

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

APRIL 2026

WHAT'S HAPPENING THROUGH KSC?

LUNCH & LEARN SERIES

Join us on the first Wednesday each month for a 1:00 light lunch and time of conversations on various caregiving and homebound visitation topics. RSVP for lunch if you can. We meet at *Tyler Road Baptist Church*, 571 S. Tyler Rd. **If you or your company would like to sponsor our Lunch for our Lunch & Learn, call Christine 316-209-9028.**

ROCK & ROLL TRIVIA

This month's ROCK & ROLL Trivia encounter can be found right here in this issue as we quiz on the rock that was rolled away on RESURRECTION SUNDAY! Call Christine if you or your group would like to paint some rocks with us one month or invite us to bring our adaptable Rock & Roll Trivia event to your group! 316.209.9028

FLOWER POWER HOUR

KSC partnered with a group from RCC to bring an hour of fun to the residents at an assisted living community to usher in spring. They helped the residents create a flower picture with "paint by stickers." They enjoyed some spring trivia, cucumber flowers, spring cookies, and flower seed packets with this quote on the packet: *Your mind is a garden. Your thoughts are the seeds. You can grow flowers. Or you can grow weeds.*

ASSISTED LIVING BIBLE STUDY & WAXING WEDNESDAYS!

KSC volunteer, Jan, encourages an average of 20 residents to God's Word each Thursday at 3:00. She also meets with caregivers once a month to work through the book, *Caregivers: the Unsung Heroes*. **WAXING WEDNESDAYS** is a monthly event bringing a little pampering to the residents as we dip our hands in paraffin and tweeze chin hairs & eyebrows.

NOTE: no KSC Garage Sale this spring.

Blessings of refreshment and renewal for each of you, Christine



April

- 1 1:00 LUNCH & LEARN @ TRSBC—RSVP for lunch 3/30
- 7 Caregiver Clsss
- 8 Waxing Wednesday - OG
- 17 Trivia in Bentley
- 29 Make & Take, Newsletters

**YOUR MIND IS A
Garden.**

**YOUR THOUGHTS
ARE THE
Seeds.**

**YOU CAN GROW
Flowers.**

**OR YOU CAN
GROW
Weeds.**

RUBY'S OPEN HOUSE

April 2-3 from 1:00-5:00

Spring is in the air at Ruby's open house, full of her hand-painted and personalized easter eggs, jewelry, watercolor paintings, china/porcelain pieces, poetry and sketches, too! Call 316-209-9028 for location.

Caregiver's Corner

Humor Helps in Caregiving

Studies show that humor reduces stress hormones, boosts mood, and even strengthens bonds between caregivers and care recipients. By embracing caregiver humor, you recharge your batteries and remember that it's okay to find humor on the overwhelming days. This lifeline reminds you to laugh through the tears, find joy in chaos, and connect with a community who get it. It may not solve every problem, but it can make things feel a bit more manageable. Remember, you're doing amazing work, and it's okay to laugh about the challenges along the way.

Today's forecast: 100% chance of unexpected events.

Caregiver patience: Like regular patience but with more deep breaths.

Being a caregiver is like being a superhero, but your cape is a bath towel and your superpower is finding lost glasses and hearing aides.

I became a caregiver because 'superhero' wasn't an official job title.

Caregiving reward: Knowing you made someone's day, even if they forget by tomorrow.

Caregiving is 10% skill, 90% love.

Caregivers: Powered by love, fueled by coffee.

<https://snugfam.com/150-funny-caregiver-quotes-to-brighten-your-day-and-ease-the-stress/>



LUNCH & LEARN

Wed. 4/1 1-2:30

RSVP for lunch

Volunteer Opportunity

Blessing Gift & Newsletter Assembling

Wed. 4/29 1:00

Both @Tyler Road Baptist Church 571 S. Tyler Rd.

