

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

January 2026

Your Word for the New Year

I'm into words. I especially enjoy hearing people's word for the new year. The word originates from a goal or maybe a reminder of an area we want to improve on. For example, JOY could be a good word if a person wants to work on being more joyful, no matter their circumstances. Or they may want to focus on Jesus, Others, & You (self) by choosing the word JOY.

I find that it's important to focus on a word that will ground me, guide me, and grow me. My word has to be grounded in Scripture, which is my guide, and one that challenges me to grow through my circumstances in a way that draws others to the person of Christ and the throne room of God for their spiritual renewal.

My word for 2026 is *PERSPECTIVE*; the kind of perspective that creates a more eternal outlook of circumstances, like seeing obstacles as opportunities, interruptions as divine appointments, perplexities as prayer points, and even death as the doorway to eternity. These may seem like little, insignificant perspectives to some but it's these seemingly little views that grant me fulfillment at the end of the day when I lay my head on my pillow with peace, even in the storms of life. Whether it's caregiving for infants or seniors, leading a non-profit or serving at home or in my community, my perspective matters now and for eternity. I want to sharpen and fine-tune my perspective this year, and a more intimate walk with the Lord will ground me, guide me, and grow me in that direction. *Lord, may my daily investments be rich with perspectives that highlight You and draw others to You.*

Set your minds on things that are above, not on things that are on earth.

Colossians 3:2

Have you thought about your word for 2026? One that will ground you? One that has Scripture to guide you? One that will grow you? I welcome your text, call, or email, sharing your word for 2026!

Happy New Year! *Christine*



JANUARY

- 7 Caregiver Support 1:00
- 14 Waxing Wednesday - OG
- 28 Make & Take, Newsletters
- 29 Kansas 165th Birthday

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The most engaged-with verse on [YouVersion](#) in 2025: **Isaiah 41:10**

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

This is the 4th time in 6 years this verse has been #1, perhaps because in tough times we are drawn to God's promise to be with us, to strengthen us, and to help us.

**2 P-E-R-S-P-E-C-T-I-V-E-S**

**1st person:** ate sardines and Vienna sausages in the sand.  
**2nd person:** eating the same thing, next to the same person, dined on surf and turf with an ocean view.

# A Dose of Laughter

This month's *Blessing Gift* brings a dose of laughter in a pill bottle filled with M&M "pills." Our emotional well-being impacts our physical health, reminding us that joy and a positive perspective are part of the healing process.

*"A cheerful heart is good medicine, but a crushed spirit dries up the bones."*  
Proverbs 17:22

Giving your **mobility walker** a fun name adds humor and personality to your daily mode of transportation. A creative name turns an essential tool into a fun and quirky companion. So pick a name that resonates with your style and sense of humor, and make your walker something to smile about every time you use it!

|                            |                              |                      |
|----------------------------|------------------------------|----------------------|
| <b>The Speedster</b>       | <b>Grandpa's Ferrari</b>     | <b>Mighty Mover</b>  |
| <b>Cool Cruiser</b>        | <b>Steady Eddie or Betty</b> | <b>Go-Go Girl</b>    |
| <b>Stroll-inator</b>       | <b>Sir Walk-a-lot</b>        | <b>Rollie Polie</b>  |
| <b>Smoothie King/Queen</b> | <b>My Rolls (Royce)</b>      | <b>The Red Rover</b> |

## Caregiver's Corner

### THE SANDWICH GENERATION



Despite the challenges we face, being part of the sandwich generation offers meaningful benefits, such as strengthening intergenerational family bonds with connection, purpose, and shared memories.

Being a part of the sandwich generation provides opportunities for all ages to develop valuable skills, such as time management and problem-solving. We model for our children the importance of serving and not always receiving. We all have a better understanding of the different ages and stages of life from the womb to the tomb. And we learn to trust and depend upon the Lord, knowing we can't possibly be everything to everybody. Modeling this to both our parents and our children gives God room to work in the details so that He gets the recognition and the praise for how the days go, despite our weak and feeble attempts to keep it all together. That's the grace of 2 Corinthians 12:9!

