

- * **Providing honor, help & hope for homebound seniors;**
- * **Providing encouragement for widows, widowers, & caregivers;**
- * **Providing volunteer opportunities for the community;**
- * **Providing KOINONIA— Christian fellowship to “one another.”**

www.ksccare.org
316-209-9028

KSC CONNECTION



Koinonia Senior Care Newsletter

January 2022

My help comes from the Lord; He watches over me! Ps. 121

Are you a bird-watcher? Do you have bird-feeders out your window so you can watch them? I have a friend who has hummingbird feeders and I was mesmerized by watching them! It reminded me of some Scriptures I need to live by:



²⁶ *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ..³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.* Matthew 6:26, 33 I summarize the above verses as “Worship over Worry.” When we seek God with worship, His truth, trust in Him, and righteous living, He sees to our every need. There’s no need to worry. God’s got this! **In the Old Testament, Psalm 121 reminds us of where our help comes from. This chapter would be a great one to memorize!**

- 1 I lift up my eyes to the mountains - where does my help come from?*
- 2 My help comes from the Lord, the Maker of heaven and earth.*
- 3 He will not let your foot slip—he who watches over you will not slumber;*
- 4 indeed, he who watches over Israel will neither slumber nor sleep.*
- 5 The Lord watches over you—the Lord is your shade at your right hand;*
- 6 the sun will not harm you by day nor the moon by night.*
- 7 The Lord will keep you from all harm -he will watch over your life;*
- 8 the Lord will watch over your coming and going both now & forevermore.*

The beloved hymn, “**His Eye Is On the Sparrow**” has inspired and brought soul-care to many Christians through the decades. You can find the lyrics on page 4. May you find strength, hope, & peace in His Word today, *Christine*



JANUARY

5 KSC Training 1:00

26 Blessing Gift Make & Take

Thursdays @ 7:00 am ZOOM Conversations w/Christine

Thursdays @ 3:00 Bible study at Oxford Grand

Advice from a Hummingbird

**Sip the sweet moments
Let your true colors glow
Be a nectar collector
Some days are humdingers
Just wing it
Keep visits short and sweet!**

Advice from a Cardinal

**Stand out in a crowd.
Go out on a limb.
Be a bright spot in others’ lives;
Speak up!
Be home before dark;
Add color to your life.
It’s OK to be a little flashy!**

“Aunt Babe,” our guest columnist, is off this month, but we hope to have her stories back in February!

Bird Smarts

For all us bird brains out there, I thought we'd take a little quiz and see how we do!

Which bird lays the largest eggs?

Which bird lays the smallest eggs?

Which bird lays blue eggs?

What bird is regarded as the king of the birds?

Which bird is known for its big yellow bill?

Which bird symbolizes peace and hope?

What is the main function of the peacock's large train?

On what day of creation did God create the birds of the air?

Which birds in the Bible tended to Elijah?

Are not 2 _____ sold for a penny? Yet not one of them will fall to the ground outside your father's care. Matthew 10:29

Ostrich, Hummingbird, American Robin, Eagle, Toucan, dove, for courtship & mating rituals, to grind their food. Day 5, ravens, sparrows

Caregiver's Corner

Phrases to Live By

Agingcare.com

There is no such thing as a perfect caregiver.

When we forgive, we heal.

Guilt is counterproductive.

Apologizing takes courage.

Cheating ourselves hurts the care receiver.

Our parents are always our parents.

Express your feelings appropriately.

Accept what you can't change.

Self-pity can often be healed by gratitude.

You're not alone.



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. Jan. 26 @ 1:00

January TRAINING

Jan. 5th @ 1:00

Take the [brain tour](#) online from Alzheimer's Assoc. Just click [here!](#)
Access many virtual groups across the state & country. Contact locally at 316-267-7312

1820 E. Douglas, Wichita, KS

EMPOWERED SENIORS

No January Mtg.

Watch past seminars on their youtube channel or

OR

Fridays @ 8:30 p.m. PBS
Repeats Sat. @ 3 on 8.1 &
Sundays @5:30 on 8.2

Thank you

**for gifts received
in memory of**

**Ken Endicott
Virginia Malone**



Scribbles & Sketches Blessing Gifts

A huge thank you to Kansas artist, Ruby Tobey, for donating some 2022 calendars for our January Blessing Gifts! Ruby is a gifted artist and writer of poetry expressing her love for God and His creation through nature itself. Her verses (scribbles) and drawings (sketches) draw you in as you celebrate nature, family, and everyday life.

Ruby is also an accomplished painter on porcelain, including a collection of

buttons, plates, cups, sayings, and more.

I am honored and inspired to know Ruby, her downhome goodness, her love for the Lord and her family, and her “calling” to share her faith through her paintings, writings, and drawings.

You can find out more about Ruby at rubytobeycollections.com



Ruby stands by a display of her paintings on porcelain collection



Bird Seed Feeders (Makes 12)

3/4 C. all-purpose flour	4 C. Wild bird seed
1/2 C. water	Muffin pan
3 T. corn syrup	Large bowl & spoon to stir
1 envelope unflavored gelatin	Non-stick cooking spray
	Twine & scissors

Mix together the flour, water, corn syrup, and gelatin in a large bowl.

Knead the birdseed into the mix.

Fill the sprayed muffin tin & tightly pack each one

Make a hole in each one for the twine to go through later.

