

*Koinonia Senior Care is a local ministry, encouraging 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](http://www.kscare.org)  
316-209-9028



# KSC CONNECTION



**Koinonia Senior Care Monthly Newsletter**

**NOVEMBER 2024**

## *Leave the Dish*

*By Shannon Sherman*



Experience has taught me to always have disposables on hand for delivering food to a family in need or grief, but early this week I was found lacking supplies. I'm so thankful I didn't repackage the food, but left in a dish to be returned.

This morning as I was getting ready to dash out the door, my sweet neighbor came to return our dish. As my family rushed off to a meeting, I stayed and stood in the morning's sunlight, sharing memories with her. We wept together again over the loss of her precious husband, now with his Heavenly Father.

The meeting didn't matter; I wasn't needed there. God had better plans for my morning.

Again, God reminded me to slow down, embrace the old traditions, and be there for others during the many stages of grief. Maybe there is a good reason to leave the dish.

### **Cheesy Potato Casserole**

- 30 ounces frozen hash browns, diced or shredded will work, THAWED\*
- 2 C. sour cream       10.5 ounce can cream of chicken soup (or homemade)
- 6 T. melted butter    1 t. salt    1/4 t. black pepper    1 t. dried minced onion
- 2 C. shredded cheddar cheese    2 C. corn flakes cereal + 4 T butter, bagged

Combine all ingredients except corn flakes mixture. Spoon into a 9x13" dish. Add corn flake mixture and bake in a preheated oven at 350 degrees for 40-50 minutes. Serve with eggs, baked ham, or your favorite protein.



**NOVEMBER**

**6 Caregiver Support 1-3pm**

**11 Veteran's Day** 

**13 Waxing Wednesday at Oxford Grand at 10:15**

**14 Empowering Seniors 10:00**

**30 Make & Take, Newsletters**

**22 Christian Women's Club**

**30 Christmas on Main Street**

## **JOIN US**



**Ruby's Open House**  
**Nov. 15-16, & 22-23**  
**1:00—5:00 pm**

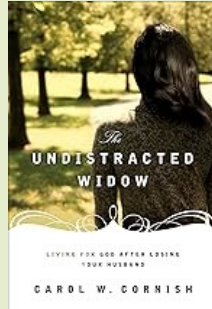
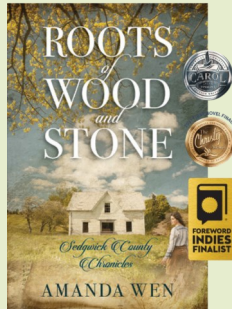
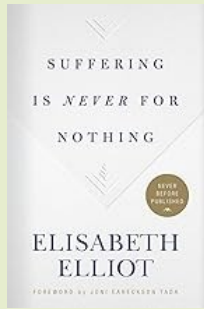
**Call Christine for directions. 316-209-9028**

**KSC is a proud member of**



## **Book Club or Books for My Widowed Friends**

Looking for a book for yourself, gift for a friend or a good book for your book club? Consider one of these. KSC has one in the *Lending Library* where our Wichita readers can check one out.



## **Caregiver's Corner**

***When life gives you more than you can stand, KNEEL.***

Caregiving is hard. It cannot be done alone. Caregivers cry out to God often. When circumstances are difficult, try some deep breathing with 1 Thessalonians 5:16-18. On your inhale, slowly recite “rejoice always.” As you hold your breath for 4 seconds, “pray continually.” As you slowly release the air from your lungs, “give thanks in all circumstances.” Repeat as often as needed. You may find that it fulfills your ache for joy once again. Ann Voskamp calls this *Thanks Therapy* and believes it is God’s prescription for joy.

We cry out to God for His help. But do we offer Him praise and gratitude when He answers, regardless of the answer? Praise and gratitude can put a new pep in our step. I call it, “Doing the Jesus dance” when I see God at work in me, through me, and around me.

