

*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

**SEPTEMBER 2025**

### *Leaving a Legacy — Living Out What Will Outlive You*

“If you could have dinner with 3 people, dead or alive today, who would they be?” In a job interview, Jerod’s reply was “Jesus and my mother’s parents, who watered and fed me spiritually.” He went on to say, “My grandparents were like Mr. Miyagi in the *Karate Kid*, only teaching me the ways of the Lord.”

I think about my grandparent’s rich legacy of faith and family values they lived out and have now outlived them. Their strong work ethic and successful family business are also meaningful memories which have provided me with a positive connection to my past and a sense of pride to follow in their footsteps.

Marty and I graduated to the grandparenting club three months ago and we have our first grandparent photo book to share with those who ask! Observations of many of you have inspired me to leave a meaningful legacy for our grandchildren, beginning with supporting our children in prayer and seeing what opportunities God provides for us to walk alongside them in their parenting journey.

I want to begin this grandparenting journey by writing down our family stories, values, traditions, recipes, pictures, Scriptures, and a Legacy Letter to each of the kids and grandkids. I hope to instill a sense of belonging that will outlive us and provide a meaningful connection to their past and a faith connection to their future inheritance in Heaven. Lord, teach me to invest wisely, *Christine*



**SEPTEMBER**

- 3 Caregiver Support 1-3pm
- 5 Dementia Awareness 8:30
- 10 Waxing Wednesday at Oxford Grand (OG) at 10:15
- 24 Make & Take, Newsletters
- 27 KSC/OG Event

### [LEGACY COALITION](http://legacycoalition.com)

[legacycoalition.com](http://legacycoalition.com)

Helping grandparents have a greater spiritual impact on their families.

### **GRAND MONDAY NIGHTS**

Intentional Grandparenting  
7:00 pm Mondays

**Happy  
Grandparent’s  
Day!**

**September 7, 2025**

*Children’s children are a crown to the aged; and parents are the pride of their children.*

Proverbs 17:6

## Bits & Pieces

Recently one of the grown grands and his wife drove 3 hours to visit their Papa reminisced over buckets of old family photos, and listened to old albums on a retro record player given to Papa by his daughter for Father's Day.

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I sit down with my coffee and read the newsletter cover to cover and then I share it with my family." *Thank you*

## Caregiver's Corner

Last year Dr. Tam Cummings presentation of "Becoming Dementia Aware" was such an overwhelming success, Chisolm Place is bringing her back again this year! RSVP by Sept 2nd. Seating is limited. [sstrain@anthemmemorycare.com](mailto:sstrain@anthemmemorycare.com) or call 316-558-5778

**Friday, September 5th, 8:30-4:00**

**Asbury Church, 2801 W. 15th St. Wichita**

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It's easy to become overwhelmed, thus the need for breaks. One caregiver told me that she deals so much better with her husband when he has been at day care, because when he comes home, she is not already frustrated by him. Without breaks, you begin to question yourself, feel inadequate, and experience burn out. Caregivers are often mourning the loss of the person "who used to be." Grief and loss need to be acknowledged.

One of the stressors of caregiving is feeling like you're in this alone. Connections outside of caregiving help you maintain perspective and breathe life into your very being.

You might also be interested in the link to FCA's [Taking Care of YOU: Self-Care for Family Caregivers](#) It's a guide to assist caregivers in facing day-to-day challenges.

**Meanwhile, remember that one of your friends is a sense of humor. It refreshes the soul and renews the spirit.**



## Volunteer

### Opportunities

#### CAREGIVER SUPPORT

**Wed. 9/3 1:00 @ KSC**

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

**Wed.@ 1:00 Sept. 24**

Tyler Road Baptist

#### EMPOWERED SENIORS

**Sept. 11th ~ 10-11:30**

*Power of Voice, Vision, &  
Vibrant Aging*

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 supporting KSC—a small ministry with a BIG heart to serve in Jesus' name.**

**For supporting seniors using their gifts**

**For supporting KSC through Dillons Reward program**

**For telling others about our ministry**

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

## 89 Never Looked So Good!

I've been a grandparent for over 35 years. None of the grand kids ever lived really close but when we got together it was usually hiking, water skiing, swimming, and camping. Today they are all off on their own adventures. And my adventures are usually with whatever my three adult children are doing or whatever is going on at the senior centers.

My birthday is July 2nd so it usually includes the July 4th as part of the celebration. My daughter lives in Guthrie, OK and they do a "Freedom Ride" on the 4th; a morning bicycle ride of all ages. She asked if I'd try the ride this year, so they hauled my bike to Oklahoma. I think my kids had more fun decorating our bikes, as they used to do—pin wheels taped to the handle bars, and red, white, and blue streamers.

