

*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.kscare.org  
316-209-9028

# KSC CONNECTION



Koinonia Senior Care Newsletter

April 2023



<http://clipart-library.com/clipart/kTKodRa8c.htm>

## Let's Go Fly a Kite—April is National Kite Month

Remember the chorus from In the movie, [Mary Poppins](#)?

*Oh, oh, oh! - Let's go fly a kite—Up to the highest height!  
Let's go fly a kite and send it soaring—Up through the atmosphere—Up where the air is clear—Oh, let's go fly a kite!*

What are your kite-flying memories? If you've never flown a kite, NOW is a good time to give it a try – or to enjoy watching others fly them! It's also a fun opportunity to make memories with your grandchildren or children in your neighborhood. Throughout are ideas, conversations, & trivia when they come visiting.

**Watch** the classic Disney movie, *Mary Poppins*. With the help of Mr. Banks, a carefree chimney sweep, the spirited nanny turns every chore for 2 mischievous children into a game and every day into a “Jolly Holiday.”

**Sing** “Let’s Go Fly a Kite” as you assemble your kite. **Notice** the *kite spine*—the wooden part holding the canvas in place. In a diamond kite, it is shaped like a cross! Similarly, if Jesus is the cross and you are the canvas then attaching yourself to Him shows your trust in Him to hold you together! . Proverbs 3:5-6.

**Keep** the kite light and free from weighted objects so it can soar. Likewise, we can't soar when we are weighed down with burdens. Matthew 11:28-30

**Avoid** trees and power lines that will entangle you. Likewise, avoid the power lines of fleshly desires that entangle your faith journey. Galatians 5:19-22, Romans 16:17

**Wait** for the wind to do its work instead of running tirelessly making your own wind. Experience the wind's power to lift your kite and soar as you let out more string. Similarly, when we wait for the wind of the Holy Spirit to lead us and uplift our faith journey, we have the opportunity to let out more string and depend on His power which enables us to soar like eagles! Isaiah 40:30-31.

**Enjoy** the peace and the power of the wind as you watch your kite soar. Those watching will enjoy its beauty as well. And may God get the glory as people witness the peace and joy we have in Christ as we stay connected to Him and rely on His Holy Spirit to soar in us and through us every day.



APRIL

4 Lunch & Hymn Sing 12:30  
Pathway RSVP

5 KSC Support & Enrichment @ 1  
5 Young at Heart - Riverlawn @ 11

9 EASTER—He has Risen!

12 KSC Board Meeting  
12 Waxing Wednesday @ OG

26 Blessing Gift Make & Take

Thursdays @ 3:00 Bible study  
at Oxford Grand

Now in the  
KSC Lending Library:  
Mary Poppins (DVD)

## Easter

is the celebration of  
*putting all of your eggs  
in the one basket of  
Jesus Christ!*



## Ruby's Reflections

You've heard of Murphy's law (if anything can go wrong, it will go wrong). Well, I have two laws of my own.

Tobey's law number 1 is, **"No one ever comes by when the house is clean."** Have you noticed? You keep the house picked up and fairly clean all the time. Then one day, you're extra busy, things go wrong, and you don't stop to pick up the clutter. That's the day someone drops by. It's usually someone you don't know well, so it's not as easy to relax and forget it. But you might as well for that's life.

And Tobey's law number 2 is, **"Your possessions expand to fit your storage space."** Have you noticed? When you buy more shelves, another shed, more things to organized, it seems like you are all set. The next thing you know, all that storage is full, and you're looking for another place to put things.

Having an interest in how our homes look and having the desire for things is normal. But they can get out of control and take too much of our time and money. That is when we've gone too far. (Taken from Ruby Tobey's "Thoughts and Prayers from the Scribbles and Sketches Collection.")



