

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

May 2023

“I’ll be praying for you.”

A common phrase used today by many, but what does it really look like when prayers are being offered on your behalf before Almighty God who has the power to part seas, raise the dead, and make a difference in your situation? In my life, it looks like this:

Leslie sends me “check-in” texts to follow up on prayer concerns I have shared with her along with her prayer concerns and praises.

Verla prays for our ministry on Thursdays and sends texts:

*Good morning God’s servant! Lifting up Koinonia
and all those who serve, praying His wisdom, direction,
strength, and most of all His love be with you today.*

Nancy sends hand-written cards and donations, reminding me that she prays for *Koinonia* and those we minister to.

Flare prayers: SOS prayers, recognizing God’s presence and power in a seemingly helpless and hopeless situations I know about.

Drive-by prayers: of someone I know, or run across their name on FB, mentioning that persons’ need to the Lord in a spirit of prayer.

Prayer Bear Hugs: Prayer hugs to those who need to know someone cares and is praying. I write these out so they can pray them later.

National Day of Prayer for our nation, leaders, and military, remembering those who have served and given their lives for our freedom. May 4 & 29

This month’s Blessing Gift has a prayer theme and a couple prayers related to aging, illness, and loneliness. A sample is below. If you have a local loved one you would like a Blessing Gift for, give us a call.

*Father, I come to You as the night is falling and I am surrounded by darkness.
But I KNOW that You are light, Lord, and You have infused me with the light
of Your Son, King Jesus. In my despair, let my mind take hold of this truth and
grant me a shimmer of hope and peace. Let my spirit be comforted as You
sing over me throughout the night and then awaken me with Your morning
light. I rest in You alone, Lord, and glory in Your name alone. AMEN.*



MAY

- 1, 8, 15, 22 Grief Share 10:30 Pathway**
- 3 Support & Training**
- 4 National Day of Prayer**
- 5 Cinco de mayo**
- 10-12 Fundraiser Garage Sale**
- 14 Mother’s Day**
- 29 Memorial Day**
- 31 Make & Take, Newsletters**

KSC Garage Sale MINISTRY FUNDRAISER

May 10-12

2339 N. Covington Ct.

Volunteer or stop & shop!

Instead of an estate sale, KSC offers families the option of taking the household items they want and donating the rest to KSC for a garage sale. KSC boxes and hauls what doesn’t sell and donates the items to various non-profits in Wichita. If you would like to VOLUNTEER to set up for the sale or help with the sale, please contact Christine at 316-209-9028.

Prayer of a Grieving Wife

Lord, losing my husband has been a devastating blow in more ways than I could ever imagined. My feelings of hopelessness are overwhelming most of the time...

I go to Your Word for comfort and healing and sometimes I just stare at a blank page with my mind in a fog...

Then You reminded me of the seemingly hopeless story of Naomi who lost her husband and her two sons. She lamented, "Don't call me Naomi (pleasant), call me Mara (bitter), for the Almighty has dealt very bitterly with me. I went away full, and the Lord has brought me back empty." Naomi was convinced that You, Oh Lord, had brought calamity upon her...but You heard her hearts cry. You gave her new hope in an utterly hopeless situation and blessed her beyond what she could have ever imagined or hoped for.

I find HOPE in Naomi's story and I come to You ASKING

Asking for relief from the sadness

Asking for Your renewal of my mind and heart

Asking for a fresh newness in my life

Asking that I could again feel true joy that comes without aching from what has been taken from me

Asking for a desire to want what is still in my life

Asking for You to diminish those aching feelings that are never satisfied

Asking You to diminish those thoughts that have no future

Asking for Your powerful strength for my mind, my emotions, and my heart

Asking that my will could find union with You in accepting my loss

Asking You to bless me in unexpected ways like You did Naomi

Thank You for hearing my heart, Lord, and it is in the powerful name of Jesus I pray, AMEN.

Caregiver's Corner

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes. Matthew 6:34 (MSG)

As a caregiver, we can fall in to the "overthinking" trap which leads to anxiety and worry and a bunch of "what-ifs." Pray and plan, knowing you are doing the best you can and leave the results to the Lord.

Lord, help me to think about the things that can go right instead of the things that can go wrong.



