

- \* *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

March 2022

### Tea for Two

I didn't grow up drinking tea or having tea parties, but as I've aged, I've come to value the experience of what tea represents to me in this season of life. First, I have found some low-caffeine flavors that I enjoy daily. Second, I delight in the momentary relaxation of tea sipping and reading. Third, I anticipate a time of tea with my mom or friends for fellowship (Koinonia!).



Picture from Leslie's blog at [www.lotatea.com](http://www.lotatea.com)

I remember an American Girl movie, *Felicity*, where [Felicity Merriman goes for tea lessons](#) back in the American colonial days. There were social graces and etiquette instilled in the girls, but the hospitality of the hostess and the relationships developed around a cup of tea were what stood out to me.

A cup of tea has a way of taking us back in history to the way life used to be. A cup of tea has a way of slowing us down for a moment of relaxation and reflection. A cup of tea has a way of bringing people together for meaningful conversation. A cup of tea has a way of transporting my thoughts to tea rooms we used to have here in Wichita and desiring to visit various tea rooms in Kansas with friends.

One of our senior friend's daughter worked at a local tea shop and then opened up a tea booth when she moved. She also teaches tea classes and speaks/blogs as an expert on all things tea. She is a World Tea Academy Certified Tea Specialist and blogs about tea at [www.lotatea.com](http://www.lotatea.com) Some of you may even know Leslie.

I know Leslie would encourage us to make a play date with a child, a senior friend, or a member of our family for a time of tea together and a time to take in the flavor, fellowship, and fun around tea for two. - *Christine*



MARCH

1 Appreciation Breakfast Pathway

2 KSC Training 1:00

3 KSC Board Mtg.

8 Hymn Sing 1:30 Pathway

20 First day of Spring

30 Blessing Gift Make & Take

Thursdays @ 3:00 Bible study at Oxford Grand

### LOVE PACKAGES

<https://lovepackages.org/> takes Bibles, devotionals, tracts, etc. & repurposes them to hungry hearts around the world.

Our special guest columnist this month is Ruby Tobey with a writing from her “Scribbles and Sketches” collection .



# Ruby's Writings

## The Voice of Spring

Tips of tree branches are a light new green,  
Violets open like purple velveteen,  
The water in the lake has a crystal sheen,  
The soft, sweet voice of Spring is calling.

All morning the Cardinal keeps up his song,  
Dandelions are blooming where they don't belong,  
The smell of new earth is heady and strong,  
The soft, sweet voice of Spring is calling.

Fruit tree blossoms are a colorful design,  
The Robin makes a nest in the old yellow pine,  
Things all awaken at nature's design,  
The soft sweet voice of Spring is calling.

By Ruby Tobey

*See! The Winter is past; the rain is over and gone,  
flowers appear on the earth.  
Song of Songs 2:11-12 (NIV)*

## Caregiver's Corner

### From One Caregiver to Another

**Cherish every moment you have together.**

**Tell them how much you love them, how they changed and influenced your life, share it all.**

**Curl up next to them, embrace them, let them feel your love and security.**

**Reassure them that they are not a burden.**

**Practice gratitude daily.**

**Caregiver support brings helpful information, encouragement and ideas to help you on your rewarding yet often exhausting and sometimes lonely journey.**



## Opportunities

**4 U held at**

Tyler Road Baptist Church

571 S. Tyler Road

### **BLESSING GIFT**

**Make-&-Take**

**Wed. March 30 @ 1:00**

### **SUPPORT & TRAINING**

**March 2 @ 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**

March. 10 Nutrition, Exercise & Self-care

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*

**DeVaughn James  
for your generous  
donation to  
further the  
mission of KSC!**

## March Activities and Celebrations to Consider

**March 2** The *Season of Lent* begins today and prepares the Christian heart for Easter, the day Jesus defeated death and rose from the grave! Assist a loved one with reading a daily bible passage, reciting a prayer, or other form of observation they may wish to participate in. *YouVersion* Bible app has some 40 Day Devotionals you may find helpful as you meet with God in the secret place and time of reflection, repentance, and renewal.

**March 2** is also *Dr. Seuss Birthday*. Read one his books today. *Horton Hears a Who* is my favorite!

**March 9th**, 1959 *Barbie*® made her debut. Do you or your older family member or friend still have a Barbie Doll®? According to The Guide to Vintage Barbie Dolls, the price of a mint condition Barbie from the 1959-1960 era can run close to \$25,000. If the doll was meaningful to you or your loved one, share about its significance and controversy. I wonder what a 90 year old Barbie Doll® would look like?! Wrinkles? Bags & sags? Probably not!

