

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 October 2023

ANTICIPATION



In Kansas, we are not there yet, but soon, we anticipate the beauty of fall all around us with the changing of the leaves into vibrant reds, burgundies, oranges, and yellows. The mums are already dazzling arrays of autumn colors, and the brisk, fresh evening air will bring friends and family together around the campfire for s'mores and perhaps a hayride for those youngins' who can make the climb onto the flat-bed for the great pumpkin adventure. Pumpkin reminds me of the flavors of fall, with its aromatic spices being at the top of the shopping list. The stores are full of pumpkin delights, but homemade pumpkin breads and dishes appeal to the scent-sational aromas that fill our homes and hearts this season.

Then as the leaves begin to fall, let's not forget to keep our homes free of fall-risk hazards and our habits full of healthy choices that keep us moving and improving (or at least maintaining) our strength, balance, coordination and flexibility. Consider talking to your doctor about a custom exercise program with a physical therapist who can help you safely reach your goals.

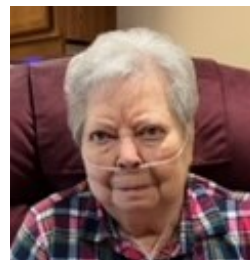
Just like we anticipate the beautiful changes that each season brings here in Kansas, we can anticipate the beYOUtiful changes each season brings in our own lives, remembering that life is not measured by the number of breaths we take, but by the moments that take our breath away.

Keep a pep in your step and a song in your heart. *Christine*



OCTOBER

- 4 Training @ SCZ Zoo 1-3pm
- Young at Heart @ Riverlawn Church 11am RSVP
- 11 Waxing Wednesday at Oxford Grand at 10:00
- 12 Empowering Seniors
- 25 Make & Take, Newsletters
- 27 Christian Women's Club



Meet my friend, Patricia Capansky. She is a gifted poet, writing from her heart about everyday life happenings. I think you will enjoy the poems she shares with us in the months ahead. You can read her poems on page 2.

Need a Speaker?

Christine shares stories and engages audiences in all ages and stages of life.

Patricia's Pen

The Gift

The Lord has given me a gift to write things down and rhyme.
And all the poems I come up with don't take a lot of time.
I think about things someone's done or something someone's said.
Then I put the words in rhyme, together in my head.
Sometimes I have a problem, not knowing where to start.
So I just sit and write the words that come straight from my heart.
Some of my poems are spiritual, some funny, some are sad.
And some of them I use to vent my anger when I'm mad.
But no matter what the reason I write things I do.
I thank the Lord in Heaven above because my gift come from You.

Patricia J. Capansky

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Caregiver's Corner

What items are precious to your spouse, parent, or loved one you care for? When possible, partner together and be sensitive when decluttering. You may not truly understand what is most important to them. It's an overwhelming task that takes patience and creativity..

As my husband drove off with Grandma's car to trade it in for a newer family car, she was at the door crying. I called him and said, "Bring it back and take our car to trade in." We still have her 2001 Buick Park Avenue and it now has 235,000 miles and is still running and transporting seniors to appointments.

Observation: many are more hesitant to bring new stuff into their own home because they experienced how hard it is to pare down.



Volunteer Opportunities

TRAINING & SUPPORT

Wed. October 4, 1:00

@ SCZ ZOO

Blessing Gift Make-&-Take & Newsletters

Wed. @ 1:00 Oct. 25

Tyler Road Baptist

Christian Women's Club

Is a monthly time for women to come together and enjoy a brunch, a special local feature, and a speaker share about her faith-walk to encourage us on our faith journey. Cost is \$13 and RSVP must be made by noon the Tuesday before. Call KSC: 316-209-9028 (27th @ 9:15)

EMPOWERED SENIORS

October 12th ~ 10-11:30

Fire & Emergency Preparedness

Botanica Click to [RSVP](#) or try 616 686-4500

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 to those who faithfully support
Koinonia Senior Care

PART 3: Preparing for Decluttering, Downsizing, and Detaching Emotionally

Digitalize or Donate Photos, Movies, Cassettes, and CD's: Photos are keepsakes but unless they are in books that you look at regularly, these physical copies take up a lot of room. Consider having a box for each person you want to give certain photos to and let them decide what they want to do with them. If there are older photos, be sure and write on the back who the people are. Younger generations who don't know who the people are will feel no connection to them. Other photos they may digitalize. Movies and CDs can be digitalized, sold, or given away as well.

Recycle Broken or Outdated Electronics: Broken electronics, old laptops, cracked cellphones, printers, keyboards, hard drives, flatscreen monitors, DVD players, VCR's and tablets need to find a new home.

Starkey, Inc. is a local electronic recycling site. 316-512-4243

There's one exception: Put unique chargers or cables whose pair you can't identify in a box for the duration of the packing process, should you find a match for it in another part of the house.

Groom the Garage: Your car should fit in the garage with plenty of room around it for safely getting out and bringing in groceries. Utilize cabinets for necessary and essential items. Invest in a tool box/cabinet for essential tools, and not duplicates. For excess building materials and home fixtures, you can donate to Habitat for Humanity. They take other items as well. Call 316-943-6996 for more local info.

