

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
316-209-9028

KSC CONNECTION



Koinonia Senior Care Monthly Newsletter

DECEMBER 2024

The Ultimate Gift

In 2007, the movie, *The Ultimate Gift*, was released. It was about a rich granddad who died and offered the inheritance to one of his spoiled grandsons, IF he could perform a series of challenges as put forth in a video the granddad had made prior to his death. It's a movie full of life lessons and is available on DVD in KSC's Lending Library.

On a spiritual level, we celebrate God's Ultimate Gift in Jesus this month. Jesus, who came from Heaven, packaged as a baby in a manger some 2,000 years ago, is the ultimate gift because He lived a sinless life, died to fulfill the price of atonement, and then defeated death by being resurrected after three days and ascending back into Heaven until He comes again, as promised in the Bible. For those who believe this and accept the ultimate gift of Jesus Christ, eternity in Heaven is promised as well as the daily indwelling of the Holy Spirit to guide us here on earth. The apostle Paul said, *Thanks be to God for His indescribable gift!* 2 Corinthians 9:15. Have you unwrapped the gift of Jesus in your life?

As we celebrate God's indescribable gift and remember the gifts given to the Christ-child by the Magi, I am reminded of the "gifts" that *Koinonia Senior Care* lavishes upon those we serve: *gift of touch, service, words of affirmation, gift-giving, and quality T-I-M-E*. We pray that our gifts will radiate the love of Jesus through our actions and words and draw the lost and hurting to Him.

You will find some additional gift ideas wrapped in the title and body of many of this month's articles. Write those gift ideas below:

Merry CHRISTmas, Christine and the KSC Staff



DECEMBER

- 4 Caregiver Support 1-3pm
- 11 Waxing Wednesday at Oxford Grand at 10:15
- 12 Empowering Seniors 10:00
- 18 Make & Take, Newsletters
- 20 Christian Women's Club

The Gift of Talents



How are you using your talents? Ruby's talents include porcelain, sketches, paintings, ornaments, jewelry, poetry, cards, calendars, & more! Come shop at:

Ruby's Open House
Dec. 6th & 13th
1:00—5:00 pm

Call Christine for directions. 316-209-9028

KSC is a member of



The Gift of Conversation

Some may call this the gift to gab, but that's not exactly what I had in mind! Below is a story where strangers gave a widow the gift of conversation over a meal together. She said, "I think God sent me there."

Find someone with internet and watch this short video from CBS Evening News' Steve Hartman's "On the Road" where a widow was invited to eat with some young men in a BBQ joint. It will warm your heart and inspire you to invite someone sitting alone to your table!

https://www.youtube.com/watch?v=xyhQyi_KrWE&t=8s

Caregiver's Corner

The Gift of Music

Music is a gift that goes straight to the heart and soul of a person, stimulating listeners to "come alive" with expression, alertness, humming or singing, and movements that are typically non-existent throughout a normal day.

At one resident home, they used music therapy with an iPod, head phones, and pre-recorded hymns and Scriptures that this particular gentleman enjoyed.

Music for the caregiver can be just as therapeutic as it calms, soothes, and relaxes a worn-out, exhausted, and depleted caregiver in need of refreshment.

As you take in the music this CHRISTmas season, watch your loved one come alive with the familiarity of well loved carols on radio stations like [K-love](#).

Name the Song Title to the Song Line

Bearing gifts we traverse afar _____

Come they told me _____

Gaily they ring while people sing _____

Oh holy Child of Bethlehem _____

You can count on me _____

ANSWERS: We Three Kings of Orient Are, Little Drummer Boy, Carol of the Bells, Oh Little Town of Bethlehem, I'll Be Home For Christmas



Volunteer Opportunities

CAREGIVER SUPPORT

Wed. Dec 4th 1:00
Christine's

Blessing Gift Make-&-Take & Newsletters

Wed.@ 1:00 Dec. 18th
Tyler Road Baptist

Because of Bethlehem

Dec. 8, 10:30 am

*A Scripture guided
Christmas Worship
Musical Celebration*

Believer's Church
13909 W. 21st St. N

Majesty of Christmas

Friday, Dec. 13th 7pm

Sat. Dec. 14th 3:30 & 7

Central Community Church
6100 W Maple, Wichita

Come early for **family photo opportunities** and **light refreshments**. Plus, enjoy the **jazzy sounds of the season** one hour before program.