COMMUNITY INTERESTS

EMPOWERED SENIORS

April 9th ~ 10-11:30

Untold Weight of Clutter

Botanica Gardens—Click to [RSVP](#) or call 316-686-4500 or watch online.

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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

#### Goddard Senior Center

122 N. Main in Goddard  
Monday-Friday  
8:30am-12:30 pm  
\$5 Annual Membership

#### **Need a Speaker/Activity?**

Christine creates moments of joy & engages audiences in all ages & stages of life.

# ROCK & ROLL TRIVIA

This month's **rock & roll** theme leads us to the tomb where Jesus' dead body was buried and where He defeated death three days later, walking out of that grave in His resurrection body. The **rock** was not **rolled** away so Jesus could get out, but so people could come in and see this mystery unfold in victory and share the Good News with everyone. This is the hope of every Christian today as we celebrate RESURRECTION SUNDAY. Answers in Matthew 27:57-61, Luke 23:49-55, John 19:38-42

Whose tomb was used to bury Jesus?

Where was the tomb located?

What was the tomb cut out of?

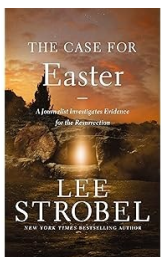
Who helped this tomb-owner to prepare Jesus' body for burial by the Jewish burial customs?

Who witnessed the men preparing Jesus' body for burial and the stone being sealed in place?

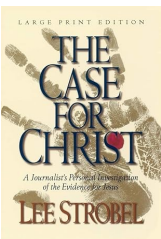
Caregiver BONUS: While Jesus was dying on the cross, who did He tell to take care of His mother? John 19:25-27

**John Piper's Words on Easter:** *Life is wasted if we do not grasp the glory of the cross, cherish it for the treasure that it is, and cleave to it as the highest price of every pleasure and the deepest comfort in every pain.* (John Piper is founder and senior teacher of [desiringGod.org](http://desiringGod.org) and chancellor of Bethlehem College & Seminary.)

Of the many world religions, only one claims that its founder returned from the grave. The resurrection of Jesus Christ is the very cornerstone of Christianity.



How credible is the evidence for--and against--the resurrection? Focusing his award-winning skills as a legal journalist on history's most compelling enigma, **Lee Strobel** retraces the startling findings that led him from atheism to belief. He examines the medical evidence, the missing body evidence, and evidence of His appearances after His resurrection. Written in a hard-hitting, journalistic style, *The Case for Easter* probes the core issues of the resurrection. Jesus Christ, risen from the dead: superstitious myth or life-changing reality? The evidence is in. The verdict is up to you.



Enjoy sitting in your chair and reading *The Case for Christ*, about the claims and evidence about Jesus and decide for yourself through this investigative journalist approach of (then atheist) **Lee Strobel** as he uncovers truth from experts in the fields of science, philosophy and history about the evidence for Christ.

You can find this LARGE PRINT EDITION in *Koinonia Senior Care's* Lending Library

ANSWERS: Joseph of Arimathea, in a garden at the place where Jesus was crucified, **rock**, Nicodemus, Mary Magdalen and the other Mary,

# Therapies

We can all benefit from a little *therapy* as we begin to encounter unique age-related physical challenges that can also affect our mental and spiritual well-being. The need for social and spiritual support, along with meaningful *therapies* can enhance our resilience and quality of life even if our bodies are rebelling or wearing out. St. Paul says it this way in 1 Corinthians 4:16-18

*<sup>16</sup> Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. <sup>17</sup> For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. <sup>18</sup> So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

**Spiritual Therapies:** These are good verses to memorize as we renew and deepen our relationship with God. To be a part of a small like-minded group who encourage each other in this season can also be helpful. Which leads us to . . .

**Social Therapies:** God created us for fellowship (Koinonia) We see it in the early church of Acts 2:42 and even Luke 2:52 where *Jesus grew in wisdom, stature, and in favor with God and man*. Growth continues mentally, physically, and spiritually throughout life. Think of all the wisdom you have accumulated throughout the years! Perhaps you could retell those God-wink experiences to your friends, family, or neighbor. We call those “glorifying God” moments when we share His story through us with others. You could also record those or write them down, which would lead us to . . .

