

*Koinonia Senior Care encourages home visits that focus on the social, spiritual, and significance support of our homebound seniors and their caregivers, wherever they call home.*

www.kscore.org  
316-209-9028

# KSC CONNECTION



## Koinonia Senior Care Newsletter

January 2023

### ONE WORD for 2023

Each year I challenge our staff, volunteers, and even my family to think of ONE WORD to guide their year. My word for 2023 is...

## DECLUTTER

I read *clutter is nothing more than postponed decisions*. Clutter instigates anxiety and feelings of being overwhelmed and stressed. So for my mental, physical, and spiritual health, decluttering destresses! My mind, body, soul, and home all need decluttered to become places of peace, positivity, and pleasure.

**I am starting small.** One closet, one drawer, one cabinet, or one stack of papers—organized, trashed, or donated. One tv program, one toxic friendship, or one sugary food/drink—eliminated.

### 3 Decluttering questions I am asking myself include:

Is this something I value or something my kids will value after I am gone?

What am I watching or who am I listening to that is draining my time and energy?

What am I eating that is affecting my health negatively?

### 3 Handy Sayings I'm remembering as I declutter:

- Don't put it down, put it away.
- Simplicity is about subtracting the obvious and adding the meaningful.
- Decluttering *things* allows me more time to focus on *relationships*

Filling my heart and home with peace, purpose, positivity, and pleasure, comes first and foremost for me through my relationship with God through Jesus Christ and then with others. Getting rid of the clutter allows me to focus on what really matters. *Christine*



## JANUARY

**3 Lunch & Hymn Sing**  
**12:30 Pathway RSVP**

**4 KSC Support & Enrichment**  
**Young at Heart - Riverlawn**

**11 KSC Board Meeting**  
**Waxing Wednesday @ OG**

**12 GriefShare 6:15 weekly**

**20 Speak at Bentley Sr. Ctr.**

**25 Blessing Gift Make & Take**

**Thursdays @ 3:00 Bible study**  
**at Oxford Grand**

### Declutter 911

KSC can help our west  
Wichita homebound  
senior friends declutter  
their home.  
Call (316) 209-9028

### ONE WORD

I would really like to hear  
what your **ONE WORD** is  
for 2023, too! Text it or  
call me at (316) 209-9028.

## Give Me Jesus



This [simple song by Danny Gokey](#) can be our morning prayer every day.

In the morning, when I rise. In the morning, when I rise. In the morning,  
when I rise, give me Jesus.

CHORUS: Give me Jesus. Give me Jesus. You can have all this world. But  
give me Jesus.

And when I am alone. Oh, and when I am alone. And when I am alone, give  
me Jesus. CHORUS

And when I come to die. Oh, and when I come to die. And when I come to  
die, give me Jesus. CHORUS

## Caregiver Corner

### *The Gift of End of Life Care*

It is bittersweet when our loved ones who know the Lord prepare for their home-going. It's bitter because we won't have them with us here on earth anymore. We'll miss their voice, their stories, their smile, their inspiration and wisdom that they had *gifted* us with throughout the years. It's sweet because we know they are in heaven with Jesus and are certainly not suffering as they did here on earth. And as Christ-followers, we'll see them again.

I recently witnessed a family whose end of life care for their loved one was meaningful and special as each person uniquely shared their last sacred moments together. One sister called every night and every morning. They sang a song together every night that their mother had sung to them when they were young. One son and grand-daughter flew in to visit and made their loved one's favorite dessert to share with others. One daughter flew in to stay until her passing and crawled into bed, next to her mother, bringing her comfort in knowing she was not alone on this journey. Grandchildren came and took turns sitting next to their loved one so she could see them. The caregiver daughter coordinated her mom's care and served her with such grace and patience that never seemed hurried in her presence. Family decorated their loved one's viewing area with Christmas wonder, at her request. They played music. They shared memories. They cried. They prayed. They hugged. They held hands—the beautiful gift of touch. The sacred gift of end-of-life care.



## Opportunities

### 4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

### BLESSING GIFT

### Make-&-Take

**Wed. Jan. 25 @ 1:00**

### ENRICHMENT

**January 4 @ 1:00**

(Caregiving support &  
Visiting Resources )

### 1/3 Lunch & Hymn Sing

Pathway Church

12:30 (\$5) RSVP

### 1/4 Young at Heart at

Riverlawn Church

10:00 (\$5) RSVP

## GriefShare

A 13-week support group.

**Thursdays at 6:15 pm  
Starts January 12, 2023**

Pathway Church—B002  
2001 N. Maize Rd, Wichita

**316-209-9028 for Info.**

## Thank you!

We are funded by  
people like you who  
appreciate & believe  
in the ministry to  
homebound seniors  
and their caregivers.

## WINTER SNOW SQUALL

In December, many counties in Central Kansas received an emergency alert tone on their cell phones shortly after 7 a.m. on December 22 for their first ever **SNOW SQUALL** issued by the National Weather Service. A what? I had never heard the term “squall” so my curiosity was up. A “squall” means *a brief sudden violent windstorm, often accompanied by rain or snow*. Later the next day, I was listening to the Bible on tape and there was a reading from Mark 4:37 that said, “A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.” Of all the times I have read that story, I never remember seeing the word “squall” and this was the NIV version! But I do remember the take-homes of that story: God is with you in the storms of life.