Riverlawn Christian

4243 N Meridian

Go to riverlawn.org/ for Christmas week service times in-person and online

Pathway Church

2001 N. Maize Rd.

pathwaychurch.com

What Is Quality Life When It Comes to Our Health?

I was recently with a senior in their doctor appointment. They had discussed a possible disease, the role of hospice, and then told the senior to go out and enjoy a shake! I said, “That’s a whole lot of sugar,” to which he replied, “If that’s quality life to her, then let her have it! You can’t pick and choose what quality life is for another!” To which I have been pondering ever since...

What is quality life at this age and stage of life?

Quality of life can be defined differently at varying ages and stages of our life cycle. As we answer this question for ourselves in our later years, we must also respect the choices that other friends and family make for themselves. Each person’s personal perspective on quality life provides friends, family, clergy, and health care professionals a sense of peace as they work to respect each person’s public wishes.

In assessing quality of life at any age, we take into consideration health factors including our physical, emotional, mental, and spiritual well-being. We may also consider the financial costs and care options available. Some seniors find themselves looking at a community setting or Medicaid options when safety, mobility, self-care, pain, and/or cognition are compromised. So how do we maintain quality life when our independent lifestyles are jeopardized and we find ourselves dependent on others? That’s a good time to know the Bible and see if God speaks to the situation.

Does the Bible say anything about quality of life for the Christian?

Paul’s Life Perspective as a good role model since his transformative and transparent life are in 13 books of the New Testament. Below are a few topics that embrace quality of life characteristics to consider:

- Paul talks about the family providing care of their elderly family members in his letter to Timothy. (1 Timothy 5:4, 8) Providing meals, house cleaning, transportation, and conversation are examples. Those who report strong social relationships report higher levels of well-being and quality life.
- Paul had a *thorn in the flesh* that he asked God to remove three times, and God said, “My grace is sufficient for you. My strength is made perfect in weakness.” Paul, said, “so be it! I’ll glory all the more in my weaknesses!” (2 Corinthians 12:9) Paul relied on God’s strength when life wasn’t easy.
- Then we learn his secret to quality life. Paul shares that he’s been hungry, shipwrecked, flogged, thrown in jail many times, yet he said, “I have learned to be content in whatever circumstance I’m in.” **The Gift of Contentment!** (2 Corinthians 11:25-28 & Philippians 4:11)
- Paul said that our bodies are the temple of the Lord, so we need to take care of them. Many health problems are intensified by the unhealthy choices we make. But God is a God of grace and forgiveness even though we may still have consequences for those choices. (1 Corinthians 6:19-20)
- Paul said, “to live is Christ; to die is gain.” (Phil. 1:21) and that, as Christians, “we do not live as those who have no hope.” (1 Thess. 4:13) Quality life lives for Christ now and anticipates eternity with Him.

Food, sleep, and exercise play a BIG role in our energy and cognition. Just as important is our spiritual food for true purpose, meaning, and contentment, and that is what Paul had. In his wilderness experiences of being shipwrecked, beaten, stoned, robbed, cold, and hungry, He knew what it was to be content because of His relationship with God—to know God and make Him known. **Therein lies true contentment and quality of life: where, even in life’s desert times, there’s no amount of health issues or tragedy that can strip away the eternal relationship with God and the Holy Spirit’s earthly indwelling in a Christ-follower!**

The best gifts are gifts
of **KINDNESS** given
from the **HEART**. –
Unknown

The Gifts of Kindness

Try a few of these
acts of kindness this month!

1st Write & hand deliver a thank-you note to someone who helps you often, such as a mail carrier, bus driver, or trash man.

