

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

January 2024

No More Grinch; It's a Wonderful Life! Happy New Year!

I'm always grateful for a new year, a fresh start, and a fresh perspective. As I reflect, I learn from others, God's Word, His Spirit, and even movies. So here are some contemplative observations and considerations for all of us in the New Year.

Some people appear to be related to the Grinch as they age. They seem to develop a grumpy, cranky, scowling, attitude and often become socially isolated. The grumpy Grinch became known as a monster with an empty soul.

- There is bad in the world, but a heart can change.
- When a heart doesn't change, don't let it destroy you.
- People can't drive you crazy if you don't give them the keys.
- Allow your heart to grow three sizes this year and spread more love and joy in our world.
- *Don't be overcome by evil but overcome evil with good.*
Romans 12:21

There are also Cindy Lou's in the world, who look beyond the mean, hairy, smelly Grinches with cold, clammy hands, and welcome them, no matter how different they are.

- Take time to understand and show respect, compassion, and empathy to those who are different than you.
- Consider possible depression in those who get really irritable, grumpy, and/or who withdraw socially.
- Change our world for the better, one Grinch at a time.
- *Always be eager to practice hospitality.¹⁴ Bless those who persecute you. Don't curse them; pray that God will bless them.*
Romans 12:13b-14

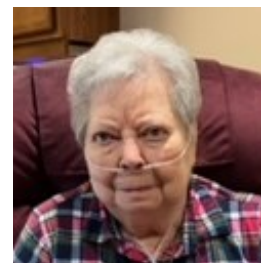
(Continued on page 3)



JANUARY

- 2 Pathway Hymn Sing 1:00
- 3 Training & Support 1-3pm
- 3 Young at Heart @ Riverlawn Church 11am RSVP
- 10 Waxing Wednesday at Oxford Grand at 10:00
- 15 GriefShare @ Pathway 10 am
- 26 Christian Women's Club
- 31 Make & Take, Newsletters

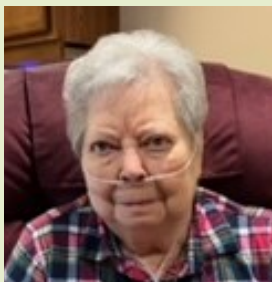
There are many GriefShare support groups starting this month. See page 3.



Meet my friend, Patricia Capansky. She is a gifted poet, writing from her heart about everyday life happenings. Read *Magnificent Beauty* on page 2.

Need a Speaker?

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



Patrícia's Pen

MAGNICIENT BEAUTY

As I look out my window snow is falling all around,
reminding me of feathers gently floating to the ground.
They fall onto a bed and make a blanket snowy white,
fashioned from the snowflakes that have fallen through the night.

As I look out my window the lovely things I see,
this time are shrubs and bushes and the branches of a tree.
They're like a brilliant sculpture with a beauty that's so rare
glistening in their coats of ice, a sight beyond compare.

As I look out my window, each day there's something new
painted on a canvas for all the world to view.
The changes of the seasons and the things upon this land,
are truly Masterpieces, painted by the Master's hand.

Written by and used by permission from Patricia J. Capansky © 2000



Volunteer Opportunities

TRAINING & SUPPORT

Wed. January 3, 1:00

Tyler Road Baptist
571 S. Tyler Road

Blessing Gift Make-&- Take & Newsletters

Wed.@ 1:00 Jan. 31st

Tyler Road Baptist

Christian Women's Club

Rolling Hills Country Club

January 26th @ 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

Caregiver's Corner

*Love one another. As I have loved you, you should love one another.
Your love for one another will show to the world that you are my disci-
ples. - Jesus (from John 13:34-35)*

Caregiving is an act of God's love through me.

Caregiving has felt more like a duty than an act of love. But God is always perfecting His love through me in my role as an imperfect caregiver. I'm reminded of the old adage that "love is not what we say, but what we do." I believe it is both. Remembering this helps transform my feelings of obligation into love. Whatever I do for my loved one is an act of love, regardless of how I feel. So are rest and respite for myself. Finding respite or help with chores can be one of the most loving things a caregiver can do for themselves.

Thank You

to those who faithfully
support *Koinonia*
Senior Care

Through prayer

Financial Gifts

Volunteering

Senior gifts

Donations

No More Grinch; It's a Wonderful Life! Happy New Year! (continued from page.1)

George Bailey, in "It's A Wonderful Life," focused on his problems and thought life would be better had he not been born. But after a series of events, George's perspective changed. He realized that his life really did matter. George had purpose and was grateful for a do-over.

- Hug your humans. Celebrate and see people as precious.
- *Life is not measured by how many breaths we take, but the moments that take our breath away.*
- Experience peace in your problems by praying. Let go and let God take over! Philippians 4:6-7.
- *Don't tell God how big your problem is. Tell your problem how big your God is!*

2024 will be sure to include life's storms, whether they be financial, health-related, relationship-centered, or relocating, to name a few. May these considerations help get your new year off to a great kick-start! .



