

- * 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.kscares.org
316-209-9028



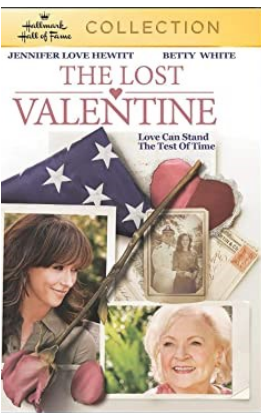
KSC CONNECTION

Koinonia Senior Care Newsletter

February 2022

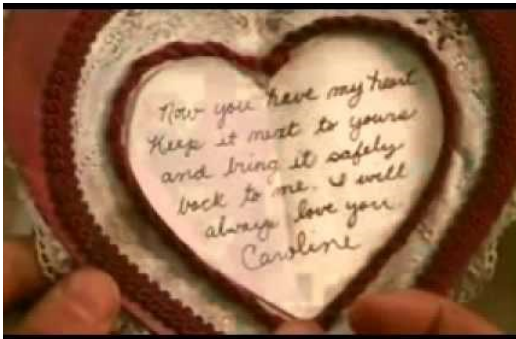
Betty White & The Lost Valentine

Betty White inspired many people and for me it was her role of Caroline in the movie *The Lost Valentine*, which she starred in when she was 89 years young. The movie is based on the novel, *The Last Valentine*, by James Michael Pratt. When war separates pregnant lovers on their wedding anniversary Feb. 14, 1944 at LA



Union Train Station, Navy pilot Neil Thomas makes a promise he isn't sure he can keep - to return to the train station safe by their next anniversary. Soon, he went missing in action. For the next 65 years, Caroline continued to return to Union Station on the anniversary of the day they said goodbye. Through Caroline's grandson's initiative, a TV journalist was assigned to the touching story and sets out to investigate what happened to Neil during the war. The emotional ceremony and performance of Betty White reduces the audience to tears as Neil Thomas, her husband who was declared missing in action for 66 years, finally returns to the train station after all this time.

Now you have my heart. Keep it next to yours and bring it safely back to me. I will always love you. Caroline



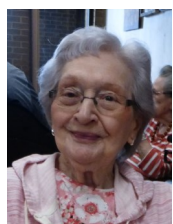
FEBRUARY

- 2 KSC Training 1:00
- 6 Faith & Family Night at the Thunder game 4:05 pm with postgame show by comedian Michael Jr.
- 8 Hymn Sing 1:30 Pathway
- 12 3 Strands Marriage event @ Riverlawn 6:00-8:00 pm
- 23 Blessing Gift Make & Take
- Thursdays @ 7:00 am ZOOM Conversations w/Christine
- Thursdays @ 3:00 Bible study at Oxford Grand



Congratulations to our winner of the singing bird clock: **Judy Foster**

“Aunt Babe,” our guest columnist, writes about her reflections on life. She is 98 years young and is still using her gifts to bless others. She is an inspiration to me because she lives in a land of silence since her hearing loss 7 years ago, yet she so wisely encourages others to “keep a song in your heart.”



This month's story is on pages 2-3.

Aunt Babe's Reflections

MY FRIEND, Mrs. Mattie

I came to know "Mrs. Mattie" when I worked in the courthouse in my hometown back in the 1940's. Mrs. Mattie's office was one door west of my door. She was the County Court Clerk and this was a position I believe she held for 18 years.

Mrs. Mattie had two sons in grade school, Marlin and Benley. She was a nice and friendly person. She was a widow. She was quite small and she was less than 5' tall and neat as a "Pin." She told me she was born and raised in Kentucky, but this has been her home since the settlers came, started proving up claims, and her parents and all the young folks live here. She is especially thankful for the job she ahs in the community.

Mrs. Mattie related that they had suffered the loss of two infant children while living on the farm. She said she was so thankful to the close neighbors who came to help when the babies passed on, and one was my Uncle Edwin who kindly helped as his wife was not well and couldn't come. She said his assistance was greatly appreciated.

