

*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

**March 2023**

### Words from Basketball Legend, John Wooden

UCLA's legendary coach, John Wooden, left his imprint on many hearts, on and off the court, with the young and with the old. When interviewed by *Athletes in Action*, he shared a poem he had penned earlier for an *elderly group*

You can [watch him share his poem](https://www.youtube.com/watch?v=LtNeoJk0el8) at <https://www.youtube.com/watch?v=LtNeoJk0el8>

**The years have left their imprint on my hands and on my face.**

**Erect no longer is my walk and slower is my pace.**

**But there is no fear within my heart because I'm growing old.**

**I only wish I had more time to better serve my Lord.**

**When I've gone to Him in prayer, He's brought me inner peace.**

**And soon my cares and troubles and other worries cease.**

**He's helped me in so many ways. He's never let me down.**

**Why should I fear the future when soon I could be near His crown.**

**Though I know down here my time is short. There is endless time up there.**

**And He will forgive and keep me 'ever in His loving care.**

**This crown on earth they soon forget the heroes of the past.**

**They cheer like mad until you fall and that's how long you last.**

**BUT GOD, He never does forget and in His Hall of Fame**

**By just believing in His Son, inscribed you'll find your name.**

**I tell you, friends, I would not trade my name however small.**

**Inscribed up there, beyond the stars, in that Celestial Hall.**

**For any famous name on earth or glory that they share,**

**I'd rather be an unknown here and have my name up there.**

- John Wooden



### March

**1 KSC Support & Enrichment**

**1 Young at Heart - Riverlawn**

**2 GriefShare 6:15 weekly**

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

**8 Waxing Wednesday @ OG**

**20 1st Day of Spring**

**29 Blessing Gift Make & Take**

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

### Ruby Tobey



is our guest columnist. Her poem on page 2 is from her 2022 *Scribbles & Sketches Inspirational Calendar*.

Ruby not only pens poems and sketches landscapes, she is also one of three China painting teachers in Kansas. Some of her work is featured in the current issue of *The China Painter* magazine, put out by the World Organization of China Painters.

<http://wocp.org/index.html>

## 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.

- Ruby Tobey

March 20  
is the  
1st Day of  
Spring

## Caregiver Corner

### *End of Life "Precious Time"*

I read a blog recently from Barbara Karnes, RN talking about that distinct end-of-life period that some have called, *Precious Time*, because of its focus on the community of family and friends and making this gift of time meaningful.

*Precious Time* is the time to live as best you can to make each moment meaningful to your loved one. *Precious time* is being present and resourceful as you assist them.

*Precious Time* takes on a life of its own with its positive perspective and can be a time of reflection, preparation, and words of blessing and honor.

It is a gift to recognize when you have entered into *Precious Time* with a loved one. Embrace each moment with tenderness and love, and be blessed.

<https://bkbooks.com/blogs/something-to-think-about/entering-into-precious-time>



## Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

### BLESSING GIFT

Make-&-Take

Wed. March 29 @ 1:00

### ENRICHMENT

March 1st @ 1:00

(Caregiving support & Visiting Resources )

3/1 Young at Heart program at Riverlawn Church  
11:00 (\$5) RSVP lunch

3/7 Lunch & Hymn Sing  
Pathway Church  
12:30 (\$5) RSVP

### EMPOWERED SENIORS

March 9 10:00

Senior Living Options

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!

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

## The All-time Greatest Coach

**The All-time Greatest Coach in my Eyes is John Wooden.** He finished strong and positively influenced young athletes about life off the court as well as on the court. His legacy of discipline still lives on in the hearts of those who knew him or studied his philosophy for success, which was: *“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best you are capable of becoming.”*

Whether teaching the team to tie their tennis shoes or sticking to his facial hair rules, he earned respect for his principles because they served a higher purpose. As a cosmetologist, one of my favorite stories had to do with the hair. In the off-season, the boys would grow their hair out, along with a mustache and sideburns, but when the first practice of the season rolled around, it was clean shaven and 2” or less on the hair length. Until...

It was time for inspection as they started another season. Bill Walton had won player of the year and their team went undefeated with a National Championship. When Coach shook his head in disapproval on his hair, brave Bill Walton told Coach Wooden that he didn't have the right to tell him how to wear his hair. Coach Wooden calmly responded, “You're right. I don't have that right. I just have the right to determine who's going to play and we're going to miss you. And in about 15 minutes, I'm not going to have you unless you go upstairs and get that taken care of right away.” To hear Bill's response on [this 2:19 minute video is](#) a classic. He got on his bike and rode down to the barber and told him to just cut it off. <https://www.youtube.com/watch?v=4OPu3fnbmvo> Coach Wooden taught them the respect of representing the university, not just themselves in this discipline.

Later, Bill Walton was quoted for sharing other disciplines he learned from his coach:

*Coach Wooden never talked about winning and losing, but rather about the **effort to win**. He rarely talked about basketball, but generally **about life**. He never talked about strategy, statistics or plays, but rather about **people and character**. Coach Wooden never tired of telling us that once you **become a good person**, then you have a chance of becoming a good basketball player.'*

All three of our kids have played sports throughout school and college, along with club ball in the off-season. We have had numerous coaches over the past 19 years. A handful of have made a positive impact on our kids. I have reminded them they can also learn how NOT to coach from the sour lemons. Now our son is part of a collegiate coaching staff and I can see our girls coaching at some level when they finish their collegiate careers. I believe we can ALL positively “coach” those in our sphere of influence and inspire lives for generations to come.

