

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

November 2023



Have you noticed how some people are happier and more content than others.? Chuck Swindoll says, “I am convinced that life is 10% what happens to me and 90% how I react to it.” Choices

and perspectives play an important role in how we live each day.

Many reading this article are facing difficult circumstances that weigh us down with worry, weakness, and weariness that can lead to additional physical ailments and even depression. What if we could restore our joy and sense of purpose, life, and significance amidst our struggle? We can! The answer isn’t a popular one, but it is found in 1 Thessalonians 5:16-18.

“rejoice always, pray continually,
and give thanks in all circumstances.”

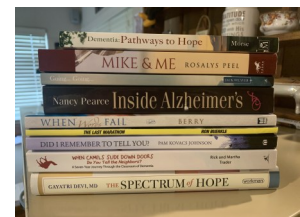
When we focus our attention on this kind of **“thanks therapy,”** our heavy burdens can turn in to **“thanks-living,”** a lifestyle of praise and thanksgiving no matter what comes our way. Ann Voskamp says, **“Thanks therapy** is God’s prescription for joy. It’s not easy to start, but it does bring healing to the hurting.

Thank you, Lord, for the reminder that trials shape us and can draw us closer to You when we choose to trust You and thank You, knowing that You work for the good of those who love You and are called according to Your purpose. (Romans 8:28) Christine



NOVEMBER

- 1 Training & Support 1-3pm
- Young at Heart @ Riverlawn Church 11am RSVP
- 7 VOTE
- 8 Waxing Wednesday at Oxford Grand at 10:00
- 9 Empowering Seniors
- 10-11 Ruby’s Open House
- 11 Veteran’s Day
- 17 Christian Women’s Club
- 17-18 Ruby’s Open House
- 23 Thanksgiving
- 29 Make & Take, Newsletters



NEW LIBRARY BOOKS

Pathways to Hope

Mike & Me

Going...Going

Inside Alzheimer’s

When Words Fail

The Last Marathon

Did I Remember to Tell You?

When Camels Slide Down Doors

The Spectrum of Hope

Ruby's Open House

MARK YOUR CALENDAR!

Nov. 10-11 & 17-18 1:00-4:00 @ Ruby's place

Local artist & author, Ruby Tobey, will be selling her sketches, China paintings, poetry, jewelry, ornaments & original Christmas gift ideas.

Call for directions: (316) 209-9028.

Special December Treat:

Ruby's 2024 calendar will be part of our December *Blessing Gifts* to homebound seniors. A true treasure! Thank you, Ruby!

Free PEPPER NUT Smells and Samples!

Taking Orders Now! 316-209-9028

2 oz

\$3.00



6 oz

\$8.00

Caregiver's Corner

VOTE and Veteran's Day

I witnessed a homebound gentlemen putting a stamp on his ballot and getting it in the mail. It is our duty and privilege to VOTE. The aging population takes their voting seriously. If any way possible, make sure you and your loved ones have the opportunity to vote on November 7.

Thank you to those caregivers who serve those who served in our military. This year for Veteran's Day, we honor the historical importance of the date, but also celebrate and honor American veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Let's salute our Veterans with cards of *thank you for your service*. Send them to the VA Hospital for miles of smiles!



Volunteer Opportunities

TRAINING & SUPPORT

Wed. November 1, 1:00

Tyler Road Baptist
571 S. Tyler Road

Blessing Gift Make-&- **Take & Newsletters**

Wed. @ 1:00 Nov. 29

Tyler Road Baptist

Christian Women's Club

Rolling Hills Country Club

November 17th @ 9:15

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 11/14

Fundraiser Bake Sale!

Call KSC: 316-209-9028

EMPOWERED SENIORS

November 9th ~ 10-11:30

[The Truth about Trusts, Wills, Probate and Guardianship](#)

Botanica Gardens—Click to [RSVP](#) or call 316-686-4500

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 4: Preparing for Decluttering, Downsizing, and Detaching Emotionally

Toss the Toiletries: Have a trash can ready. You'll also need *keep* and *donate* boxes. Put it all out in the open: makeup, hair products, grooming tools, lotions, tissues and toilet paper, first-aid supplies, towels, and cleaning supplies, tossing the expired items. Clean out the cupboards, drawers, and cabinet top. A caddy and attractive organizers will keep like-items together, give you more use of vertical space, and make the area easier to clean and more accessible when needed. Sometimes those bulky bottles the products come in don't fit in shower nooks and medicine cabinets, so consider bottles that perfectly fit on a ledge in your shower or in a bathroom organizer. Extra toilet paper can be stacked on the handle of the toilet bowl cleaner. The back of the door could be a place to hang towels if there's no room (or studs) for a towel rod. Solid safety bars (not suctioned) should be strategically placed around the stool and shower.

