

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

March 2024

KSC Celebrates 12 Years of Ministry

Koinonia Senior Care celebrates 12 years of ministering to homebound seniors primarily in west Wichita. Perhaps you've been thinking about getting involved with seniors or KSC in some way.

- **Pray** for God's leading and love to shine through all KSC does.
- **Invite** Christine to speak at your church, group, or event.
- **Share** KSC's newsletter or website with those it could encourage.
- **Purchase** a roll or book of stamps for KSC's *Card Care* ministry.
- **Buy** *Dollar Tree* gift cards for KSC *Blessing Gift* & card supplies.
- **Assemble** monthly Blessing Gifts & newsletters with KSC group
- **Attend** KSC's monthly caregiver support group.
- **Visit** 1-2 homebound seniors/month.
- **Give** a memorial gift to KSC in honor of a loved one.
- **Call** a few homebound seniors to check in on them weekly.
- **Start/Volunteer** w/a Bible study in an assisted living community.
- **Volunteer** for KSC's Garage/Estate sale fundraisers.
- **Volunteer** to help a senior with occasional yard work.

YOU CAN'T OUTGIVE GOD! *The generous will prosper; those who refresh others will themselves be refreshed.* Proverbs 11:25



MARCH

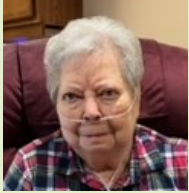
- 4 GriefShare @ Pathway 10 am
- 5 Pathway Hymn Sing 1:00
- 6 Caregiver Support 1-3pm
- 6 Young at Heart @ Riverlawn Church 11am RSVP
- 13 Waxing Wednesday at Oxford Grand at 10:00
- 14 Empowering Seniors 10:00
- 22 Christian Women's Club
- 27 Make & Take, Newsletters

~~~~~  
**Christine is speaking this month at "Young at Heart."** If you have an event and are looking for a speaker who is passionate about seniors, call 316-209-9028  
~~~~~

~~~~~  
Follow KSC on our FB page at [kscareseniors](https://www.facebook.com/kscareseniors) and be inspired!  
~~~~~

KSC is a proud member of





Pat's Pen

MY BLESSED SAVIOR

I close my eyes and see my Blessed Savior on the cross,
as His life blood is shed for all the sinners who are lost.

And tears begin to fill my eyes every time I see,
my Blessed Savior hanging on the Cross of Calvary.

I close my eyes and see the crown of thorns upon His head,
and sometimes I can almost hear the very words He said;
He cried out "Forgive them, for they know not what they do,"
upon that cross my Blessed Savior pardoned me and you.

I close my eyes and see my Savior covered with blood stain,
for the Precious Gift my Blessed Savior gave so much pain.
I see Him bruised and beaten and His eyes are growing dim.
I see His tortured body as the life goes out of Him.

So now I close my eyes and thank my Savior when I see
He gave His life upon that cross, from sin to set us free,
so with the Heavenly Father we could spend eternity.

Written by and used by permission from
Pat Capansky. © 1998

*He is not here;
He has risen,
just as He said.
Matthew 28:6*



Volunteer Opportunities

CAREGIVER SUPPORT

Wed. March 6, 1:00

Tyler Road Baptist
571 S. Tyler Road

Blessing Gift Make-&-Take & Newsletters

Wed. @ 1:00 March 27th

Tyler Road Baptist

Christian Women's

Club Rolling Hills Country

Club March 22nd @ 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 3/18.

Call KSC: 316-209-9028

EMPOWERED SENIORS

March 14th ~ 10-11:30

Stage vs Age

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

Enjoy a [Friday segment](#) on
PBS @ 8:30 p.m.

Thank You

to our faithful follow-
ers and those giving
in memory of
Randall Pierce

Caregiver's Corner

*Dementia does not rob someone of their dignity;
it's our reaction to them that does.—Teepa Snow*



SAVE THE DATE

for the 12th Annual

KANSAS EDUCATION CONFERENCE ON DEMENTIA.

This event will be held at the
Kansas Star Event Center in Mulvane, KS
with a virtual option also available.

**WEDNESDAY
JUNE 12, 2024**

Dementia is the umbrella under which the types of cognitive impairment fall. It is important that those who provide care for a loved one with dementia and those who provide respite for caregivers learn more about dementia so they can better support one another. Don't ignore and avoid help and education: LEARN and BE A BLESSING!

RESURRECTION POWER!