Haul off Hazardous Waste Materials and Expired Medicines: Old chemicals, paints, aerosols, batteries, oils, gasoline, antifreeze, pesticides, herbicides, household cleaners, fluorescent bulbs, propane, and unwanted medications (except for controlled substances) can be disposed of at your local Household Hazardous Waste Facility. Sedgwick County residents ONLY: 801 Stillwell in Wichita

Clean Out the Closets: Take everything in that section OUT of the closet. Have 2 baskets, bins, or tubs to put things in as well as a trash bag. Label one *DONATE* and the other *SELL*. The trash bag is for items to be *TOSSED* like stained, unraveled, items, or used pantyhose, underwear, and old socks. As you go through each piece, only put back those items that FIT or HAVE BEEN WORN IN THE LAST 12 MONTHS. Questions you may ask are, "Does it make me look or feel like a million dollars?" "Is it comfortable and easy to care for?" "Is my closet still too crowded?" If so, purge some more or fold up t-shirts and put in a drawer.

Clean Up the Kitchen: "Do I really need all these plates, utensils, and gadgets?" "Does this item make life easier?" "Does it work properly? Is it rusted or splintered?" "Would I buy this again today?" If you haven't used it in 12 months, remove it. Regain space by reducing your coffee mug and cookbook count. Install a kitchen rod under the sink for spray bottles. Eliminate ratty dish towels, mismatched food containers, novelty mugs, and unused kitchen gadgets. In the pantry, if you won't eat it, or it's expired, toss it.

Manage your stuff on the front end, so you don't have to spend so much time organizing it on the back end.

~~~~~ CALLING ALL PRAYER WARRIORS ~~~~~

Many of our readers are prayer warriors. They understand the privilege and power of prayer. They understand the great ongoing spiritual battle for our souls and intercede on behalf of others and for God's will to be done in all things.

There is no greater discipline in the Christian faith than

- to have an intimate relationship with our Heavenly Father through unceasing prayer,
- to pour over God's Word while He uses His written voice to speak to our Spirit, and
- to feel His holy presence, to hear His whisper, to align with His will, to witness His power, and then to celebrate His sovereignty, knowing His ways are higher than our ways, regardless of what circumstances look like on our end.

Grief and sadness happen to our beloved prayer warriors, but they do not grieve as those who have no hope (1 Thess.4:13-14). God gives peace, comfort, and joy in the mourning, growing them into oaks of righteousness. (Is.61:1-3, Ps. 30:11, Jeremiah 31:13, and John 16:20).

There is also no greater distraction in the Christian faith than busyness, even the busyness of doing great things for God. If we don't prioritize communion with God throughout each day, we are less likely to hear His whisper and leading, and more likely to see His divine appointments as interruptions in our jam-packed schedules. *Obedience is better than sacrifice* (1 Samuel 15 story) and to *love the Lord your God with all your heart, soul, mind, and strength* will lead us to more effectively *love our neighbor as ourselves* without *fearing the people and obeying their voice* over God's commands (1 Samuel 15:24).

The obedience story of Daniel was brought to my attention this past week as I listened to [The Complete Story](#) on Bott Radio. As a teenager being captured, deported, and indoctrinated to the Babylonian culture, Daniel never wavered from his allegiance to God. When the culture dictated that he bow down to it, his devotion to the Lord was never in question, even into his latter years. God used Daniel to speak Truth to the powers that be and he influenced three different Kings over the course of his life.

Prayer warriors today have an opportunity to speak Truth and influence those in their sphere of influence. As Pastor Gary Hamrick challenged his audience at [Pray, Vote, Stand Summit](#) this past week, there is a new language, culture, philosophy, and even a new name for you if you don't like your own pronouns. Like Daniel in Babylon, there will be those who conform to the culture and those who will transform the culture—and transformation begins on our knees. This is a time for Daniels, This is a time for Esther's. This is a time for every Christian to be salt and light in our culture so that the culture might *see your good deeds and glorify your Father in Heaven* (Matthew 5:13-16). Prayer is where it all begins.

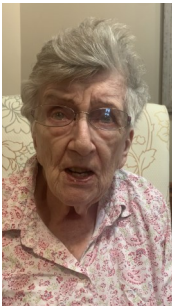
October's Touch Someone Challenge

Be an Edith-pick-her-upper this week for someone who doesn't drive and would like to attend church. You will make a heart full and inspire others to do likewise. In return, ask them to pray for you, knowing that *the prayers of a righteous man availeth much!* James 5:16

Pastor and Staff Appreciation

Ideas for showing appreciation for your pastors and staff can be found at <https://blessyourpastor.org/> Here are a few from the 50+ list to consider:

- **Pray** for intimacy w/God and spouse, their financial, spiritual, physical & emotional health.
- **Send notes** of how God has used them to grow you in your walk with he Lord.
- **Prepare meals** or give them gift cards for restaurants and coffee shops.
- **Share your skills** of babysitting or tutoring, auto care, home repairs, hair cuts, medical care, or lawn upkeep. ~~~~~



Who goes to your church that you could give a ride to because they no longer drive? Hear Edith's words of appreciation to her church

on our website, kscare.org

KOINOINIA SENIOR CARE

FUNDRAISER GARAGE SALE

October 19-21

13676 W. Highland Springs Ct. Wichita, KS 67235

SHOP

DONATE ITEMS

VOLUNTEER

SUPPLY SANDWICHES for
volunteers or SNACKS for
shoppers

CALL 316-209-9028



Koinonia Senior Care
13303 W. Maple, Suite 139, PMB #128
Wichita, KS 67235

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*The smallest blessing
 can give life its greatest
 richness and meaning.*

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

Board of Directors

Rhonda Turner	Lyle Jones
Gwendolyn Lewis	Chris Dennis
Ronda Bowles	Michael Priddle
Teressa Hatfield	
David Bridgewater	

Officers

Christine Brisco	Dawn Roberts
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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.