.

And, of course, our own website at Koinonia Senior Care has a [TOOLBOX page](#) with resources on many topics that caregivers address along their caregiving journey.

CONSIDER THIS: As we age, it becomes more difficult for us to travel. Anxiety creeps in and "what-ifs" begin. Generally the food is delicious, but different, and our bowels don't cooperate. Rest can be affected. Confusion, noise, and not fully hearing conversations bring on frustration. Consider visiting at their home or going for a short drive to see the sights. Steer clear of too much activity in to their trusted routine and respect their need for rest.



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

January TRAINING

January 6 ONLINE

BLESSING GIFT

Make-&-Take TBD

Wed. Jan.27

1:00 pm

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 donations given in memory of:

Phyllis Hasty

Merna Siemens

Marilyn Cook

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



January 18 we remember Martin Luther King, Jr. and his famous “I have a dream” speech.

Question: Do you remember where you were when you heard the “I have a dream” speech?

Activity: I want to hear what your dreams are. It could be dreams for your self, your children, your

grandchildren, your church, your city/state/country. Write them here and mail it to me, email me, or text me your dream(s). _____


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### January 24 is Global Belly Laugh Day

We all need a good laugh now and then and even God’s Word says laughter is good medicine! Just laughing improves quality of life by making us feel better, at the very least. Some report more energy, better attitudes, and a more positive outlook Do your own experiment and see if laughter is good medicine for you! Below is some humor I read from Carol Wirth in the November issue of the Wichita Association of Retired School Personnel (WARSP). Enjoy some laughter therapy at 1:24 p.m. Get it?!

There’s nothing scarier than that split second when you lose your balance in the shower and you think “They are going to find me naked!”

As we age, we need to stay positive and have a fresh perspective. For instance, after falling down the stairs, instead of getting upset, just think, “WOW! That’s the fastest I’ve moved in years!”

Not to brag, but I just went into another room and actually remembered why I went in there! It was the bathroom, but still...

You know when you buy a bag of salad and it gets all brown and soggy? COOKIES don’t do that!

You’re not truly broke until you think...toilet paper: \$1.25/roll. Fast food napkins: Free

My favorite childhood memory is my back not hurting.

For more laughter, go to our [website humor page](#) under the TOOLBOX tab.

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[INAUGURATION DAY Prayers](#)—January 20

For years, Billy Graham and Franklin Graham have offered prayers for our nation on Inauguration Day. These prayers were for unity, for the nation, for the transition, for the president-elect, and for courage and commitment.

You can read examples of these prayers [here](#). May we be diligent in lifting up our country and its leaders at every level in prayer on a daily basis.



As part of our faith-based mission *to enrich the lives of home-bound seniors*, KSC offers affordable, dependable, friendly, and safe transportation for our KSC In-Home Care senior friends. There will be a time for each of us when the risks of driving outweigh the benefits. Safety for our seniors and for others on the road is a serious matter. As a community we must offer high-risk seniors transportation options that make being chauffeured a more appealing and preferred alternative

while keeping them connected to our community. At KSC we believe *it's the journey, not just the destination* that matters. For KSC's senior passengers, it means going the extra mile by:

- * offering to take notes in their medical appointment
- * giving them a bottled water to help keep them hydrated
- * texting their family member to let them know they have safely arrived at their destination and/or back home
- * surprising them with a flower or a Blessing Gift
- * calling them on their birthday
- * praying *for* them and the situations they share

The car conversations and the friendships formed are special. Our senior passengers receive supportive door-through-door service and are treated with honor and respect. The drivers are blessed knowing they have made a difference in someone's life with simple acts of kindness in Jesus' name.

Currently we are limited to our KSC In-Home Care seniors. Occasionally we transport additional west side homebound seniors to appointments. This depends on if volunteer drivers are available. For more information or to become a volunteer driver, contact KSC at 316-209-9028. Donations to the ministry are accepted for transportation appreciation.

NOTE: We are looking to add a wheelchair accessible van to accommodate those seniors who are not ambulatory. When funds are collected to purchase this specialized van, we will update this information!

AN OPPORTUNITY for SOME of YOU

KSC is looking to purchase a used wheelchair accessible van to transport seniors to appointments. 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! And thank you to those who have generously donated for this purchase!

January's Touch Someone Challenge—Sanctity of Life for ALL Ages: Jan. 17th

“Spend all your love on her now. Forget not the hands, though spotted, the hair, though thinning, the eyes, though dim, for they are a part of you. And when they are gone, a part of you is gone.” “On the Anvil” by Max Lucado



13-week *Grief Share* classes coming January 11, 2021, ONLINE

Choose Mondays @ 9:30 a.m. or 7:00 pm Books are \$16 Sign up today @ 316-209-9028
Even people in other cities and states can participate due to being online. Join us!

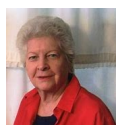
Thank you to the following 4 businesses

who donated Christmas gifts for residents in one of our local assisted living community.



Complement Yourself owner Heather Heins rallied her customers together to provide 31 beautiful Paparazzi jewelry accessory collections. Her goal is to *complete every look you have to perfection with jewelry*. Everything is lead & nickel free with a price that will allow you to buy every time.

Mary Kay consultants Susan Tibbets and Christine Brisco donated 41 lotions and hand sanitizers to be distributed to the men and some of the women in the assisted living community. Mary Kay's mission is to enrich the lives of women around the world.



Local artist and author, Ruby Tobey donated 40 of her 2021 *Scribbles & Sketches Inspirational Calendars*, which are a delight and treasure to keep even after the year is gone. Ruby was featured in one of KSC's 2020 newsletters.

Koinonia Senior Care invites you to ZOOM with us ONLINE for 6 weeks

as we discuss the book, *Never Alone*, by Max Lucado on Tuesdays at 2:00, beginning January 12th



Buy your book and RSVP to Christine at kscafe4u@gmail.com or 316-209-9028

No computer? No ZOOM? No worries! We will schedule a weekly call to share together over the phone!

In *You Are Never Alone*, Max will help you:

BOOK CHAT

- Realize that Jesus is walking with you and lifting you out of your storms.
- Dwell in the grace of the cross, the miracle of the empty tomb, and the assurance of restoration power.
- Believe that God is your ever-present source of help.
- Recognize that you are never without hope or strength because you are never alone. Take courage: you are stronger than you think because God is nearer than you know.



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**"Feed your fears and your faith
will starve. Feed your faith, and
your fears will."**

— Max Lucado, [Fearless: Imagine
Your Life Without Fear](#)

316-209-9028 or kscare4u@gmail.com

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www.kscare.org

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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