Look over the Linens: Sometimes the linen/hall closet can be a catch-all. (after all, the vacuum cleaner & paper rolls have to go somewhere!) How many do you really need of towels, swim towels, wash cloths, hand towels, blankets, sheets, quilts, and the like? Get rid of the old, faded, or ratty-looking ones. Use the new ones! Fold the items in a way that better fit the space you have.

Local Contribution List:

[Passageways](#)— household & furniture items—veteran support 316-721-1316

[Habitat for Humanity](#)—building materials and home fixtures 316-943-6996

[Fit for a Queen](#)— plus-size women's resale shop 316-942-0006

[Starkey, Inc.](#) - electronic recycling 316-512-4243

[Assistance League of Wichita Thrift Shop](#)—funds philanthropic programs 316-290-9558

[LovePackages.org](#) – SS & reference materials, Bibles, Books, Magazines, daily devotionals, and tracts, CDs, DVDs, Blu-ray, Puppets, nativity sets, etc. are collected by some churches. They mail them (or you can) to their Alabama or Illinois address on their website.

[His Helping Hands](#) - Provides help to Wichita and Sedgwick County families who are facing insufferable hardships, such as victims of natural disasters, families living below the poverty line, or those families considered to be “at risk.” A ministry of Central Christian Church – being the “Hands of Christ” showing the love of Christ in a practical way. 316-838-8528

Closing Considerations of a different kind: An uncluttered home and schedule contribute to a calm, peaceful soul. Making room for margin in our lives allows us time to rest, reflect, read, pray, prioritize., and purge the clutter from our heart and mind. Here is a good “declutter verse” to live by. *Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. (Matthew 6:19-21)*

Gossip is unnecessary chatter about the personal or private affairs of others. I would say it's opposite might be *confidentiality*. One is a loose canon and the other has a zipped lip. Sadly, I know a lot of gossipers in the aging population. Some people share everything they know, telling the latest "inside scoop" to their peers. Others share gossip as a prayer requests within their church circles. Still others are just plain nosy and meddling in other people's business. Or worse, we get mad at someone and crave the satisfaction of character assassination upon them.

Whatever the reason, the presence of gossip depends in large measure on your heart: *how* you talk about people who are not present and *why* you talk about them. Jesus addresses this:

For the mouth speaks what the heart is full of. ³⁵ A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him.

Matthew 12:34b-35

Jesus said that we will give an account for every *careless* word we have spoken...

*"We will give an account for every careless word we have spoken,
not just for the malicious ones."*

Matthew 12:36

Maybe you don't gossip, but you *listen* to others gossip. A Scripture I used with my kids about the friends they hung out with would apply here as well.

*He who walks with the wise grows wise,
but a companion of fools suffers harm.*

Proverbs 13:20

Gossipmongers thrive on attention and will prey on open ears. Here are some solutions to consider:

Be busy and preoccupied so you're not available to listen.

Try to change the subject or act disinterested.

Show your concern and boundaries by expressing your discomfort talking about this individual and/or question the information provided with, "why are you spreading this information?" "Is this information yours to tell me?" "Would you be telling this story if he were here?" "Would you want someone else to talk this way about you if you were not in the room?"

Encourage positive conversations by sharing goodness stories, catching people doing or saying positive things, focused on values, kindness, strong work ethic, honesty, humility, etc.

November's Touch Someone Challenge

Friendsgiving is a time to spend with a special friend or “holiday orphan” at Thanksgiving time, showering them with your presence and an informal meal together. Enjoy!

Let's Talk Turkey

Did you know that domestic turkeys can weigh up to 16-50 pounds, depending on if male or female? Wild turkeys weigh up to 12-20 pounds.

What is an adult male turkey called? _____

What is a female turkey called? _____

Can turkey's fly? _____

What do turkeys eat? _____

Are turkeys named after the country, Turkey? _____

Which state produces the most turkeys annually? _____

The average lifespan of a wild turkey is 3-4 years while that of a domestic turkey, from birth to freezer, is 26 weeks. During this period of time, it will eat about 75 pounds of turkey feed.

Tom, hen, yes!, seeds-nuts-ubssects-berries, no, Minnesota,

KOINONIA SENIOR CARE

FUNDRAISER GARAGE SALE

Thank you to those who donated items, baked goodies, time to volunteer and shop! The shoppers enjoyed the special treats and bottled water. God provided beautiful weather, too!

DILLONS

Thank you to the 42 families who have linked their REWARDS card to *Koinonia Senior Care*. For June— September, Dillons donated \$149.82 to KSC!



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

Nonprofit Org
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*Let our lives be full
of both
**THANKS &
GIVING***

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.

Board of Directors

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

Christine Brisco	Dawn Roberts
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