**March 14** is *National Pi Day*. Collect some round items (cookies are round!) and measure the diameter and circumference, divide the circumference by the diameter, and be amazed at how the number always comes out to about 3.14 (Pi) every time! Did you know that Albert Einstein was born on 3.14 also?!

**March 17** is *St. Patrick's Day*. Celebrate with corned beef and cabbage or stir up something green in the kitchen. Try a green smoothie (add spinach to your favorite fruits), make green frosting to frost cupcakes, make green cookies (drop green food coloring into sugar cookie dough), or make some mint ice cream to add to your celebration!

**March 20th** is the *First Day of Spring*. Read Ruby Tobey's poem about springtime and feel spring fever set in! What sights, sounds, and smells remind you of spring?

**March 20th** is also *World Storytelling Day*. Write down your stories and exchange stories with our [Books](#) post. Remember to write your stories down.

**March 21** *National Quilting Day*. Write down and share the story of an heirloom quilt.

## AGING FAITHFULLY SERIES

### *The Apostle John in His 90's— Lessons in Aging Faithfully*

The apostle John was known as the *disciple whom Jesus loved* (John 21:7). What I find personal in this statement is that I feel the same way! I am loved by Jesus, King of King, and Lord of Lords! As believers in Christ, :

**We can have the same confidence in the birthright and opportunity to know Jesus more intimately!**

But even though John was loved by God Himself, he had challenges to overcome. He suffered a sentence of death for his passion and purpose in life, which was sharing Jesus with others! (Rev. 1:9). Church tradition says he was burned in oil then banished and exiled to a small, dreary island called Patmos after he survived.

**Would there be enough evidence to convict us for our allegiance to God's Word?**

**We may not be able to change the physical and mental obstacles that enter our lives as we age,  
but we can change our attitudes.**

I like Charles Swindoll's quote about attitude. *When I have a wrong attitude, I look at life humanly. When I have a right attitude, I look at life divinely.*

John, at age 90, is on this island and must have thought his days were over, **but God** was just getting started! It was a time in life that looked like painful and lonely days were ahead, but then **God showed up!** John received the visions from God that he recorded and is known to us as the Book of Revelation.

**Like John, we must face painful and lonely days with obedience, pencil and paper, & passion and purpose.**

Obedience—in doing what God calls us to do each and every day

Pencil & paper – write down the things/ways God is working in your life to share with others

Passion – John was sold out to Christ and was passionate about sharing about Him.

Purpose – Sharing in written or verbal form about the love of God and how He is working in your life gives meaning and purpose to your very existence and leaves a legacy of love and life for those who live by it!

How did John's letters to the seven churches get to them? Even though we don't have all the details, we know these seven letters and the book of Revelation, as we know it, made it back!

**When we don't have all the answers, leave the details to God!**

May we live this season of our lives to the fullest, with passion and purpose, keeping our eyes focused on Jesus and passing along our faith to the next generation!

## March's Touch Someone Challenge

Take a spring walk or stroll with your loved one and notice the freshness of the season with its buds, fragrance, songs, and beauty unfolding! It might be a little cool, so take a quilt to cover the wheelchair recipient and even reminisce about the quilt in honor of National Quilt Day on the 21st!

*Don't look out only for your own interests, but take an interest in others, too.*

### Philippians 2:4

#### LIVING WITH PURPOSE AND A WAVE

I can't find the original source of this story but I wanted to share it because it shows a life lived with purpose and the power of a simple wave.

93-year-old Louise Edlen had been waving to this Arlington school bus full of lively children for the 5 years from her little dining room window... and she eagerly anticipated their waves back in her direction.

Dave, her husband, later said that seeing the kids on the bus was "everything in the world to her." Carol, the bus driver, later found out that a lot of times Louise doesn't remember her own daughter's name, but she always remembers to wave to the kids on the bus.

But one morning, the kids panicked when they drove by and didn't see "grandma in the window." Carol, the bus driver, discovered that Louise had a stroke, and then shared the news with the children.

With the help of Carol, the students decided to surprise Louise in the hospital with flowers. Louise was overwhelmed with the heartwarming gesture from the kids she barely knew. Next thing you knew there was a THANK YOU sign in Louise's window so the kids could see it as they drove by.

In response, the kids made a panorama picture of the bus showing them waving to Louise.



They decided to bring the bus to her, since she couldn't come to them. "This is from the kids. They miss you and want you to get better," Carol told Louise

These kids and the "grandma in the window" shared a bond that words couldn't express. And it all started with one little wave...

<https://peterpilt.org/2015/10/29/this-grandma-waved-to-these-students-every-day-when-she-wasnt-there-they-had-to-find-her/>



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smile. It may be the ray  
of sunshine they needed.

More inspiration @ [www.kscare.org](http://www.kscare.org)

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