There were all ages and all types of bicycles gathered at the starting point. I teared up a little at the ceremony before the start of the ride. A minister prayed, then the Star Spangled Banner played over the speakers. Real small town America vibes!! Then we were off down the first hill, riding on the red brick streets. At one point I almost gave up as I struggled to pedal up a hill but then I reached the top and it was a free ride down—wee! Early the next morning we all went to the city lake and did some kayaking—a work out for the arms this time. Both activities were a challenge and a fun experience for this great grandmother.—Ruby



## GRANDCHILDREN by Ruby Tobey

Sweet innocence sleeping on the couch, such love fills my heart.  
Grandchildren can open up your life and let your dreams re-start.

They bring memories of years past and the joys they used to hold  
when their parents were my babies and I was not this old.

So I give thanks for these moments when the world seems in tune  
and I can see the chain of my life here in the stillness of afternoon.





**My friend Beverly has special relationships with her grands and greats!**

## Does your voice matter?

Your voice, penmanship, and prayers speak comfort, hope, and love to your grandchildren who are daily bombarded with our culture and choices.

Praying for your grands, writing a couple sentences on a post-it note for them,

and mailing it to them are simple ways to speak into their lives—and that matters! I miss my prayer warrior grandma. If I could have had her prayers in written form, I would cherish them to this day. Legacy Letters—in your hand-writing—are a gift your grands will cherish, now and later.

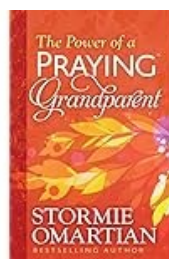
Grandma didn't write one, but I DO have God's Word, His love letter to me—and you do, too!



*Love, Papa* Letters of Wisdom from a Grandfather to His Grandchildren.

## KSC

### LENDING LIBRARY SPOTLIGHTS



*Prayers specifically designed for grandchildren, their parents, and their grandparents as they seek to encourage growth spiritually, mentally, emotionally, and physically.*



### GRANDMA'S ATTIC: SERIES:

A young girl delights in her grandmother's stories of days gone by, sparked by keepsakes and simple questions, Grandma shares marvelous stories of mischief, discovery, and laughter.

## September's Touch Someone Challenge

Spend time with a grandparent/grandchild by phone, card, or visit.

### Aging Preparedness

How do we prepare for the aging process? After all, we've never been this age before! But I have found, like marriage and parenting, that the Bible has a lot to say about aging gracefully and faithfully. Through years of reading God's Word, experiencing life's lessons, and observing others in this "Golden Age," I am reminded to be present and finish strong. I'm called to focus on my inner spirit and not so much on my outward self. I'm called to be God's cheerleader, praising and worshipping Him and being His daily delight! (Proverbs 8:30-31) When we feel forgotten, just remember how much God values us and He is the One we owe allegiance!

Leviticus 19:32 *Stand up in the presence of the elderly, and show respect for the aged.*

Job 32:7 *Those who are older should speak, for wisdom comes with age.*

In Psalm 71:17-21, we find the secret content as to *what* we should be sharing:

*O God, you have taught me from my earliest childhood, and I constantly tell others about the wonderful things you do. Now that I am old and gray, do not abandon me, O God. Let me proclaim your power to this new generation, your mighty miracles to all who come after me. You have allowed me to suffer much hardship but you will restore me to life again and lift me up from the depths of the earth. You will restore me to even greater honor and comfort me once again. Then I will praise you with music on the harp, because you are faithful to your promises, O my God. (NLT)*

The *secret ingredient* isn't really a secret at all because we are telling others about God's power and mighty miracles and then praising God for His faithfulness! Did you notice that "suffering much hardship" portion? While David was experiencing the ailments of his golden years, he still shared about God's goodness, power, and miracles! Paul reminds us in 2 Corinthians 4:16-18 that even though outwardly we are wasting away, inwardly we are being renewed day by day! That's because our soul, which lives forever, continues to draw close to our Lord as His Spirit ministers to us in our suffering.

Psalm 92:12-14 *The godly will FLOURISH like palm trees and grow strong like the cedars of Lebanon. For they are transplanted into the Lord's own house. They FLOURISH in the courts of our God. Even in old age they will still produce fruit. They will remain vital and green.*

Did you get that? The godly are TRANSPLANTED by the Master Gardener to Heaven to grow and FLOURISH! But not everyone goes to Heaven. **Heaven is a prepared place for prepared people.** Are you prepared? Jesus died for our sins (which is what keeps us separated from God & Heaven). Next He was buried and rose again to live forever! Now He is preparing Heaven for those who trust Him as Savior and follow Him as Lord. Make sure you're prepared for this glorious, eternal life! If you want to know more, go to <https://pasoroblespress.com/commentary/heaven-is-a-prepared-place-for-prepared-people-john-141-6/> or read Billy Graham's good news message at <https://billygraham.org/articles/have-you-heard-the-good-news-of-salvation>



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## **FINISH STRONG**

In memory of  
**Dr. James Dobson**

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.

### **Board of Directors**

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