

*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](http://www.kscore.org)  
316-209-9028

# KSC CONNECTION



## Koinonia Senior Care Newsletter

**February 2024**

### Stop Lights and Commercials

What do stop lights and commercials have to do with anything? Stop lights and commercials seem like a good time to get some “little things” done. Stay with me.

Through the years, I have learned so much from my senior friends about the importance of the little things. I read recently about the 1% increase and thought how it applies to what I am learning, and how much can be incorporated at those stop lights and commercials that we all find ourselves experiencing. So here are 5 things we can benefit from either at stop lights, commercials, or both!

**Kegal exercises**—helps with incontinence!

**Spirometer breathing or deep breathing**—strengthens lungs, helps prevent pneumonia, decreases stress

**Prayer**—remember those whom you said you would be praying for or pray for those in the car beside you

**Hydrate**—sip on some water to stay hydrated.

**Posture Check**—stomach muscles in and shoulders back for a stretch

Let me know of others you think of! *Christine*



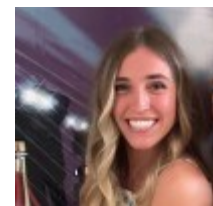
KSC IS A PROUD MEMBER OF  
Goddard Chamber of Commerce



### FEBRUARY

- 5 GriefShare @ Pathway 10 am
- 6 Pathway Hymn Sing 1:00
- 7 Training & Support 1-3pm
- 7 Young at Heart @ Riverlawn Church 11am RSVP
- 14 Waxing Wednesday at Oxford Grand at 10:00
- 23 Christian Women's Club
- 28 Make & Take, Newsletters

### MEET McKinzie



McKinzie is KSC's semester Marketing intern. She is in her senior year at Newman University. McKinzie will work to improve and promote awareness of KSC's mission and its services in our community and in the digital channels that best reach KSC's target audiences. **WELCOME!**



## Ruby's Writings

### FOR YOU

I want you to know that I care for you;  
there is warm affection in my heart.

My love reaches out wherever you are  
and spans the miles that keep us apart.

I think about you and how you are;  
there are feelings too deep to express.  
I know you must live with many problems.  
What can I do but feel so helpless?

I cannot take your place with it's troubles,  
but there is a way I can help you through.  
I will have you in my thoughts often  
and I will always be praying for you.

Written by and used by permission from Ruby Tobey. This poem is in her 2024 *Scribbles & Sketches Inspirational Calendar*. For a free copy to the first 5 callers, contact Christine at (316) 209-9028.

*The prayer of a  
righteous man  
is powerful and  
effective.”  
James 5:16*

## Caregiver's Corner

*Showing LOVE to my loved one includes showing LOVE for myself.*

Caring for a family member demonstrates **LOVE** and can be a very rewarding. Yet worry, inadequate resources, and continuous care demands can make caregiving enormously stressful. Before a caregiver is aware, many have risked their own health with inadequate diet, exercise, and sleep. To stay sharp and healthy, **show LOVE** to yourself with a health check-up, overnight help if your loved one keeps you up, and daily respite for at least 2 hours. Daily respite can come from family members, church friends, neighbors, or hiring a trusted person who will engage your loved one in conversation and appropriate activities while you are gone. There's no easy solution, but you can't navigate this journey alone. Call Christine for more ideas and to help you coordinate care so you can receive what you need to be a better caregiver: (316) 209-9028



## Volunteer Opportunities

### TRAINING & SUPPORT

**Wed. February 7, 1:00**

Tyler Road Baptist  
571 S. Tyler Road

### Blessing Gift Make-&- Take & Newsletters

**Wed.@ 1:00 Feb. 28th**

Tyler Road Baptist

### *Christian Women's Club*

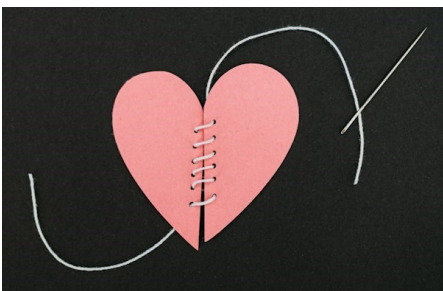
Rolling Hills Country Club

**February 23rd @ 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 by noon 1/23.  
Call KSC: 316-209-9028

## *Thank You*

to Kroger and the **42 households** who have linked their Dillons Reward Card to KSC as their charity of choice. This past quarter, Dillons has donated **\$157.80** to our organization, based on purchases.