**FUNNY STORY**: In the world of baseball, in 1976 Lou Piniella came to spring training with long hair and protested, saying, “I don't understand, Mr. Steinbrenner, what long hair has to do with your ability to play baseball,” Piniella said. “I'm a Christian. Our Lord and Savior Jesus Christ had hair down to the middle of his back, and it didn't affect the way he went about his work.” Steinbrenner took Piniella outside the left field wall and pointed to the pond and told Lou that if he could walk across it, he could wear his hair as long as he wanted. <https://nypost.com/2017/05/25/lou-piniella-will-always-wonder-what-if-when-it-comes-to-a-rod/>

# Growing Your Faith Series:

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

Aging, chronic pain, illness, and cognitive decline can take its toll on a person's emotional, social, and spiritual well-being. In their struggle with pain, mobility, and fatigue, they need positive, encouraging people to come alongside them, enriching and infusing their days with love, a listening ear, and a little laughter.

Caring family members do their best, but they are usually investing in so many essentials that there is little time or energy left to enjoy the relationship that has been so dear to them. Or sadly, some have little help at all from their families. How can we, as friends, neighbors, church, and community come alongside them?

Perhaps your gift of extra time can be used to reach out to those who feel forgotten or overwhelmed. God created us for fellowship with Him and with others. I've heard it said that there are 59 "one another" Scriptures. Here's 5:

Be kind to one another. Ephesians 4:32

Comfort one another. 1 Thessalonians 4:18

Carry one another's burdens. Galatians 6:2

Serve one another. Galatians 5:13

Show hospitality to one another. 1 Peter 4:9

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## How do you serve a friend in despair?

<https://inytimes.pressreader.com/article/281694028952654>

This was an article by David Brooks, published in the *New York Times International Replica Edition* on February 16, 2023. David had a good friend who was battling depression. In the article, David shares what he has learned from others so he could better serve his friend in despair.

David also mentioned a video which his friend watched and felt validated by. This was a video of a well-known journalist and writer, Michael Gerson, of the Washington Post, preaching a guest sermon at Washington National Cathedral on February 17, 2019. (<https://youtu.be/xYu4xKGRi8Q>) He brought his battle with depression out in the open and articulates his struggles in a way that others can relate to. The week after Michael Gerson's sermon, he was interviewed on PBS News-Hour. You can find that interview at: <https://www.youtube.com/watch?v=RePCYh6LVZo>

If you have a friend or family member battling depression, *don't shy away, but try a way to gain some understanding, reach out, and make sure they are receiving professional support. As a friend or a spouse, David learned the value of listening, respecting, and loving the person by showing them that you haven't given up on them, and you haven't walked away. Bombard them with more small touches and send small emails to let them know how much they are on your mind.*

## March's Touch Someone Challenge

Enjoy a Spring day together outside, or take in a basketball game this month with one of your senior friends. Share a meal and the poem from John Wooden (cover story). You might even have them fill out a bracket for fun, or take them to a restaurant that has the game on and watch it with the crowd.

### SHOUT-OUT to KSC's Care Team Member: AMY



Meet Amy! She's a native Indiana girl who God planted in Wichita in 1997, along with her husband, Matthew. They adopted twins who are now 20 years old. They go back to Indiana and Illinois to see their parents for holidays and in between. Amy is involved at her church with kids, music, Bible studies, and serving at a rehab center. Somehow she finds time to serve with Koinonia Senior Care, and we are grateful! She says,

KSC allows me to use my gifts and talents to serve and love on senior adults. My grandmothers were wonderful women who greatly influenced my life, but I was not able to be in Indiana to help them regularly as they entered their later years. Koinonia allows me to lavish on others the love and care I wanted to display to them.”

Fun Facts: Amy enjoys making cards and crafting. She loves the ocean, sea shells, and chocolate turtles. Amy is a breast cancer and brain tumor survivor and has lost her ability to taste or smell, but she still is a good cook!

KSC's calling is to love our seniors and their caregivers, but also to love on our KSC Care~team, whether staff or volunteer. God's love, in us and through us, is the chemistry component that builds relationships and bonds us together with shared values, yet unique gifts. Those who feel loved for who they are can love others more graciously. *Let all that you do be done in love.* 1 Corinthians 16:14 (ESV)

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### DID YOU KNOW?

**The Medical Loan Closet** serves the community by loaning Durable Medical Equipment (DME) to the underserved and those who have issues with their insurance. You can donate your DME's to them or shop their warehouse for what you may need. Their donations are inspected, cleaned and repaired when needed. They are staffed by volunteers and receive no local or state funding. Their hours are limited, so call before you go: 316-779-8989 They are located at 6655 E. Harry on the south side, between Woodlawn and Rock Road at 6655 E. Harry.

**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.



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RETURN SERVICE REQUESTED

Look back and **THANK** Him  
 Look around and **SERVE** Him  
 Look ahead and **TRUST** Him  
 Look up and **EXPECT** Him.

Jan Markell

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

 [www.facebook.com/kscare](http://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**

**C**hristian Fellowship  
**A**ctivities  
**R**espice  
**E**quip Volunteers

**Enriching the lives of homebound seniors and their caregivers, and inviting our community to join us.**

**C**ommunity Projects  
**A**ction Opportunities  
**R**esources  
**E**ducation & 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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