Allow to dry uncovered overnight. Remove w/knife, thread w/twine and hang on the tree close to other branches so the birds have somewhere to perch while they're eating.

“His Eye Is On the Sparrow”

Why should I feel discouraged, why should the shadows come,
Why should my heart be lonely, and long for heaven and home,
When Jesus is my portion? My constant friend is He:
His eye is on the sparrow, and I know He watches me;
His eye is on the sparrow, and I know He watches me.

REFRAIN

I sing because I'm happy, I sing because I'm free,
For His eye is on the sparrow, And I know He watches me.

"Let not your heart be troubled," His tender word I hear,
And resting on His goodness, I lose my doubts and fears;
Though by the path He leadeth, but one step I may see;
His eye is on the sparrow, and I know He watches me;
His eye is on the sparrow, and I know He watches me.

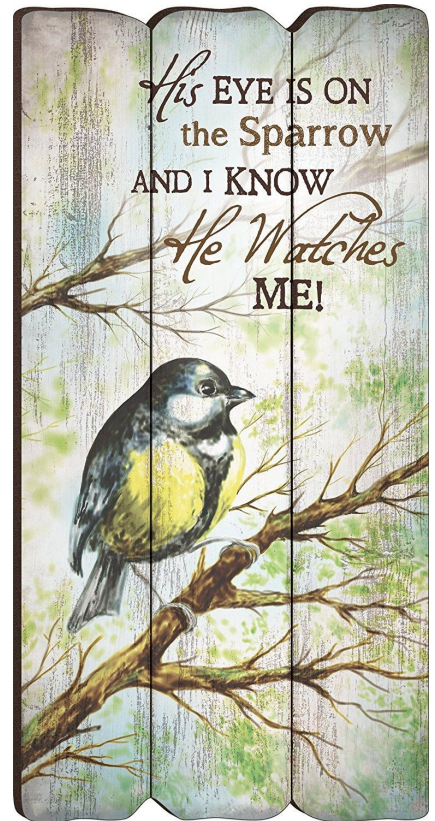
REFRAIN

Whenever I am tempted, whenever clouds arise,
When songs give place to sighing, when hope within me dies,
I draw the closer to Him, from care He sets me free;
His eye is on the sparrow, and I know He watches me;
His eye is on the sparrow, and I know He watches me.

Written by Civilla D. Martin, 1905

Larnelle Harris sings it beautifully on youtube:

<https://www.youtube.com/watch?v=MkTkfpOjoi8>



I found this beautiful picture online & want to give credit to its creator at Esty where you can purchase the print: <https://www.etsy.com/listing/879856052/bird-his-eye-is-on-the-sparrow-print>



Learn how to draw a bird: <https://easydrawingart.com/how-to-draw-a-bird/>

January's Touch Someone Challenge

Make & take a bird seed feeder to a homebound senior and place in a tree where they can see and enjoy the birds. Remind them of the devotion and Scriptures in this newsletter. Or grandparents, make with your grands!



Meet Shirley and Dusty!

Shirley has been visiting homebound seniors in long-term care (LTC) communities for too many years to count. She apprenticed under her friend, Elaine, at church. Elaine suggested they “share the halls” and minister together, so they did for many years until Elaine retired to take care of her husband. Shirley has since mentored and shared the ministry with others through the years. Every Tuesday morning they met and stayed a couple hours and visited people in their rooms.

COVID made her take a year off, but when she did go back, one lady heard her voice and came out of her room, wanting a hug and a prayer. COVID has changed things a bit, but she’s back to going

every Tuesday morning and visits as she is allowed. Shirley trusts the Lord whole-heartedly in this endeavor and shares Jesus with those she visits. *“I try to pray before I go and I try not to be pushy with the people. I knock on their door and ask permission to come in because that is their home. Usually they want to talk to me because they are lonely and have nobody to come to see them, so they welcome your visit. I introduce myself and I tell them my name and that I am named after Shirley Temple. I just bring out some little point about me...I ask their name and try to get them to tell me a little something about them and I listen to them, showing respect...I ask them if I can read God’s Word to them and I usually read something that I think would be meaningful to them. I try to get them to talk about that a bit. Before I go, I pray for them and ask God to bless them and take care of them.”*

Shirley sometimes shares with the residents her story of when she met Jesus. She said, *“ever since that time, I have been real mouthy for the Lord! I can’t help it!”* Shirley shared, *I’m going to have a really good party when I get to Heaven and see all those residents who love the Lord and have gone before me.*

After two hip replacements, Dusty, Shirley’s husband started taking her to the LTC. He didn’t like to go and found the place rather depressing, but he started getting acquainted with a few of the fellows there and now they expect to see Dusty every week. Dusty brings them car magazines and the sort.

“Why doesn’t the Lord just take me home?” is a question Shirley gets asked a lot. She tells them that God must be leaving you here because He has something for them to do or to say to somebody, so she encourages them to be witnesses to each other and to read their Bible.

Thank you, Shirley and Dusty, for your faithfulness to serve, encourage, and share the love of Jesus with the residents and staff in your adopted LTC community!



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

Nonprofit Org
US Postage
PAID
Wichita, KS
Permit No 574

Not reading? TEXT full name to
316-209-9028 to unsubscribe



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.

Board of Directors

Rhonda Turner
Gwendolyn Lewis
Chris Dennis
Lyle Jones
Michael Priddle

Officers

Christine Brisco
Dawn Roberts