**Journal Therapies:** I often hear, “I wish I would have asked them about...” after a loved one passes. Perhaps as you retell your stories and life lessons (wisdom), someone could record them and transfer them to a book. Your voice is a treasure to those who miss your presence after you are gone. Your wisdom and stories become even more precious and priceless to your loved ones. Be sure and add your favorite songs and maybe even sing a few lines, which leads us to . . .

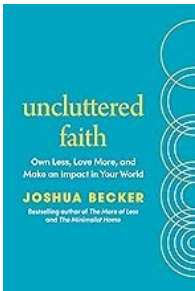
**Music Therapies:** There’s nothing that can lift one’s spirits like music. Whether it be relaxing music when we are anxious, 50’s-60’s-70’s music when we are reminiscing, or praise music when we are thankful, we know that life without music would be (get it?!) Besides, we’ll be praising God for eternity, so we should be practicing now! I heard a great definition of praise recently: praise is a YiPpEe, YaHoO, Way to go, God!

Viewing aging as a new chapter of discoveries and opportunities for social and spiritual growth allow us to embrace this season with joy, regardless of if we are go-go’s, slow-go’s, or no-go’s.

## April's Touch Someone Challenge

Ask a senior friend if you can help them unclutter one drawer, cabinet, shelf or stack of papers each time you visit. Then go home and do the same! It's amazing how good it will make you feel!

### SPRING CLEANING



I was listening to an episode of Focus on the Family recently and Joshua Becker was the author who Jim Daly was interviewing. His book, *Uncluttered Faith*,\* is a guide exploring how minimalism enhances spiritual life by reducing material distractions, focusing on faith, and prioritizing relationships over possessions. Becker caught my attention with the following statistics:

- \* Over 1/3 of Americans surveyed have a garage so full of stuff that they can't park their car(s) in it.
- \* The avg. American home has tripled in size in the last 50 years but we still can't park in the garage.
- \* The average American doesn't wear 82% of the clothes in their closet. ‘
- \* Over 11% of Americans rent offsite storage.

These statistics got my attention! We don't have a storage unit and our cars fit in the garage, but my, oh my, our house is full and I know there are treasures in every room, closet, drawer, bookshelf, and bin that I should part with and bless others with.

**Spring Cleaning for our Hearts:** Jesus talks about treasures in Matthew 6:19-21, <sup>19</sup> “*Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal,*” <sup>20</sup> *but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.* <sup>21</sup> *For where your treasure is, there your heart will be also.*

We store up “treasure in heaven” when we make choices on earth that benefit God's kingdom. What does that look like as I reduce my possessions? One way is to ask God to open my eyes to the needs around me and how I can bless them with my extra material blessings. Another way is to donate items to a non-profit who shares the love of Jesus with those who come in to “shop.” I can also give my treasures to our church's student ministry garage sale coming up. Perhaps the monies collected will allow a student to go to church camp who otherwise couldn't afford it.

It's difficult to give things away, but when we remember that all we have belongs to God and we have been entrusted to be good stewards of those things, it should give us great pleasure to share His blessings. I once heard a quote from Corrie Ten Boom that I try to keep in the back of my mind: “*Hold loosely to the things of this life, so that if God requires them of you, it will be easy to let them go.*”

\*We do not have this book in our lending library as of yet



**Koinonia Senior Care**  
**13303 W. Maple, Suite 139, PMB #128**  
**Wichita, KS 67235**

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YOUR MIND IS A *Garden*.  
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 YOU CAN GROW *Flowers*.  
 OR YOU CAN GROW *Weeds*.

More inspiration @ [www.kscare.org](http://www.kscare.org)

 [www.facebook.com/kscare](https://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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