

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.kscore.org
316-209-9028



KSC CONNECTION

Koinonia Senior Care Monthly Newsletter

NOVEMBER 2025

The Passage of Time & Set Your CLOCKS Back 1 Hour

"How did it get so late so soon?
It's night before its afternoon.
December is here before its June.
My goodness how the time has flown.
How did it get so late so soon?"
- Dr. Seuss

The passage of time ticks on and I think Dr. Seuss captures life's brevity rather rhythmically for his readers in the poem above. He references the times of day and the months of the year with his metaphors for a couple of life's stages. "Afternoon" and "June" refer to a younger time of busyness, energy, and growth, while "night" and "December" reflect on how much life has gone by and the question we seniors ponder, "How did it get so late so soon?"

Regardless of which time of day or month of the year we find our life cycle in, we can be assured that there is a season for everything and that we need to embrace the season we are in with faithfulness and resolve to finish strong.

Like Sands Through an Hourglass, So Are the Days of Our Lives

Some of you remember this quote from the soap opera "Days of Our Lives" which had its debut in 1965. But this phrase goes much deeper than a title.

Much like the sand flows through an hourglass, wisdom recognizes the fleeting nature of time. Many begin to appreciate and cherish each moment a little more. I can see it in the eyes, sense it in the hearts, and hear it in the words of my senior friends who recognize the brevity of life and want to finish strong and stay faithful. They want each grain of sand they have remaining to count for Jesus. They see their family and their living environment as mission fields. They pray for the generations after them, their neighbors, and those taking care of their daily needs. They serve each other and they celebrate lives well lived. The hourglass will be part of our November *Blessing Gift* for our homebound seniors.

May we be found faithful, *Christine*



NOVEMBER

- 5 Caregiver Support 1-3pm
- 12 Waxing Wednesday - OG
- 19 Make & Take, Newsletters
- 27 Thanksgiving Day

FALL BACK on NOVEMBER 2nd

Each morning, God deposits 86,400 seconds into our bank of time. But nothing carries over to the next day. Spend it well.—Chuck Swindoll

LIFE IS BRIEF



BREATHE JESUS

RUBY'S OPEN HOUSE

November 14 & 15, 21 & 22,

Dec. 5 & 12 from 1:00-5:00

Ruby's will be full of her hand-made tree ornaments, jewelry, watercolor paintings, china/porcelain pieces, poetry and sketches, too!

Watch Ruby's steady hands at work as she personalizes pieces for you!

KSC will be making our PEPPERNUITS on Friday, November 21st & December 5th

Call Christine at 316-209-9028 for location.

Caregiver's Corner

What an honor it is for Koinonia Senior Care to come alongside family caregivers to provide respite, encouragement, a fresh perspective, and resources to help them on their caregiving journey. Twice in October we recommended [Faith Senior Services](#) to caregivers needing placement services. I saw Susanna in action, using her knowledge & skills to navigate this maze for my friend and helping another niece navigate her options.

This caregiving journey has taken up personal residence in our family. Once again, I see first-hand the importance of friends, neighbors, church, and extended family reaching out in the following ways:

- Call, send texts, cards with prayers & words of encouragement
- Plan short visits or simple meals
- Coordinate a Christmas caroling group
- Find a time to take the caregiver out to lunch



Volunteer Opportunities

CAREGIVER SUPPORT

Wed. Nov 5th 1:00

Blessing Gift Make-&-Take & Newsletters

Wed. @ 1:00 Nov. 19th
Both @ Tyler Road Baptist

EMPOWERED SENIORS

Nov. 13th ~ 10-11:30

Thankful & Thriving

Botanica Gardens—Click to [RSVP](#) or call 316-686-4500 or watch online. Enjoy a [Friday segment](#) on PBS @ 8:30 p.m.

Gratitude list

Senior Friends

Caregivers

Prayer Warriors

Donors

Readers

Volunteers

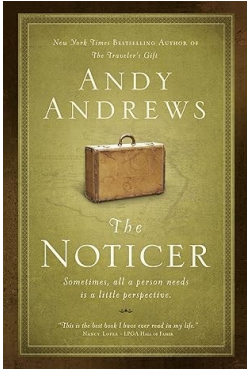
Church Partnerships

Services Serving Seniors

Dillons Community Rewards

[GIVING](#) isn't only about making a donation; it's about making a difference!

LENDING LIBRARY HIGHLIGHTS



The Noticer: Sometimes All a Person Needs is a Little Perspective. (2011) (Book 1)

A New York Times bestseller! This remarkable true story of “Jones,” a mysterious old man who has a knack for showing up in people's lives at just the right time, providing priceless lessons about love, life, and the importance of perspective.

Some of life’s situations can seem like dead ends, but to an old drifter named Jones, with a gift for seeing what others miss, it only takes a little “perspective,” he says, to recognize the miracles in our moments, and the seeds of greatness tucked into our struggles.

The mysterious, elderly man with white hair carrying a battered old suitcase shows up when he’s needed most. “Your time on this earth is a gift to be used wisely,” he says. “Don’t squander your words or your thoughts. Consider even the simplest action you take, for your lives matter beyond measure...and they matter forever.”

Other books by Andy Andrews in KSC’s Lending Library.

The Noticer Returns (Book 2): Sometimes you find perspective and sometimes perspective finds you (2011)

Just Jones (Book 3) : Sometimes a Thing is Impossible...Until it is Actually Done (2020)

The Traveler’s Gift: 7 Decisions that Determine Personal Success (2005)

The Traveler’s Summit: The Remarkable Sequel to the Traveler’s Gift (2018)

The Butterfly Effect: How Your Life Matters—(Inspirational gift book) (2010)

See a Book You’d Like to Read and Return?