Opportunities

4 U held at

Tyler Road Baptist Church

571 S. Tyler Road

TRAINING & SUPPORT

May 3 @ 1:00

BLESSING GIFT

Make-&-Take

Wed. May 31 @ 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

May 11

Bloom & Embrace Life

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*

My Best Gifts List

Through the years, my more seasoned friends have taught me a lot about life, death, relationships, serving, and attitudes toward aging. Some of the greatest gifts I have seen them *gift* their spouse, family, and friends include:

- Decluttering & downsizing so the family doesn't have to after you are gone
 - Pre-planning & paying for your funeral
 - Writing out your desires for who gets what after you are gone
 - Avoiding debt
 - Including spouse and someone else that you trust on your financial accounts
 - Updating & sharing location of passcodes, keys/combo locks, credit cards, accounts, etc.
 - Expressing words of affirmation to inspire and encourage others
 - Labeling photographs & writing the stories that go with them
 - Creating an updated address book & how you know each person in the book
- ~~~~~



**Grief and loss hurt deeply.
Pathway offers GriefShare's faith-based support
at 2001 N. Maize Rd. Room B002 on
Mondays 10:30 am – 12:30 pm,
April 24- July 31
Call Christine to register 316-209-9028
For a short video, view vimeo.com/990651893**



**YOUR
JOURNEY
FROM MOURNING TO JOY**

GRIEF HAPPENS when we have been given the gift of loving someone.

“I believe the hardest part of healing after you’ve lost someone you love, is to recover the ‘you’ that went away with ‘them.’”

Excerpt from Norman H Write book *Experiencing Grief*.

God has a plan for your pain. It’s called tears, crying, weeping. Sometimes we hide our tears or try to block them or apologize for them. But why should we apologize for something that is a gift from God? We were created to cry. It’s a fitting response to sorrow. Christians grieve over our losses with both real tears and real hope. God moves “*near to the brokenhearted and saves those who are crushed in spirit.*” Psalm 34:18 (NASB).

My Inspiration—My Mother

With each passing year, I find that relationships are the spice of life. Their value and worth are far more than that of precious gems and jewels. My relationship with God through Christ Jesus is my most intimate of relationships and influences all other interactions. Then God blessed me with my mother, a relationship that grows deeper and more special with each passing season of life. The past couple years have been challenging for Mom, but I have watched her come back from those setbacks with hard work and perseverance. Her daily determination has increased her character and resolve to live life to her fullest until the good Lord takes her home to glory. Keeping her eyes on Jesus and her feet on the ground. That's my mom and inspiration!

SHARP AS A TACK AT 92

Meet Evelyn. Koinonia has been providing rides for Evelyn to appointments for several years now. We always come away enriched by our time with Evelyn. After retiring as an editor for the Wichita Eagle, she began delivering Meals on Wheels. Now she is on the receiving end of this helpful service. She enjoys reading and has a library of interesting titles. But eyesight makes that more difficult for her these days. Her church mails her a weekly CD of the sermon that she listens to. Church members visit her weekly for communion and prayer. She appreciates the visits and the help she receives from her grand-daughters. Evelyn is a precious soul with a smile and a skill to memorize. She said she has always kind of enjoyed memorizing things from her early country school days when, at roll call, they sometimes had to recite a poem, but always said the Pledge of Allegiance, and the Lord's Prayer. (My how times have changed) Her most recent challenge is learning to count to 100 by 3's. Below are the things she has memorized through the years. May you be challenged to memorize something as well! I know, at age 92, Evelyn is still sharp as a tack!



Presidents

States & Capitals

Books of the Bible

Provinces of Canada

Countries & Capitals of South America



May's Touch Someone Challenge

Whether it's May Day, Cinco de Mayo, Mother's Day, or Memorial day, these are great occasions to celebrate and remember with seniors or grandchildren. Make a favorite recipe or pick up food from a favorite restaurant and enjoy a meal or picnic together!

PRAYER for Today

Father,

Thank You that when I am weak, You are strong. That when I am overwhelmed, You are enough. That when I am confused, You have perfect clarity. When I feel spent and without hope, remind me of Your mercies and compassion, for Your compassion never fails and Your mercies are new every morning. Today, may I find my complete joy and purpose in the truth of who I am in You. In the powerful and precious name of Jesus I pray, AMEN.

Learn some helpful driving techniques to keep you and your loved ones safer on the road.

The privilege of driving takes skills that can and should be continually evaluated and sharpened for a better and safer driving experience. Online and in-person courses are available to help us understand how to adjust for slower reflexes, weaker vision, and other changes we develop as we age. They address road changes like roundabouts and rule updates. An added bonus is that many auto insurance companies give discount rates for those who have taken qualifying courses. Below are some courses to check into:

AAA's RoadWise™, a senior defensive driving program is an online course designed to positively affect driving behavior and help you learn about and adjust to age-related physical changes. AAA's driver improvement courses may be offered through the classroom, online or both. Check with your local AAA Club for details.

AARP Smart Driver™ offers classroom courses for \$25. In May they are offered in the following places:

May 8, 9-1:00 at the Hesston Sr. Ctr. 108 E. Randall St., Hesston, KS. Call 620-327-5099

May 11 10:30-3:30 at the Downtown Sr. Ctr 200 S. Walnut St, Wichita, KS 316-267-0197

May 31 10:30-3:30 at the Derby Sr. Ctr. 611 N. Mulberry Rd. Derby, KS 316-788-0223



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*The prayer
of a righteous person
is powerful and effective.*
James 5:16b

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
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.

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