

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

JUNE 2026

Summer Days & Sandals

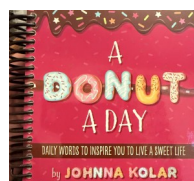
At any age and season of the year, we should be taking good care of our feet. Summertime just happens to be a good time to start if we have slacked a bit. Foot care begins with preventative education that supports quality of life by lowering a person's fall risk and keeping them independent, one step at a time.

Take a few moments to inspect your soles, your toes, and your web spaces. Can you reach your toes? Many can't and over time the feet get neglected. If you can't reach your feet, pick up the phone and make an appointment with a podiatrist or place specializing in foot care today, because strong, healthy feet are key to a full and active life.

I'm not talking about a pedicure spa treatment, but a place with RN's and APRN's who are passionate about providing you with education and treatment to prevent foot complications by trimming and cleaning nails, reducing calluses, removing ingrown toenails, nail removal, freezing plantar warts, and providing certain types of wound care. You'll also find that Medicare will pick up the tab every so-many days to keep your feet healthy with companies who partner with Medicare, so be sure and ask. Make that call today! You'll be glad you did!

DONUTS & DADS

Dad's are definitely on the high priority list this month and some dads enjoy donuts, as well! June 5th is Donut Day...Need I say more? At 2025's local author exhibit, Marty picked up a fun donut book with daily words to inspire us to live a sweet life. It was written by Johnna Kolar, a Kansas teacher. Here are a few of her 352 creations: DONUT forget to create new memories, DONUT forget to smile today, DONUT stop singing, DONUT lose faith, DONUT forget to show your gratitude, DONUT skip desserts! To ask her about your copy, email: johnnakolar389@gmail.com.



SOCIALIZE & ROCK PAINTING EVENT

Call Christine if you or your group would like to paint some rocks with us one month for our *ROCK & ROLL Trivia* events! **316-209-9028**

Christine



June

3 1:00 LUNCH & LEARN @ TRSBC—RSVP for lunch 6/1
10 Waxing Wednesday - OG
21st Father's Day
21st 1st Day of Summer
24 Make & Take, Newsletters

If you would like to sponsor our Lunch & Learn, let Christine know! Also, 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 to Christine by the Monday prior (6/1) at 316.209.9028. We meet at *Tyler Road Baptist Church, 571 S. Tyler Rd.*

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



Wisdom in Words

If you look at the world, you'll be distressed.

If you look within you'll be depressed.

If you look at God, you'll be at rest.

Corrie Ten Boom

AGING OBSERVATION OF THE WEEK

I met a lady who is a real lesson in living life "flexible." She lived alone for several years. She knows she is loved and cared for by family, but still longs for the days of managing her own life. She is gracious and grateful to be with family. She is very positive and a godly woman. She is a great example as we all move forward in life.

Caregiver's Corner



14th Annual Kansas Education Conference on Dementia

Thursday, June 4, 2026

Kansas Star Event Center • Mulvane, KS

Join us for a full day of education, information and support provided by recognized experts. Learn about clinical updates, caregiving strategies, advocacy and cutting-edge research in the pipeline from keynote speakers. Visit exhibits and learn more about helpful community resources and services.

Caregiver: In-person | \$65, Online | \$25

Professional: May 1 - June 2 | \$225, Walk In on June 4 | \$250
Virtual for professionals | \$100 conference.office@wichita.edu
[316-978-6493](tel:316-978-6493)

The Music of Yesterday Can Bring Joy Today

(Dan Cohen) The therapeutic power of music shows that even when memories fade, the emotional and spiritual impact of music remains.



LUNCH & LEARN

Wed. 6/3 1-2:30

RSVP by 6/1 for lunch

Volunteer Opportunity

Blessing Gift & Newsletter Assembling
Wed. 6/24 1:00

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

COMMUNITY INTERESTS

EMPOWERED SENIORS

June 11th ~ 10-11:30

Making Space for what Matters Most

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

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**Can't get away this summer?**

Take a FUN 43 minute walking tour through **SILVER DOLLAR**

### CITY

with Robert and your loved one. Enjoy the experience—and a few rides—from your living-room chair! <https://www.themeparkinsider.com/flume/202403/10129/>



Love, Papa is a collection of letters to the author's ten grandchildren providing teen advice as they navigate the difficult growing up years. These letters are based upon biographical stories and experiences from the author's life, which he then weaves into important life lessons exhibiting Christian values and Biblical truths.



Today, grandparents find themselves separated from their grandchildren by mileage distance and sometimes by cultural distance. Some grandparents intentionally establish relationships with their grandchildren when they are young and some don't get that opportunity. It's never too late to start praying over them and perhaps sharing some of your important life lessons from your experiences that just may resonate with your grandchildren. Mail them or save them until their 16th, 18th, or 21st birthdays. Be inspired to start writing your letters, today!

**THESE 2 BOOKS ARE IN OUR KSC LENDING LIBRARY**

The letters contained in "Love, Papa 2" are filled with wisdom gained from a life lived fully and experienced through the saving grace of Jesus Christ. For grandparents struggling to find a way to share their faith with grandchildren they don't get to see as much as they would like to, "Love, Papa" creates a blueprint and supplies material to share life lessons and the life changing gospel of Jesus Christ with your grandchildren. Take the lessons Gary teaches and use your personal stories to illustrate the message within them, writing your own letters to your grandchildren.