KSC will get the book delivered to our readers in the Wichita area.

LARGE PRINT SELECTION

Call 316-209-9028

The Book Charmer—Karen Hawkins *Careful What You Wish For: A Novel of Suspense*—Hallie Ephron

CAREGIVING

[*The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias \(A Johns Hopkins Press Health Book\)*](#) Will help caregivers address dementia-related challenges and simultaneously cope with their own emotions and needs. (2021)

LAUGHTER/HUMOR

[*Reader’s Digest Laughter is the Best Medicine: All Time Favorites: The funniest jokes, stories, and cartoons from 100 years of Reader’s Digest \(Laughter Medicine\)*](#) (2022)

LOCAL AUTHOR—[Amanda Wen](#) will **be at Oxford Villa at 10:30 am on Nov. 3** to talk about her book series and newest book, *The Rhythm of Fractured Grace*. Amanda is also 1:3 authors in *O Little Town* - stories of small town Christmas and the enduring love of God. Coming Soon: “Echoes of a Silent Song”

WHEN CAREGIVING ENDS. . .Surviving the Holidays

[Surviving the Holidays](#) is a one-time, 2 hr. class

for those who have lost loved ones and need some PERSPECTIVE as they plan the holidays.

There are several around town to choose from at griefshare.org

Simply put in your zip code and find a group and time that works for you.

Here are 2 or many Wichita options:

Riverlawn Christian Church: Saturday, Nov. 8th 9-11 a.m.

Central Community Church: Tuesday, Nov. 11th 10-11:30 a.m.

The Lord sees your heart and hears your prayers and He treasures you very much.

Grief — It is normal to feel sad, angry, hopeless, lost and in a fog. Our society says you should get over it in a week or two. Actually, it often takes one to two years. Allow yourself these feelings. They are normal and appropriate. (See FCA Fact Sheet [Grief and Loss](#)).

Sleep — Many caregivers experience exhaustion. Now is the time to sleep. You need to renew your energy. Sometimes you need to stay in bed, pull the covers up and have a good cry. Make an appointment with your doctor for a check-up.

Loneliness — Emptiness and a big void are now present. Spend that time with the Lord that you hardly had time to do before. Perhaps reach out to another caregiver and offer what you can. Re-build your social network and get plugged in at church. Say “yes” to social invitations.

Activities — Take small steps in re-entering into life again. Identify activities or hobbies that you enjoy and energize you. Volunteer—many caregivers find their skills can be used to help others. Exercise. It may have been a long time since you were able to focus on your needs. Your body now needs attention. Your mind also needs exercise. Take a class or read a book.

Take care of YOU — Take walks, get enough sleep, eat right, phone a friend and read small snippets in God’s Word. Read one passage instead of a whole chapter. While in a fog, it is hard to stay focused on more than a passage at a time for awhile. That is normal.

Finances—Caregivers’ financial situations often change when caregiving ends. Make sure to pay attention to finances and get help if you need it.

Counseling—Seek counseling if you need support or to just talk through all that you have been through and continue to go through. GriefShare is a great group option and is a 13-week class with others who have recently lost a loved one. (See information above for more)

November's Touch Someone Challenge

Many of those we know have lost a loved one in the past year. The holidays will be difficult for them. Reach out with a text, a card, a visit, an invitation, and a word of acknowledgement and prayer for their heartache.

THANKSGIVING *BUCKET* LIST

Below are my top 4 in each category while trying to remember to keep my expectations in check with, ***IT'S THE PEOPLE, NOT THE PRESENTATION THAT MATTER!***

GRATITUDE

What's on your Thanksgiving Bucket List?

- ___ Write one thing each day this month that has made me smile.
- ___ Have everyone share one thing they are thankful for before the meal prayer.
- ___ Deliver a care package to a new widow/widower. The holidays are beyond difficult.
- ___ Buy Thanksgiving cards at Dollar Tree and send them to new widows, those who are alone, or deliver some with a visit and a piece of pumpkin pie!

FOOD

- ___ Sample seasonal teas at HTeaO and get my gallons ordered prior to the occasion.
- ___ Have everyone sign up to bring 3 items to share for Thanksgiving. (Deviled eggs, creamed corn casserole, and pumpkin pie are my 3!)
- ___ Create a relaxing atmosphere with the scents of the season and a [Peaceful Autumn Fireplace scene on youtube playing gentle jazz harmony with Golden Hour Jazz](#).. It's continuous play for 3 hours! Listen on a speaker or watch on youtube TV.
- ___ Have containers available to make meals for grandparents to take home.

FUN ACTIVITIES

- ___ Have a fall puzzle & games out, ready to play all month long: Connect 4, coloring pages, Jenga...
- ___ Take plenty of pictures and use some for the annual Christmas photo!
- ___ Plan a Thanksgiving Friendly Feud game. I found [Thanksgiving Party Games for Adults!](#) on Amazon \$10
- ___ Watch "A Charlie Brown Thanksgiving" & Macy's Thanksgiving Day Parade

Koinonia Senior Care is not affiliated with any particular church, but partners with many churches to provide resources and monthly support for those congregations serving the senior homebound in their church and community.





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If you are not reading or sharing this newsletter, please call or text 316-209-9028 to UNSUBSCRIBE. Thank you!

Turkey Talk:

Pluck out the fowl habits that make you wattle instead of strut, says the wise old bird.

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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Gwendolyn Lewis	Rick Schoepf
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