NEW JANUARY GROUPS STARTING

GriefShare is a 13-week safe place to find support through your unique grief journey. Below are dates, times, and RSVP info, or go to <https://www.griefshare.org/> and enter your zip code.

Central Community Church—6100 W. Maple Wichita, 67209 316-943-1800

January 2nd on Tuesdays, 7:00 p m Cheri Clark

January 16th on Tuesdays, 10:00 am —Carolyn Richards

<https://centralcommunity.church/get-help/hope/>

Pathway Church 2001 N. Maize Rd. Wichita, 67212 316-722-8020

January 16th on Tuesdays, 6:30-8:30 p. m.—Rachel <https://www.griefshare.org/groups/177726>

January 15th on Mondays, 10:00-11:30 am—Christine <https://www.griefshare.org/groups/179196>

Riverlawn Christian Church—4243 N. Meridian Wichita, 67204 316-838-9388

January 9th on Tuesdays, 7:00 p. m. <https://www.griefshare.org/groups/179693>

January 14th on Sundays, 10:45 a.m. <https://www.griefshare.org/groups/179684>



It's SNOW-TIME! Whether it's snowing this January, or just plain cold, we can dream about the days when we used to long for a snow day so we could get out in the yard and make a snowman, a snow fort, a snow angel, or even snow ice cream! Below are some snow-themed fun things for your winter enjoyment. Share with a friend or a child and double the pleasure!

Snowman Jokes

1. What do you get when you cross a snowman with a vampire? _____
2. What do you call a snowman's temper tantrum? _____
3. Where do snowmen go to dance? _____
4. Why was the snowman looking through the carrots? _____
5. What wisdom would a donut snowman have? _____

What a snowman might say:

It's embarrassing when you can't look down and see your feet.

Accessorize! Accessorize! Accessorize!

Snowman are just a bunch of flakes!

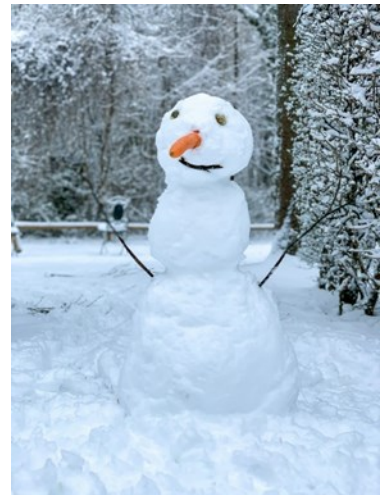
I'm snowed under.

I need a higher spf!

I love a good blizzard!

I used to be snow white, but I drifted.

If you keep making faces, it will freeze that way!



Snow Ice Cream Recipe

½ C. heavy cream

4 T sugar

1 t. vanilla

Whip cream. Mix in sugar & vanilla. Place white snow in a large bowl and add cream mixture.

Answers: 1.Frostbite, 2. Meltdown, 3. Snowball, 4. He was picking his nose, 5. ⁶ *DONUT worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.* ⁷ *Then you will experience God's peace... Philippians 4:6-7*

January's Touch Someone Challenge

Grab a winter blessing gift of hot cocoa and snowman powdered donuts to share with your favorite senior this month. Some seniors can't read anymore due to failed eyesight. Consider sharing excerpts from this newsletter with them!

WRITING FOR CONNECTION

Your penmanship, no matter how messy, is priceless to those who read it. When I find something in my grandparent's handwriting, it warms my soul and brings a smile to my face as their scribbles take me back in time to special memories had with them. Grandpa wrote notes over everything. Grandma's signature is on her paintings and her cards. My daughter wants to create a tattoo out of her grandparent's signatures.

Imagine the impact of your writings over the years even after you are gone. One that I see often are the words written in Bibles from loved ones. They pour over the Scriptures and then write what it means to them in the margins. These are priceless treasures, so get reading and writing in your Bible!

I still have the notes my dad scribbled on 5 X 7 yellow scratch paper and sent me when I was away at college. It was generally 2-3 sentences and *Love, Dad*. His handwriting, words of encouragement and happenings at home were precious to me. What's also fun for me is that Dad always prints the characters in uppercase, like my husband does. Just a little sidenote as we observe handwritings!

If you're looking for a way to pass the time this winter in a way that touches the lives of others, consider using some of those notepads up and writing short "thinking of you" messages, or "praying for you" prayers to those in your family or church family. Receiving personal mail with a handwritten address and are a welcome change from bills and solicitations that inundate many mailboxes today. College students and school-aged kids will enjoy a short note, too!

[Koinonia Senior Care has a clip on our website](#) from a favorite Chick-fil-A commercial where a little boy sends his aging neighbor a card. It's called "Surprise it Forward." The little boy waits at his front window for the grandma to slowly walk to her mailbox and retrieve her mail. She reads the postcard, "I'm so glad you're my neighbor. Jack." She looks up and they exchange waves and smiles. Make someone smile today!



Koinonia Senior Care
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Wichita, KS 67235

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*The older we get,
the more dangerous it is
to sneeze!*

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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