## **LOVE SPEAKS**

*Lord, You know my needs. All I ask is that You provide a single healing stitch to my heart once a day.*

H. Norman Wright

*Grief is the price you pay for **loving** someone.* – Zig Zigler



*The only way to avoid grief is to never have **loved**.* – Dr. Susan Zonnebelt-Smeenge

~~~~~  
Match the Love song with its singer who made it popular. Each singer is used once.

- |                                                                    |                              |
|--------------------------------------------------------------------|------------------------------|
| 1. <a href="#">I Just Love Old People</a>                          | Percy Sledge                 |
| 2. <a href="#">Love Me Tender</a>                                  | Frankie Valley               |
| 3. <a href="#">I Will Always Love You</a>                          | Jake Hess and the Gaither's  |
| 4. <a href="#">When a Man Loves a Woman</a>                        | Dean Martin                  |
| 5. <a href="#">L-O-V-E</a>                                         | Paul McCartney and Wings     |
| 6. <a href="#">My Love</a>                                         | Bing Crosby                  |
| 7. <a href="#">Endless Love</a>                                    | Nat King Cole                |
| 8. <a href="#">I Keep on Lovin' You</a>                            | Frank Sinatra                |
| 9. <a href="#">Have I Told You Lately that I Love You</a>          | Dolly Parton                 |
| 10. <a href="#">Everybody Loves Somebody Sometime</a>              | Diana Ross and Lionel Richie |
| 11. <a href="#">Love Isn't Just For the Young</a>                  | Elvis Presley                |
| 12. <a href="#">I Love You Baby: Can't Take My Eyes Off of You</a> | Reba McEntire                |

1. Jake Hess and the Gaither's, 2. Elvis Presley, 3. Dolly Parton, Percy Sledge, 5. Nat King Cole, 6. Paul McCartney and Wings, 7. Diana Ross and Lionel Richie, 8. Reba McEntire, 9. Bing Crosby, 10. Dean Martin, 11. Frank Sinatra, 12. Frankie Valley

## AROUND TOWN & BEYOND

*Koinonia Senior Care* strives to be a place of community resources for many of our senior's needs. Our resources have developed from the questions and calls of caregivers and seniors alike. Our [RESOURCES tab on our website](#) is filled with various topics, one being the "[Resource Links](#)" page, full of links to local, state, and national websites for things like transportation, relocation services, government financial information, legal matters, medical equipment, disease education, spiritual support, and caregiver needs.

*Koinonia Senior Care* appreciates the efforts of many organizations reaching out to the needs of our senior community, so what better way to get the word out than to share with our readers some of those services. This month we highlight a few of those throughout our newsletter. Be sure and let Christine know of others senior-centered organizations and events we should consider highlighting in our newsletter!



[Bott Radio Network](#) is one of those we have found helpful for the spiritual encouragement of many of our readers. Locally, you can find their station on FM 94.3.

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### Additional Observances in February

This short month of February has many observances worth mentioning, acknowledging, and celebrating. If you are looking for a reason to recognize, pray for, or celebrate, here is a short list for you!

[Black History Month](#), [American Heart Month](#), and [National Cancer Prevention Month](#)

Feb. 2—[Ground Hogs Day](#)

Feb. 4—National [Thank-a-Mail-Carrier-Day](#)

Feb. 7—National [Send-a-Card-to-a Friend Day](#)

Feb. 12—[Lincoln's BD](#)

Feb. 14—Valentine's Day

Feb. 19—[President's Day & Washington's BD](#)

Feb. 27—Christine's 60th BD (Not a federal holiday, however!)

Feb. 29—Leap Day! Only celebrated every 4 years.

## February's Touch Someone Challenge

With February celebrating National Send-a-Card-to-a-Friend day, and Valentine's Day, it would be a great opportunity to send cards and have the kiddos make cards to send to seniors!

### LOVE is spelled F-A-M-I-L-Y

At [Koinonia Senior Care](#) (KSC) we believe the family is the first source of assistance. Studies and experience have highlighted the physical toll caregiving puts on the primary caregiver. They need others to walk through this season of life with them. KSC serves alongside the family and church to provide encouragement, respite, and resources. We also assist those who have uninvolved or long-distance families by providing 2-4 hr. companionship they can trust and turn to for their nonmedical CARE needs.



### [Senior Services](#)

[of Wichita](#) is a private, non-profit, non-government organization, catering to the health and happiness of Wichita seniors. They have made a positive difference in the lives of seniors of all ages since 1968. They provide recreational, life-enriching events, meaningful employment, caregiver support, health and nutrition, and much more through their four Wichita locations. Whether it's a social gathering, sports competition, or Meals on Wheels, Senior Services helps you lead a more active and rewarding lifestyle. They serve just around 9,000 seniors each year, and continue to expand their programs to meet the demands of the growing Baby Boomer senior population. They have a monthly newsletter called *The Compass*, filled with their many activities, articles, and more.

### [EMPOWERED SENIORS](#)

February 8th ~ 10-11:30

*[The Truth about Love, Intimacy, and Shacking Up](#)*

Botanica Click to [RSVP](#) or try 316 686-4500

Watch past seminars on their [You Tube channel](#) or

Fridays @ 8:30 p.m. PBS Repeats Sat. @ 3 on 8.1 & Sundays @5:30 on 8.2





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

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**Journaling: *THOUGHTS***  
***disentangle themselves***  
***over the lips and through***  
***the fingertips.—Chuck***  
***Swindoll***

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 com-  
munity of churches,  
neighbors and  
businesses who  
bring moments of  
joy, honor, help and  
hope to widows, the  
aging and their care-  
givers through per-  
sonally 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  |                 |
| David Bridgewater |                 |

#### **Officers**

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| Christine Brisco | Dawn Roberts |
|------------------|--------------|