May we all be encouraged this season and may we each have an opportunity to encourage one another with this life-changing therapy of giving thanks in all circumstances. I’m challenged to make **Psalm 100** my Thanksliving chapter: *Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness; come before his presence with singing. Know ye that the Lord he is God; it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.*



## **Volunteer Opportunities**

### **CAREGIVER SUPPORT**

**Wed. Nov. 6th 1:00**

Christine’s

### **Blessing Gift Make-&-**

### **Take & Newsletters**

**Wed. @ 1:00 Nov. 20th**

Tyler Road Baptist

### **Christian Women’s**

**Club** Rolling Hills Country

Club **Nov. 22 @ 9:15**

Brunch, a special local feature, and a speaker share

about her faith-walk to encourage us on our faith journey. Cost is **\$15** and

RSVP by noon 11/18

Call KSC: 316-209-9028

### **EMPOWERED SENIORS**

**Nov. 14th ~ 10-11:30**

### **Holistic Approach to Better Vitality**

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 for REFRESHING OTHERS!**

*The generous will prosper; those who refresh others will themselves be refreshed.*

Proverbs 11:25

# SAVE YOUR FORK! THE BEST IS YET TO COME!



There's the story of the pastor carrying out the wishes of the terminal young woman whose funeral service he presided over. Those who came to show their respects, left encouraged and with a fresh perspective on the old saying, "Save your fork – the best is yet to come!"

When the young woman met with the pastor to make her funeral arrangements, she shared her grandmother's story of attending socials and dinners for many years. The grandmother told her, "I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' She went on to say that "It was my favorite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance!"

The young woman went on, "My grandmother once told me this story, and from that time on, I have always tried to pass along its message to those I love and those who are in need of encouragement."

The pastor knew the young woman had a better grasp of the hope of heaven than most, knowing that for her, something better was coming.

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You may ask, "Is there really food in Heaven?" Billy Graham shared that Jesus, God's Son, assured His disciples that some day they would "*eat and drink at my table in my kingdom*" (Luke 22:30, NIV).

Some have speculated that glorified bodies will not require food for sustenance, but the Lord promised, "*I will give the right to eat from the tree of life, which is in the paradise of God*" (Revelation 2:7, NIV). And John gives us a glimpse of this revelation: "*On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month*" (Revelation 22:2, NIV). This would indicate a bountiful supply from Creator God. (Billygraham.org)

**The 'Keep Your Fork' story offers the Christ follower the simple yet profound spiritual message to *taste and see that the Lord is good.* (Psalm 34:8)**

If you're not a Christ-follower, you can make that decision today by believing Jesus made the sacrifice to come from Heaven on our behalf, to forgive our sins of yesterday, today, and tomorrow, so we can have our relationship restored with God for today and eternity. *I am the way, the truth, and the life. No one comes to the Father but through me.* (John 14:6) This only happened through the death, burial, and resurrection of Jesus, who then ascended into heaven and is preparing a place for each of His followers.

**Before that day, however, let's not overlook every opportunity God gives us to "*taste and see that the Lord is good*" (Psalm 34:8, NIV). And save your fork! The best is yet to come!**



## November's Touch Someone Challenge

November is a month of gratitude and *thanksgiving*. How many ways can we live out our thanks? Thank a veteran; we owe them. Thank a friend; we cherish them. Thank a caregiver; we need them. Thank a trash man; we forget them. Thank a grocery clerk; we appreciate them. How are you changing the world because of your gratefulness? Did you know that giving thanks is God's will for you and me? 1 Thessalonians 5:16-18.

# Thanks Therapy

*Only fear the Lord and serve him faithfully with all your heart.*

*For consider what great things he has done for you.*

1 Samuel 12:24

The view out my kitchen window has changed. The lives of many have changed forever. My view this week has included a humble white van. Most weekday mornings, I find the van gone. It's absence meant that a wonderful Christian man in his late 80's was off working somewhere. Whether it was spending time with a wheelchair bound man, doing projects and repairs for the church, or actually getting paid for a painting job, he faithfully served the Lord with the talents he was given. Absence of the van every morning was a constant reminder for me to stay diligent with the work God has given me and that there is NO such thing as retirement.



## COMMUNITY EVENTS TO CONSIDER



DOWNTOWN SENIOR CENTER  
200 S. Walnut Wichita, KS 67213

### VETERANS DAY Brunch & Mocktails

RSVP by November 6th  
316-267-0197.

Monday, November 11th @ 11:00am - 1:00pm

Join us to honor those who have served bravely. All members welcome.

**Cost:** Military Veterans Free, \$8 for non-veterans.



Menu: scrambled egg, sausage, fresh fruit, waffles or biscuits and gravy.





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

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***LIFE isn't a little bundle of big things; it's a big bundle of little things.***

More inspiration @ [www.kscare.org](http://www.kscare.org)

 [www.facebook.com/kscare](http://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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