### Ruby's Spring Open House 1:00-5:00

Friday—Saturday March 31-April 1

Thursday-Friday April 6-7

## Caregiver's Corner

As caregiving tasks increase, so will stress on the caregiver. Know your limitations and include others to avoid burnout. Allow yourself to be "cared for" every now and then by setting aside time for a massage which can decrease your stress and increase your energy while positively affecting your attitude. **If you are a caregiver in the Wichita area, KSC is giving away one FREE 30-min. massage from Holmberg Wellness Group. Enter drawing by April 24 @ 316-209-9028.**



## Opportunities

### 4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

### Support & Enrichment

**April 5 @ 1:00**

### BLESSING GIFT

**Make-&-Take**

**Wed. April 26 @ 1:00**

### Dementia Conference

**June 23, 8:00-4:30**

**In-person (\$55)**

**or online (\$25)**

Find out more [here](#) or at

**316-267-7312**

1820 E. Douglas, Wichita, KS

### EMPOWERED SENIORS

**April 13**

### Driving Strategies

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

### WE CAN'T OUTGIVE GOD!

*The generous will  
prosper; those who  
refresh others will  
themselves be  
refreshed. Prov. 11:25*

## ***Tell Your Story***

I read this story in David Jeremiah's book, "Where Do We Go From Here?" (p.212) and thought it was a powerful challenge for those of us living with chronic illness and disease, feeling like we have nothing to give back to God or others. Storyteller Naomi Reed shares [Rasham's story...](#)

I have Parkinson's Disease now. I can't walk anymore and I'm mostly in my bed. I can't leave this room, or go to church, or visit people. It's a change for me. I spent my whole adult life sharing the Gospel. Back then, I walked through 72 districts in Nepal, preaching the Gospel. We had open-air meetings and we showed the 'Jesus' film and we started a Bible correspondence course. In total, we've had 700,000 students.

I was put in jail three times for my faith, and I was tortured. But I can't walk anymore, or get out of bed. The challenge for me, today, is in reading Colossians 1:28-29. The apostle Paul said,  
*Christ is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerful works in me.*

I want to be like Paul. I know that he used all his energy to share the Gospel, right to the end. And I want to do that, too, I don't have any energy in my body anymore, but I still have energy in my heart and my mind. Even now, people can ring me on my phone (while I'm lying down) and they ask me about Jesus and I still tell them. I'm still taking calls from our Bible correspondence students. I'm still using all my energy, even while I'm lying on my bed—all the energy that Christ has given me!

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### **MEALS ON WHEELS IN NEED OF VOLUNTEERS**

Senior Services of Wichita, a non-profit serving our senior community. is experiencing low volunteer numbers in their Meals on Wheels program that delivers hot, mid-day meals each Monday—Friday to the homebound and disabled. They average 10-15 open routes on any given day. Volunteering is flexible. Some people pick a specific day of the week and one route which they deliver each week. Some volunteer whenever they are available and pick up a different route each time. If you or someone you know is interested, please apply at <https://seniorservicesofwichita.org/meals-on-wheels/> and fill out their volunteer application.

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### **GRIEF SHARE CLASSES TO BEGIN**

*Koinonia Senior Care* will be partnering with Pathway Church in hosting a 13-week GriefShare class on Mondays at 10:30 a.m., beginning April 24th. Christine will be leading. RSVP 316-209-9028

# Growing Your Faith Series:

In our part of the nation, we could really use some rain. When we think of springtime, we think of the time when we receive some rain to water the earth and bring green pastures and colorful flowers to enjoy. It's a season of beauty, freshness, and growth. Even the birds sing with delight as they build their nests and give birth to their young! When it rains, sometimes we get to take in the delight of one of God's rainbows, promising not to flood the entire earth again like He did in Noah's day. Many people post pictures on social media of the spectacular rainbows they were blessed to witness! Just like the earth needs the rain to bring forth the beauty of its creation, our lives will encounter rainy days that will bring forth the beauty of how God has created each of us. So on those rainy days, remember to give thanks, knowing God is in control and there is sunshine just beyond those clouds.