She related that later they moved into town (Continued on page 3)

Caregiver's Corner

The daily devotion you have for your loved one is a high calling of care and compassion. But fatigue can filter in from physical exhaustion when a continued diet of rest and relaxation are not scheduled in to each day.

One way to express LOVE to your loved one and to yourself is to give both of you time away from each other. It will seem difficult at first, but you will reap rewards to your relationship and your health.

Try inviting a friend over or hiring help to come in at your most vulnerable time, If your loved one keeps you up at night, hire someone 3 nights/week so you can get a good nights sleep. Time with a friend while your loved one enjoys time with another is beneficial for both of you. *Koinonia Senior Care* can help you coordinate both. Give us a call at (316) 209-9028.



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

BLESSING GIFT

Make-&-Take

Wed. Feb. 23 @ 1:00

February TRAINING

Feb. 2nd @ 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

Feb. 10 Matters of the Heart

Watch past seminars on their youtube channel or

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

Thank you

for your financial gifts and prayer support which keep KSC grounded and growing!

in a small home belonging to her father. Of course they were new in the community and they were having a hard time managing, and she hoped to get work of some sort to help out. She went on to say it was holiday time and the New Year would be celebrated on the next day or two, and she had saved a can of sweet peas, the only canned goods she had left, and she planned on having it for New Year's dinner.

That afternoon a couple of ladies had knocked on her door, saying they were busy collecting foods for a destitute family and they asked if she could donate! She thought of the can of peas and hurried to the kitchen to "fetch" it, for she knew of nothing else to give. With a quick "thank you," the ladies were gone. My, My! She looked around and there was a broom close by and she began to sweep.

Her life long philosophy, when life was difficult, was to get busy and work!

Decades later, Mrs. Mattie was working for a medical doctor as a receptionist and bookkeeper—a job she had had over 30 years. Her two sons were now well established in their communities and jobs. Mrs. Mattie had built a nice brick home for herself and she continued to maintain a lovely yard herself in the later evenings, which had won for her the "Yard of the Month" title.

Now we were going to choir practice at St. Paul's Methodist Church. It was good to see Mrs. Mattie on a weekly basis. Now at church, where she was a devoted member and tither and she also sang in the choir. Yes, Mrs. Mattie was still small of stature, but BIG in things or our beloved Lord Jesus!

One evening I was visiting Mrs. Mattie at her home and I said, "Mrs. Mattie, I'm wondering, do you recall what you had for your New Years dinner those many years ago when you first came into town and you shared the last can of food with the needy family?" She replied, "I sure do. We had hot oatmeal and I made biscuits and we were thankful."

A good lesson to learn, I replied. Also a good New Year's Resolution! Be thankful, always!"



AGING FAITHFULLY SERIES

Change is Inevitable; Adjustment is Required; Opportunity Awaits!

That quote became life-defining as I observed the numerous changes my grandparents went through during the 12 years they lived with my family. As difficult as change was, it often brought unimaginable opportunities. The animated movie, *UP*, is a story of the changes that occur as we age, and also one of opportunity for new adventures. Another [heartwarming story](#) similar to the one depicted in *UP*, is the true story of a lady who wouldn't budge. Edith Macefield moved into Whitewood Cottage in 1952 and lived there until her dying day at age 86. In 2006 she became famous for refusing a \$1 million offer from a developer who wanted to buy her house—the only one she ever knew—and turn it into a mall. She stayed strong and the developer had no choice but to build the mall around her property line. While the construction of the mall was happening, protective walls were built around the house and an unlikely friendship with the Construction Manager Barry Martin developed. He would check up on her to make sure she was okay and when she became ill with cancer he cared for her until she passed. Edith left the house to Barry. When Barry cleaned up the house he found that the many stories Edith told were true and wrote a book, called Under One Roof, about their relationship and the lessons he learned.

116 I am passionately in love with God because he listens to me.

He hears my prayers and answers them.

² As long as I live I'll keep praying to him, for he stoops down to listen to my heart's cry.

³ Death once stared me in the face, and I was close to slipping into its dark shadows.
I was terrified and overcome with sorrow.

