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 ***NOVEMBER 2026***

SEASONS OF CHANGE

The fall foliage and fresh cool air is a favorite for many. With its beauty comes the falling of leaves, raking, and bare trees that usher in winter. Similarly I find myself in yet another season of change; colorful, yet seeing life's leaves falling and raking up every precious memory I can.

Change is inevitable; adjustment is required.

Through our various ages and stages of life, whether it concerns our health, our family, our friends, or our living arrangement, adjustment is required. When we take them to the Lord, we can trust His sovereignty, His purposes, His love & care, and even a new mission field for us.

Below is a poem written by a 14-year-old, Jason Lehman, who was wise beyond his years. He sent it to Abigail Van Buren who verified Jason's age and ran the story in her column on February 14, 1989.

Present Tense
It was spring, but it was summer I wanted,
The warm days, and the great outdoors.
It was summer, but it was fall I wanted,
The colorful leaves, and the cool, dry air.
It was fall, but it was winter I wanted,
The beautiful snow, and the joy of the holiday season.
It was winter, but it was spring I wanted,
The warmth and the blossoming of nature.
I was a child, but it was adulthood I wanted,
The freedom and respect.
I was 20, but it was 30 I wanted,
To be mature, and sophisticated.
I was middle-aged, but it was 20 I wanted,
The youth and the free spirit.
I was retired, but it was middle-age I wanted,
The presence of mind without limitations.
My life was over, and I never got what I wanted.



November

1 Time change; fall back
3 VOTE
4 Lunch & Learn
11 Waxing Wednesday
13-14 Ruby Open House
18 Newsletters & Blessing Gift Assembly
20-21 Ruby Open House
26 Thanksgiving

KSC November CHANGE

KSC's publishing platform is now extinct. Please be patient with the editor as she learns a new software to keep our readers informed and encouraged!

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

Ruby's Open House

November 13 & 14, 20 & 21
from 1:00-5:00

Ruby's hand-made tree ornaments, jewelry, watercolor paintings, China/porcelain pieces, poetry, sketches, and 2027 calendar will all be available for purchase!

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

KSC will be making & selling PEPPERNUTS on Saturday, November 14th from 2-4.
Call Christine at 316-209-9028 for location.

Caregiver's Corner

November is National Caregiver Month

There are 50 million family caregivers for those aged 50+.* Stress and burnout reduce the ability for many to search for resources. Caregiver support groups focused on the same diagnosis as your loved one are one source to consider, but many have little time to attend. To save time, KSC has compiled helpful online resources for the caregiver, senior, activities person, and volunteer in the church and community who reach out to homebound seniors, or call Christine at 316-209-9028.

We are thankful for caregivers who lovingly, selflessly, and sacrificially assist with a vast array of essential tasks many of us take for granted like eating, bathing, toileting, dressing, transportation, coordinating appointments, medications, finances, and home modifications so your loved one can stay safe and independent at home.

Your patience and compassion do not go unnoticed. Give yourself affirmation and plenty of grace for doing the best you can in one of the toughest jobs there is.

*AARP & National Alliance for Caregiving. (2025, July 24). Caregiving in the U.S. 2025.



LUNCH & LEARN
Wed.11/4 1-2:30

This is your invite for a light lunch & conversations about KSC, caregiving, and visiting homebound seniors.

Volunteer Opportunity

***Blessing Gift* &**
Newsletter Assembling
Wed. 11/18 1:00

Both @Tyler Road Baptist Church 571 S. Tyler Rd. Backdoor #10

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COMMUNITY INTERESTS

EMPOWERED SENIORS

November 12th ~ 10-11:30

Geneology & Legacy
Botanica Gardens RSVP or call 316-686-4500

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KSC Christmas List

Stamps

Reams of paper

Gift Cards for
Blessing Gift Supplies:

Wal-Mart/Sam's

Dollar Tree

Amazon

$$ for publishing platform

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Aging Untold 3:00 M-F on KWCH
For a time in your town, click here
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Friendsgiving & ThanksLIVING

What does *Friendsgiving* and *ThanksLIVING* have in common? Perhaps both express gratitude and appreciation for the opportunity to live a rich and fulfilled life because of the relationships we have with God and others. I think of Luke 2:52 where the doctor writes that *Jesus grew in wisdom and stature, and in favor with God and man.*

What could *Friendsgiving* look like for each of us as we age? How about a card with a single tea bag attached inside, expressing how much you appreciate their friendship and encouragement over the years? Write one of your special memories of the two of you together. Share one of your favorite recipes or friendship Scriptures like 1 Thessalonians 5:11 with them in the card! If you have a picture of the two of you together, add that in the card! And remember, *the best vitamin for a friendship is B1.*

What could *ThanksLIVING* look like for each of us? *ThanksLIVING* is embracing the power of gratitude every day. In Stu Epperson Jr.'s book, ThanksLIVING, he says, "A life of gratitude transforms our hearts, strengthens our faith, and fills every day with purpose, joy, and hope." He continues to say, "Our lives are divine gifts, but they do not always feel like one. This book helps readers embrace gratitude in every season and grow in biblical hope." Through scripture, stories, and practical reflection, *Thanks Living* invites you into a daily rhythm of thanksgiving that transforms how you see God, others, and yourself.