*My grace is sufficient for you, for my power is made perfect in weakness.*



## Volunteer Opportunities

### Caregiver Support

**Wed. Jan. 7 1:00**

### Blessing Gift Make-&- Take & Newsletters

**Wed.@ 1:00 Jan. 28th**

Both @Tyler Road Baptist



If you're looking for a 55+ community that provides life-enriching events and recreation, [Senior Services of Wichita](#) is a non-profit with 4 locations in Wichita. There's something for everyone! 316-267-0302

### *Quote of the Month*

**Don't get older;  
get better.**

**Live realistically.**

**Give generously.**

**Adapt willingly.**

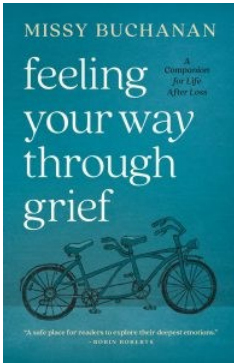
**Trust fearlessly.**

**Rejoice daily.**

*Chuck Swindoll*

**GIVING** isn't only about making a donation; it's about making a difference!

## LENDING LIBRARY HIGHLIGHTS



### ***Feeling Your Way Through Grief: A Companion for Life after Loss (2024)***

Nothing can prepare you for the death of a loved one, and nothing is ever the same after. How do you even begin to live after loss? When author Missy Buchanan lost her beloved husband of 43 years, she was devastated...and processed her grief in her own way ... by writing personal notes to her husband, unfiltered and straight from her heart.

In her reflections from that first year, Missy shares those raw emotions that bubbled up from day to day. From family holidays to everyday tasks such as pumping gas or taking out the trash, Missy's tender notes resonate with the shared experiences of grief, offering a guiding light and true companion for your own journey. Along the way, she also affirms that faith is not lacking when you don't feel "strong" and that being vulnerable can help support the healing process.

*Feeling Your Way Through Grief* is an invitation to embrace the complexities of loss, find solace in genuine emotions, and embark on a faithful journey toward healing. Reflection questions at the end of each chapter invite you to explore your own emotions more deeply, gently guiding you along your unwanted journey of grief.

Koinonia Senior Care also have the following books by Missy Buchanan in KSC's Lending Library: ***Living with Purpose in a Worn-out Body***, ***Talking with God in Old Age***, ***Aging Faithfully***, ***Don't Write My Obituary Just Yet***, ***Joy Boosters***, ***My Story My Song***, and ***Voices of Aging***.

**More from Missy:** "Aging & Faith" [Facebook page](#), her [website, missybuchanan.com](http://missybuchanan.com) or her [blog](#)



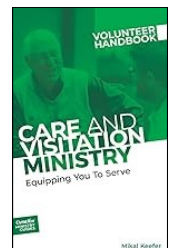
## See a Book You'd Like to Read and Return?

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

### **CAREGIVING**

Call 316-209-9028

[\*Care and Visitation Ministry Volunteer Handbook. Equipping You to Serve.\* \(2020\)](#) Discover how to make visits that touch hearts and change lives as you carry the love of Jesus to those who are sick, lonely, or simply curious about the Kingdom.

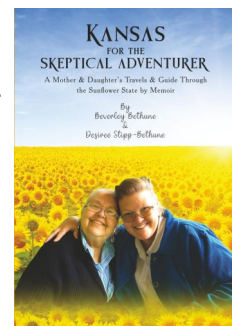


### **LAUGHTER/HUMOR**

[\*A Laugh a Day! A Daily Dose of Heavenly Humor\*](#) (Hallmark, 2009)

**BOOKS ON KANSAS**—*Kansas for the Skeptical Adventurer* is part travel guide, part memoir, and part love letter to the overlooked heart of America. Written from the perspectives of a mother and daughter who once doubted the charm of Kansas themselves, this book takes readers on a surprising and heartfelt journey across the Sunflower State.

**Larry Hatteberg's Kansas People** and **More Larry Hatteberg's Kansas People** are compiled stories of Hatteberg's years of interviewing everyday normal Kansas people who found something they like doing.