⁴ I cried out to the Lord, "God, come and save me!"

⁵ He was so kind, so gracious to me.

Because of his passion toward me, he made everything right and he restored me.

⁶ So I've learned from my experience that God protects the vulnerable.

For I was broken and brought low, but he answered me and came to my rescue!

⁷ Now I can say to myself and to all, "Relax and rest, be confident and serene, for the Lord rewards fully those who simply trust in him."

⁸ God has rescued my soul from death's fear and dried my eyes of many tears. He's kept my feet firmly on his path ⁹ and strengthened me so that I may please him^[a] and walk before Yahweh in his fields of life.

¹⁰⁻¹¹ Even when it seems I'm surrounded by many liars and my own fears, and though I'm hurting in my suffering and trauma, I still stay faithful to God and speak words of faith.

¹² So now, what can I ever give back to God to repay him for the blessings he's poured out on me? ¹³ I will lift up his cup of salvation and praise him extravagantly for all that he's done for me. ¹⁴ I will fulfill the promise I made to God in the presence of his gathered people.

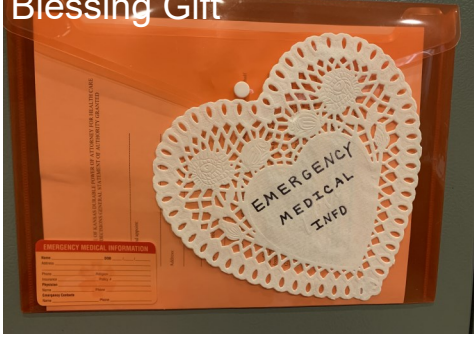
¹⁵ When one of God's holy lovers dies, it is costly to the Lord, touching his heart.

¹⁶ Lord, because I am your loving servant, you have broken open my life and freed me from my chains. ¹⁷ Now I'll worship you passionately and bring to you my sacrifice of praise, drenched with thanksgiving! ¹⁸ I'll keep my promise to you, God, in the presence of your gathered people, just like I said I would. ¹⁹ I will worship you here in your living presence, in the temple in Jerusalem. I will worship and sing hallelujah, for I praise you, Lord!

February's Touch Someone Challenge

Give the gift of love this month by calling KSC for a "Red File" and help your senior loved one fill out the information needed for emergency personnel who can refer to it in case of an emergency. Read the devotional together and then attach the magnetic "Red File" to the refrigerator in plain sight.

Blessing Gift



In an emergency, a hurting, confused, or unresponsive person may not be coherent enough to provide the accurate information family and first responders may need, causing a delay in care.

In 2017, the Kansas Department of Aging and Disability Services (KDADS) created the OPERATION RED FILE, designed to help seniors keep their critical health information accessible

for first responders when needed in an emergency. Currently they are unavailable,

KSC has created a similar *Emergency Medical Information Envelope* (EMIE) for our seniors. The large red magnetic envelope that *Koinonia Senior Care* is giving as their *Blessing Gift* this month contains suggestions and forms for what to include in your personalized packet:

Medical history, Updated medication list, **List of doctors**, "In-case-of-Emergency" (ICE) person to call, **Date of birth**, and Hospital preference

Critical documents such as: DNR, Power of Attorney for Healthcare, Current photograph (Silver Alert), Copy of your Medicare and supplemental insurance information.

We have also included our "Doctor's Office Visit" form, an emergency medical card for your wallet or purse, and a devotion on the blood donor who wants to save your life, if you'll accept His gift and invitation.

What day in February is...

1. **President's Day** ____
2. **Norman Rockwell's BD** ____
3. **National Boy Scouts Day** ____
4. **Super Bowl Sunday** ____
5. **Groundhog Day** ____
6. **Ronald Reagan's BD** ____
7. **George Washington's BD** ____
8. **Abraham Lincoln's BD** ____



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 316-209-9028 to unsubscribe

Winter Wednesdays at the ZOO!
 Enjoy \$3 admission
 every Wednesday through February
 at the Sedgwick County ZOO

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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