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## WINTER BEAUTY TIPS

Agingcare.com offers 6 winter skin care tips for seniors:

1. Consider a humidifier to add moisture back into the air and hydrate your skin, soothe dry inflamed airways, and scratchy eyes.
  2. Avoid long, hot, steamy showers/baths which tend to strip the skin of moisture and natural oils.
  3. Stay hydrated even in these winter months.
  4. Moisturize regularly with heavier creams or ointments. Right after a shower will lock in moisture, too!
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## Just in Time for these Winter Months: For Internet Seniors

**(NO INTERNET? Ask a friend or family member to share with you on their phone!)**

Department for Aging and Disability Services KDADS has partnered with **GetSetUp**, the **largest online social learning platform designed specifically for older adults to learn new things, connect with others, discover new passions, and unlock new life experiences**. GetSetUp has created a safe, social, and interactive learning environment with classes available around the clock!

This partnership offers all older Kansans **FREE** access to over 4,000 interactive classes, all taught by older adults, on topics such as physical fitness, cooking, travel, health, and wellness, technology (learn Zoom, Gmail, or RING basics), and so much more. You can even explore by your favorite speaker or *guide*. In addition, KDADS has created 11 exclusive classes relevant to our community.

Older Kansans can join GetSetUp’s vibrant community of older adults who find meaning and purpose by sharing their knowledge and passions, having fun, and socializing together.

Here is the website for Kansas: <https://www.getsetup.io/partner/kansas>

# Growing Your Faith in 2023

Believe it or not, there are narratives out there that present Jesus as fake news. Don't believe it for a second. Instead, know the truth by getting into God's Word. Obey the truth by living according to God's standard.

*RightNowMedia* is an **ONLINE** streaming library with more than 20,000 Bible study videos that many churches provide access to for their congregations.

If you have a **RADIO**, tune into your local BOTT Radio station for a variety of 30 minute sermons to get your morning started off in God's Word. In Wichita, BOTT Radio can be found on 94.3 FM, 95.5 FM, and 950 AM. Listen to preachers like Adrian Rogers, Charles Stanley, Charles Swindoll, David Jeremiah, Robert Jeffress, Tony Evans, and John MacArthur. Listen to programs like "Focus on the Family," "Washington Watch," "Understanding the Times," and "Unshakeled" which is a radio drama that airs at 11:30 pm (for you late-nighters!)

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**What better way to grow in the Lord than with the community you live with!**



Bible Study  
group at  
*Oxford Grand  
Assisted  
Living*  
community in  
Wichita





## January's Touch Someone Challenge

If you have internet capabilities on your phone, help a senior connect to Rightnowmedia or GetSetUp when you visit. Explore a whole new world of interaction together! Or help them set their dial to Christian radio. See the article for more information.

### Kansas Birthday January 29

1. How old is Kansas since its union?
2. What war was just beginning as Kansas entered the union?
3. What does the state motto, Ad Astra per Aspera mean?
4. What does the blue and gold on our state flag represent?
5. Name one of Kansas' nicknames.

Answers: 1. 162, 2. Civil War, 3. "To the Stars Through Difficulties," 4. the Louisiana Purchase, which made the lands of Kansas a part of the United States, 5. Sunflower State, Jayhawk State, Wheat State.



**Thank You** to the Pathway home team who baked LOTS of cookies and came to help with our KSC booth at Goddard's **CHRISTMAS ON MAIN STREET** event! We gave out bags with cookies, "Charlie Brown Christmas" devotionals & tattoo's, and All Star Sports coupons. The festivities included carriage rides, chili cook-off, photos with Santa, gingerbread house making, Parade of Lights, and fireworks to finish off the evening! Food vendors brought the aroma of BBQ, cinnamon rolls, bierocks and more. It was a great afternoon and evening to kick off the Christmas season.

### PEPPERNUT MAKING TIME @ OXFORD GRAND



There are always engaging activities at the Oxford Grand Assisted Living community. One December afternoon was making Peppernuts from a recipe calling for molasses and cream. Those baking skills came out as they stirred and rolled and cut into tiny pieces to be baked!



Christine will be speaking at the **Bentley Eagle Senior Center** on Friday, January 20th. They offer a time of fellowship with coffee and cookies throughout the week and breakfast on Saturdays. They also offer rides to appointments for those in need, which is a blessing, indeed!



*Koinonia Senior Care* is not affiliated with any particular church, but partners with many churches to provide resources and monthly support for those members serving the homebound in their church and community.



**Koinonia Senior Care**  
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RETURN SERVICE REQUESTED

*Happy Birthday, Kansas!*

*January 29, 1861*

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  
Activities  
Respite  
Equip Volunteers

**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  
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Lyle Jones  
Michael Priddle  
Teresa Hatfield  
David Bridgewater

**Officers** Christine Brisco, Dawn Roberts