# 12 New Year Prayers

1 **Faith** Lord, it is by Your GRACE we have been saved, and through our FAITH – this not from ourselves, but a gift from You – not by our works. Ephesians 2:8-9

2 **Hope** Lord, God of Hope, fill us with all JOY and PEACE as we trust in You, so that we may overflow with hope by the power of Your Holy Spirit. Romans 15:13

3 **Love** Lord, help us to LOVE because You first loved us. 1 John 4:19

4 **Forgiveness** Lord, thank You for being faithful and just to FORGIVE us our sins and cleanse us from all unrighteousness. 1 John 1:9

5 **Mercy** Lord, may we be MERCIFUL just as You are merciful. Luke 6:36

6 **Kindness** Lord, help us be KIND and COMPASSIONATE to one another, FORGIVING each other, just as through Jesus, You forgave us. Ephesians 4:32

7 **Generosity** Lord, enrich us to be GENEROUS in every way and to give the glory and thanks to You in front of those who receive. 2 Corinthians 9:11

8 **Compassion** Lord, let us live in harmony and love as brothers and sisters, being sympathetic, tender-hearted, COMPASSIONATE, and humble. 1 Peter 3:8

9 **Joy** Lord, remind us to be JOYFUL in hope, patient in affliction, faithful in prayer. Romans 12:12

10 **Salvation** Lord, thank You for providing JESUS who is the way, the truth, the life and only way to You. John 14:6

11 **Obedience** Lord, help us to not merely listen to Your Word, and so deceive ourselves. Help us to DO what it says. James 1:22-25

12 **Life** Lord, thank You for coming that we may have ABUNDANT LIFE now and for eternity. John 10:10

## January's Touch Someone Challenge

Celebrate KANSAS this month with your loved ones! Enjoy the crossword below together or read one of the Kansas books from *KSC's Lending Library* together!

### Happy 165th Birthday, Kansas!

Kansas is quite literally, the middle of America, with \_\_\_\_\_,<sup>4</sup> Kansas being its geographical center.

The adventures of the \_\_\_\_\_<sup>2</sup> family living in their Little House on the Prairie, makes us think the vast, flat agricultural landscape.

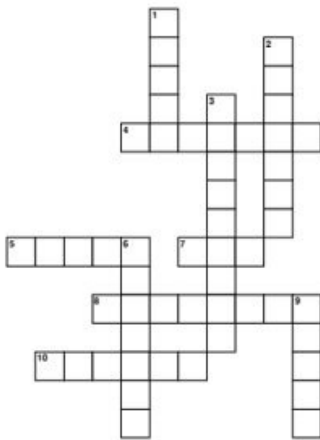
There's the sights, sounds, and smells of the old west with Wyatt Earp and Doc Holliday in \_\_\_\_\_<sup>1</sup> City.

Kansas also hosts the adventures of Dorothy getting swept away from her Kansas home by a \_\_\_\_\_<sup>6</sup> and dropped into the Emerald City, where she meets The Wonderful \_\_\_\_\_<sup>10</sup> of Oz.

As Dorothy said, "there's no place like home," and there's no place quite like Kansas – from the expansive tall-grass \_\_\_\_\_<sup>8</sup> to the rolling \_\_\_\_\_<sup>5</sup> Hills, and from the small town charm to the aviation and aerospace industries of Wichita. And, of course, we'd be remiss not to mention the tasty \_\_\_\_\_!<sup>7</sup>

PBS Kansas hosts many shows about Kansas, including \_\_\_\_\_<sup>3</sup>'s *People* (Thursdays @ 7pm), *Kansas Week* (Fridays @ 7:30), *Positively Kansas* with Sierra \_\_\_\_\_<sup>9</sup> (Fridays @ 8pm) and *See, Taste, Do Kansas* (Tuesdays at 8pm) There are many repeat times for these programs, too. Channels 8.1 Cox 8 & 8.2 Cox 670

#### KANSAS



# January 29, 1861

*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.

Meals & Mail are moments that matter!

meals  
& mail





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

**We are all faced with a series of great opportunities brilliantly disguised as impossible situations.**  
*Chuck Swindoll*

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

**A faith-based ministry enriching the lives of homebound seniors, caregivers, widows, and our community who reach out to them.**

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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