In everything give thanks; for this is the will of God in Christ Jesus concerning you.
1 Thessalonians 5:18 (KJV)

VOTE & VETERAN'S DAY

I witnessed a homebound gentlemen putting a stamp on his ballot and getting it in the mail. He knows it is not only his duty but also a privilege to VOTE. If any way possible, make sure you and your loved ones have already voted, or have the opportunity to **vote on November 3.** This is one way we can make a difference for our children, grandchildren, and future generations.

Veteran's Day in October 11th. It is a day to celebrate and honor American veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Let's salute our Veterans with cards of thank you for their service. One place you can send cards is to the Robert Dole Dept of Veteran Affairs Hospital: 5500 E. Kellogg Dr., Wichita, KS 67218.

T.H.I.N.K. B4 U SPEAK

T Is it *true?*
H Is it *helpful?*
I Is it inspiring?
N Is it *necessary?*
K Is it *kind?*

Kind words are like honey, sweet to the soul.
Proverbs 16:24

GOSSIP

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building up others up according to their needs.
Ephesians 4:29



CONFIIDENTIALITY

A gossip betrays a confidence, but a trustworthy person keeps a secret.
Proverbs 11:13

R U Trustworthy?

Gossip is unnecessary chatter about others. Its opposite is confidentiality. One is a loose canon and the other has a zipped lip. Sadly, I know a lot of gossipers in the aging population. Some share everything they know, telling the latest “inside scoop” to their peers. Others share gossip as a prayer requests within their church circles. Still others are just plain nosy and meddling in other people’s business.

Do you want to avoid gossip? The scriptures above can be cut out and used as bookmarks to remind you to avoid listening or spreading gossip or to give to others who are gossiping.

Call it what it is. “This sounds like gossip to me and I don’t want to hear it.” Change the subject to something positive and encouraging.

Express your discomfort talking about this individual and/or question the information provided with, “Where did you get this information?” “Do you think they want you sharing this information?” “Is this information yours to tell?” “Would you be telling this story if he were here?” Hand them one of the bookmarks above!

Encourage positive conversations by sharing goodness stories. Catch people doing or saying positive things. Focus on values, kindness, strong work ethic, honesty, humility, and the like.

November's Senior Visitation Idea

Take a foil muffin pan and fill each cup with Thanksgiving leftovers for a senior. Make some turkey noodle soup for a 2nd meal for them. Deliver with a smile, a short visit, and even a meal together, if time allows.

Living With Insight

Have you ever wanted to sit down with some of the most influential spiritual leaders with an opportunity to listen and learn from their life experiences? Insight for Living's new video series, *Living with Insight,* with Pastor Chuck Swindoll of Stonebriar Community Church in Frisco, Texas does just that. Swindoll is joined by Pastor Robert Jeffress of the historic First Baptist Church in Dallas, Texas to talk about what lessons on leadership they would share with younger leaders in the church, at work, or in everyday life. They also share how they have handled conflict within the church in **Episode 1: Conversation with Dr. Robert Jeffress.** Below are a few that just skim their conversation. It's worth your time to click, listen, and take in their experiences - especially if you are a pastor or in the ministry!

I'm going to be active and keep going until God calls me home. I want to make every minute count. - Dr. Jeffress

I'm not retiring…I'm going to stay engaged in people involvement as long as I draw breath and am able to do it without drooling. - Swindoll

Grand-parenting has softened me a bit. The congregation loves seeing the grands running up and hugging Pa-Pa. - Dr. Jeffress

I'm mentoring two of my grandsons in their 30's…every Saturday, 9-12. – Swindoll



This Harvest Delight Recipe is part of our November Blessing Gift

Blessing Gifts are fun little gifts created & given away when we visit our senior friends who can no longer get out on their own. The visit reminds them they are remembered & prayed for! Communion is another element of worship we take in to some of our visits.

Koinonia Senior Care
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The darker it becomes the

greater your light shines!

Fall Back on Nov. 1st



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

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

OUR MOTTO

To captivate our community with the characterof Christ through compassionate ***C.A.R.E.***

KSC is a 501c3

OUR VISION

To be a model community of churches, neighbors and businesses who bring moments of joy, honor, and hope to widows, the aging and their caregivers through personally providing ***C.A.R.E.*** for those God puts in their path.

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