

## Ways I Can Show My Senior Friend I Care

### Fellowship

- Contact my senior friend weekly by mail, phone, or a visit.
- Arrange a regular time to get together with my senior friend.

### Assistance

- Bring my senior friend a meal or dessert, and when possible, eat with him/her.
- Provide my senior friend with transportation to an appointment, shopping trip, or church.
- Help maintain my senior friend's yard in the summer and sidewalks in the winter.

### Purpose

- Seek to know my senior friend better and learn from his/her wisdom.
- Begin a Legacy Journal or Legacy Video with my senior friend to record his/her legacy for future generations.

### Spiritual Encouragement

- Pray for my senior friend regularly.
- Provide my senior friend with sermon tapes, Bible studies, music, and/or Christian books to strengthen his/her faith.

## Koinonia Senior Care

is a non-profit ministry which enriches the lives of homebound seniors and their caregivers, wherever they call home, through

Christian Fellowship  
Assistance  
Respite  
Errands and transportation

KSC also encourages and equips families, churches, businesses, and communities to bless and care for seniors and their caregivers through

Community Projects  
Action Opportunities  
Resources  
Education and awareness



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[www.kscare.org](http://www.kscare.org)

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

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## Ideas for Senior Visits

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Birthday: \_\_\_\_\_

Anniversary: \_\_\_\_\_

## Prayers for

\_\_\_\_\_  
(senior's name)

### Fellowship

- Help \_\_\_\_\_ to not feel forgotten by his/her church, family, and friends. Bring him/her to mind to those people.
- Show \_\_\_\_\_ how to best express the wisdom gained from his/her experiences in a way that draws others to You

### Physical and Emotional Health

- Help \_\_\_\_\_ to care for his/her body with healthy food choices, and appropriate exercise.
- Help \_\_\_\_\_ to remember to take his/her medications.
- As \_\_\_\_\_ grieves the losses and changes that have come, give him/her gentle acceptance of his/her circumstances.
- Help \_\_\_\_\_ harness the power of laughter and to find humor even in difficult situations.

### Purpose

- Ignite within \_\_\_\_\_ enthusiasm for living. Reawaken him/her to Your presence. Oh Lord, help \_\_\_\_\_ to find purpose in living.
- Make \_\_\_\_\_'s later years shine for You by serving others right where he/she is.

### Spiritual

- Increase \_\_\_\_\_'s faith and courage as he/she turns to You and relies on Your strength instead of worrying about the future.
- Help \_\_\_\_\_ choose an attitude of gratitude and kindness instead of grumbling and complaining. Turn his/her bitterness into forgiveness.
- Help \_\_\_\_\_ keep his/her eyes focused on You until You call him/her home.

## Conversation Starters...

Where did you grow up? \_\_\_\_\_

Do you have children and grandchildren? \_\_\_\_\_

\_\_\_\_\_

What jobs have you had? \_\_\_\_\_

What hobbies do you have or did you have in the past? \_\_\_\_\_

What is your favorite meal? \_\_\_\_\_

What are your favorite TV shows? \_\_\_\_\_

What are your favorite songs? \_\_\_\_\_

If you could eat dinner with anyone, who would it be? \_\_\_\_\_

What are some of your favorite childhood memories? \_\_\_\_\_

Were you a good student in school? \_\_\_\_\_

How did you meet your spouse? \_\_\_\_\_

Do you have a favorite Bible verse? \_\_\_\_\_

If you had one wish, what would it be? \_\_\_\_\_

What advice would you give me for my latter years? \_\_\_\_\_

\_\_\_\_\_

*If you and your senior friend enjoyed sharing these memories,  
contact KSC about the Legacy Journal or Legacy Video.*