Easter is the day Christ-followers **remember** the most powerful event in human history. Jesus Christ rose from the dead! It is Jesus' death on the cross for our sins *and* His resurrection from the dead that make it possible for us to have our sins forgiven and have a direct relationship with God. (Read Romans 4:24-25 NLT)

The stone was rolled away so witnesses could look in, not so Jesus could get out!^a In His resurrection body, Jesus showed up behind locked doors to talk to His disciples. He didn't enter through the door!^b Over 500 people saw Him after His resurrection,^c before He ascended into Heaven^d 40 days later, and then gifted all Christ-followers His Holy Spirit.^e

Those in power attempted to hide, cover up, and discredit the event,^f yet they did not succeed because the resurrection power was a real event that still impacts lives today and is celebrated all year long by Christ-followers.

I was at the graveside gathering of my precious great aunt recently. She loved the Lord and her soul and spirit are alive and well with her Lord,^g but her body is in the grave. I couldn't help but think I was standing on resurrection ground. Someday soon, when Jesus returns, her body, and the bodies of all Christ-followers, will be caught up in the clouds to meet the Lord in the air!^h

That's the power of the resurrection and the hope and confidence Christ-followers live with every day!

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep. For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. Therefore encourage one another with these words. 1 Thessalonians 4:13-18

^aJohn 28, ^bJohn 20:19-20, ^c1 Cor. 15:3-7, ^dActs 1:9-11, ^eJohn 15:26, ^fMatthew 28:11-15, ^gLuke 23:39-43,

^h1 Thess. 4:13-18 God's Word is alive and active and Truth. Hebrews 4:12, 2 Tim. 3:16-17, Jn. 8:42-47



As we age, we are **reminded** that these bodies are not going to last forever in their present state! Whether it's inflammation of arthritis or knees, hips, and shoulders giving way, modern medicine can only do so much. We are thankful for medicine, surgeries, therapy, and the sort to bring some relief from some of our pain. We are also **reminded** that God didn't design our

earthly bodies to last forever. He gives the Christ-follower encouragement through Paul in 2 Corinthians 4:16-18.

¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Reading God's Word, memorizing a verse, praying, and praising the Lord are all ways we can be inwardly renewed. I went to visit my friend who turned 90 this month, and I "caught" her singing to a Sandy Patty song on her phone. PRICELESS as she focused on her inward renewal! [Bott Radio Network](#) is another way to stay "in the Word" on a daily basis. You can find sermons all day long to grow your walk with the Lord. Locally, you can find their station on FM 94.3. If you don't have an AM/FM radio, call KSC and we can find one for you! A CD player can give you access to the Bible on CD that can be checked out of KSC's Lending Library. Let's continue to fix our eyes on Jesus and the eternal glory that is before us as Christ-followers!

REMEMBER these TWO SAFETY TIPS

Avoid sharing your personal information out loud. This is even more important when we are hard of hearing because we seem to speak LOUDER or they have to repeat our personal information LOUDER to us.

When you are at the pharmacy, ask them not to repeat your information verbally. Hand them your driver's license that has your name, address, and date of birth on it. You can even do this at the drive-through window. Otherwise, people inside can hear all your information.

Other places may need your phone number and email address. Write it on a piece of paper and carry it with you in your wallet. Hand them the piece of paper and ask them not to verbalize the information out loud.

It is sad to think that we need to be so careful, but we live in a very fallen world with attempts to retrieve personal information at all-time highs.

Just this week one of our senior friends received her Medicare EOB (Explanation of Benefits) with expenses she never had. Same with my parents recently. Read your Medicare EOB and if you suspect FRAUD, there is a number on the paper to call and report it.

March's Touch Someone Challenge

Our March theme is Easter and Remembering. What a great time to take in an Easter service with a beloved senior or grandchild to REMEMBER and CELEBRATE this sacred event that means so much to so many. Not close by? Send an Easter card with a personal message.

HOW DO YOU REMEMBER?

We remember information in a variety of ways. This was a great exercise that rehab did recently with my mother. We found it to be quite helpful. The categories below give specific examples of different ways to remember things in your daily life. Which tools, strategies, and modifications do you use?

EXTERNAL MEMORY AIDS/ TOOLS

- Calendars
- Planners
- Notebooks
- Sticky notes
- Alarms/timers
- Checklists
- Phone Apps
- Voice Recorders
- Tracking devices
- Pill organizers
- Auto pay
- Smart devices
- Other people

INTERNAL MEMORY STRATEGIES

- Repetition
- Visual Imagery
- Sequencing
- Grouping
- Association
- Alliteration
- First letter cue
- Rhyming
- Story narrative
- Elaboration
- Acronyms
- Mnemonics

ENVIRONMENTAL OR SCHEDULE MODIFICATIONS

- Having a routine
- Using central locations for things
- Pairing tasks together
- Keeping things in sight and at eye level
- Having designated spots for things



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

Nonprofit Org
US Postage
PAID
Wichita, KS
Permit No 574

***JOY is not necessarily the
absence of suffering; it's
the presence of God.***
Sam Storm

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	Rick Schoepf
David Bridgewater	

Officers

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