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## **JESUS CHRIST RECONCILES US TO GOD** John 14:6

**E**rasing my sin on the cross (forgiveness) & overcoming death

**A**ccepting Jesus' free gift of eternal life.—John 3:16

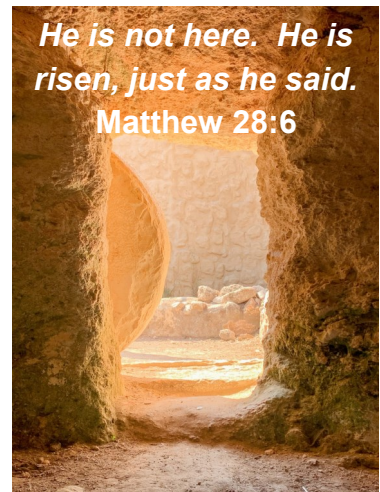
**S**pirit-led living in Christ—John 14:15-17, 26

**T**rusting His Word as Truth — John 8:31-32

**E**nlighten others with the Gospel message —Matthew 28:19-20

**R**eturning again for His people! - John 14:1-3

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*He is not here. He is risen, just as he said.  
Matthew 28:6*

*I am the way, the truth, and the life. No one comes to the Father except through me. John 14:6*

## **SHOUT-OUT to KSC's Care`Team Member: JAN**



*Koinonia Senior Care (KSC) teamed up with Jan when we met her at Oxford Grand many years ago while she was there visiting her mother, Betty. Betty faithfully attended the Bible study that KSC led. In time, Jan joined our teaching team and is now enthusiastically leading our beautiful friends at Oxford Grand on Thursdays at 3:00. "I love seniors, cherish their friendship, and enjoy sharing encouragement from the Word of God with them." Jan also plays the piano for our time of hymn singing each week and is active in her church music program. Jan also enjoys playing games with her family (she has 12 grandchildren!), crocheting, crafting, and baking.*



## April's Touch Someone Challenge

**The Gift of a Giggle** I found a [website](https://www.askideas.com/61-best-old-age-quotes-and-sayings/) with pictures and quotes that could be printed off and used with your loved one or mailed to someone who could use a smile. <https://www.askideas.com/61-best-old-age-quotes-and-sayings/>

### MARY POPPINS TRIVIA

Who played Mary Poppins in its classic movie? \_\_\_\_\_

What was the shape of the Mary Poppin's umbrella handle? \_\_\_\_\_

Spell the famous mouthful of 34 nonsensical syllables that Mary Poppins used as "something to say when you have nothing to say." \_\_\_\_\_

**Fill in the blanks of these 4 popular Mary Poppin quotes:**

"Mary Poppins practically \_\_\_\_\_ in every way!" (when measuring with her personality tape measurer)

"A spoonful of \_\_\_\_\_ helps the medicine go down."

"First of all, I would like to make one thing clear: I never \_\_\_\_\_ anything."

"In every job that must be done there is an element of \_\_\_\_\_. You find the \_\_\_\_\_ and snap, the job's a game!"

### Do You Sing in the Rain?

*April showers bring May flowers!* Umbrellas spread their arms wide to provide shelter from the rain for those who choose to take cover. Some may choose to just stay indoors, yet adventurous children enjoy getting wet and even splashing through the puddles. Why is it that as we age, we don't like to be out in the rain? Perhaps it will mess up our hair or we just don't like to get wet and have to go in and change our clothes. But when that child inside of us comes out, can you *imagine* slowly inhaling the fresh fragrance of a gentle rain shower and singing and dancing to the popular Gene Kelly song, "Singing in the Rain?"

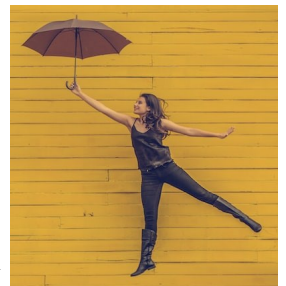
*I'm singing in the rain – Just singing in the rain*

*What a glorious feelin' – I'm happy again...*

*I walk down the lane – with a happy refrain*

*Just singin', - Singin' in the rain.*

The next time you hear thunder or hear the pitter-patter on your window, or hear the health report, or hear cranky people living the monotony of everyday life, choose to remember that ***life is not all about waiting for the storm to pass; it's about learning to dance in the rain.***





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If you can't SEE the sunshine,  
BE the sunshine!

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  
Equipping 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  
Chris Dennis  
Lyle Jones  
Michael Priddle  
Teressa Hatfield

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