2nd Pay a compliment to the store clerk.

3rd Deliver flowers to a hospital nurse's station. Ask that they be given to a patient who could use them the most.

4th Go through a drive-thru at a coffee shop and pay for the order behind you.

5th Make a meal for a friend, caregiver, or neighbor who might be overwhelmed this season.

6th Pick an angel tree person to buy for.

7th Write uplifting messages on sticky notes and leave them around public places: gas pump, library, bathroom stall, elevator...

8th Offer to babysit for someone with little ones so they can catch up on shopping, cleaning, or sleep!

9th Take coffee, cocoa, or tea to police, construction crew, or anyone working outside.

10th Leave a positive review online for a local small business or ministry you've had a good experience with.

11th Visit the library and put dollar bills in between some of the book's pages.

12th Pass out candy canes to store clerks.

13th Gift pet food to an animal shelter.

14th SMILE at everyone today.

15th Post to FB friends some "free" items you no longer need.

16th Mail stickers to a young child you know.

17th Chalk art KINDNESS on sidewalks or have kids do it for you!

18th Gather & deliver Food Bank donations

19th Sing a Christmas carol to a senior friend or relative over the phone.

20th Send a note to a person who has made a positive impact on your life.

21st Feed the birds.

22nd Send a note to the homeowners of the house with "the best Christmas Display"

23rd Leave coupons near the corresponding products at the grocery store.

24th Send secret cash to a person in need.

25th Deliver poinsettias to those living alone.

December's Touch Someone Challenge

Cards are expensive to buy and mail, but PLEASE DON'T STOP SENDING CARDS TO THE HOMEBOUND. Mail is their daily JOY& lifeline, especially when there is a family photo sent or a Christmas letter!

The Christmas Letter

The Gift of the Christmas Letter may sound a little odd, but it shares what is on your heart with those you love and care about. Come to think about it, I think that's what God had in mind when He inspired the "66 CHRIST-mas Letters" in our Bible. Every *letter* reveals Jesus. I heard these explanations at church with a guest speaker. I don't know where it originated, but I still wanted to share! The New Testament will be in next month's issue!

In Genesis, Jesus Christ is the breath of life.

In Exodus, He is the Passover lamb.

In Leviticus, He is our high priest.

In Numbers, He is the pillar of cloud by day and the pillar of fire by night.

In Deuteronomy, He is the prophet like unto Moses.

In Joshua, He is the captain of our salvation.

In Judges, He is our judge and lawgiver

In Ruth, He is our kinsman redeemer.

In 1st & 2nd Samuel, He is our trusted prophet.

In Kings & Chronicles, He is our reigning king

In Ezra & Nehemiah, He is the rebuilder of the broken down walls of human life.

In Esther, He is our Mordecai.

In Job, He is our ever-living redeemer.

In Psalms, He is our shepherd.

In Proverbs and Ecclesiastes, He is our wisdom.

In Song of Solomon, He is the loving bridegroom.

In Isaiah, He is the prince of peace.

In Jeremiah, He is the righteous branch.

In Lamentations, He is our weeping prophet.

In Ezekiel, He is the wonderful four-faced man.

In Daniel, He is the fourth man in the fiery furnace.

In Hosea, He is the faithful husband, forever married to a backslider.

In Joel, He is the baptizer with the Holy Ghost & fire.

In Amos, He is our burden-bearer.

In Obadiah, He is the mighty to save.

In Jonah, He is our great foreign missionary.

In Micah, He is the messenger of beautiful feet.

In Nahum, He is the stronghold in the day of trouble

In Habakkuk, He is God's evangelist, crying "revie they work in the midst of the years."

In Zephaniah, He is our Saviour.

In Haggai, He is the restorer of God's Lost heritage.

In Zechariah, He is the fountain opened up in the house of David for sin an uncleanness.

In Malachi, He is the Sun of Righteousness, rising with healing in His wings.



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***It is Christmas every time
 you let God love others
 through you."***

—Saint Teresa of Calcutta.

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

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
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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.