**BECAUSE SOMETIMES WE JUST NEED REMINDED ABOUT OUR BEST FRIEND**

What a friend we have in Jesus, All our sins and griefs to bear! What a privilege to carry. Everything to God in prayer! Oh, what peace we often forfeit, Oh, what needless pain we bear, All because we do not carry Everything to God in prayer!

Have we trials and temptations? Is there trouble anywhere? We should never be discouraged—Take it to the Lord in prayer. Can we find a friend so faithful, Who will all our sorrows share? Jesus knows our every weakness. Take it to the Lord in prayer.

Are we weak and heavy-laden, Cumbered with a load of care? Precious Savior, still our refuge—Take it to the Lord in prayer. Do thy friends despise, forsake thee? Take it to the Lord in prayer! In His arms He'll take and shield thee, Thou wilt find a solace there.

Blessed Savior, Thou hast promised Thou wilt all our burdens bear; May we ever, Lord, be bringing All to Thee in earnest prayer. Soon in glory bright, unclouded, There will be no need for prayer—Rapture, praise, and endless worship Will be our sweet portion there. Joseph M. Scriven, 1855

# Clutter OR Valuable Histories?

## *Reflection on Psalm 44* by Guest Columnist

Sentimental clutter: The tag words that appear frequently on my social media. Young and Old, reminding me to declutter now so my children won't be left with the burden when I'm gone. But *is* sentimental bad? Is it really *all* just clutter?

After reading Psalm 44, I was reminded of the importance of teaching the next generation of the mercies of God. Verse one says, "our fathers have told us, what deeds you performed in their days, in the days of old". "Their days" ... "Days of old" ... These sound like the same descriptions the world uses for our clutter. We are told to discard things for their old age or lack of usefulness, but is there not value to them?

I believe the value lies in the lesson, "our fathers have told us, what deeds you performed". What better way to "tell" the next generation than with visuals by using the things in our home? One of the visuals I remember from childhood was a well-worn blanket. It was a wedding gift my parents received that reminded my mother of the early years of their marriage. I don't remember it being on her bed, but I DO remember her using it as a "garage blanket". Any time we were hauling something or camping we used this old, well-loved blanket. And each time, she would retell their younger years.

My father died when I was 14, so these remembrances were always special to both her and me. She told me of their first years of marriage; how God brought two kids from The Projects together, my father back from his rebellious ways, and her to Christ. Her stories helped to develop and strengthen my faith in God and his promise of a good and perfect plan for my life.

Throughout the Old Testament the Israelites were commanded to use objects to teach and remind their children of God's goodness, faithfulness, and salvation. The manna, God's provision in the wilderness, was kept. They carried the ark, full of memories, everywhere they went. Social media would be exploding over the inconvenience and hassle of holding on to things so "old"!

But maybe those items that are "old" *do* have value? Maybe we are missing opportunities to share the goodness of God with the next generation by completely decluttering our homes? Maybe the inconvenience of dusting or washing items is worth the hassle? Maybe we've been following social media more than God's Word? Maybe it's O.K. to keep a few things to tell HIS story?

My mother is now in heaven and the "garage blanket" is now mine. May I be wise in my decluttering and faithful to tell the story of "what deeds you (*God*) performed." ***Guest Columnist***



## June's Touch Someone Challenge

Read and share a little humor with your senior friends this month by checking out a few books from KSC's Lending Library! (See below) Also, don't forget, June 5, 2026, is Donut Day. What's your favorite kind?

### WAIT... NOW WHAT?



If you're a native Wichitan, you've heard of Bonnie Bing, our Wichita Eagle columnist who wrote about fashion, the social scene, and whatever else felt like a good story to share.

Bonnie's new book, *Wait... Now What?* Is a collection of short essays that are equal parts wise, witty, and wonderfully observant of the human condition. She has you laughing in one story and can move you to tears in the next. Her book can be purchased from Amazon. The book is also on audio, read by Bonnie, which I have listened to and really enjoy!

*Koinonia Senior Care* has an autographed copy of her book in our Lending Library for you to enjoy.

Stuck in a bathroom for a few minutes in 1987 with nothing to read, it occurred to Uncle John that there ought to be a go-to book that all bathroom readers can enjoy, with interesting articles and fun facts on every subject imaginable, and in a variety of lengths, too, ensuring that there would always be something for all to enjoy and for their unique sitting period needs. There are 39+ books and KSC has these four books in our Lending Library for your reading enjoyment. [Uncle John's Bathroom Reader](#)



Recent FB post summary: I attended a funeral recently and saw friends and cousins I hadn't seen in over 20 yrs. As sad as funerals are, they have a way of bringing people back together and reminding us how quickly life passes. My interpretation of the sermon was that funerals are a part of life, and we spend our lives working toward this moment and how we will be remembered...Maybe the real meaning in life isn't about staying busy, but in the people we love, the memories we make, and making time for one another before life gives us these kinds of reunions.

There's little that beats boredom and beans like sharing a real meal with a friend. Connection and conversation over a healthy meal is good for the body, mind, and spirit! Who can you call this week to schedule a meal with? Then drop them an encouraging note in the mail a few days later!





**Koinonia Senior Care**  
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**Wichita, KS 67235**

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

Ask about a copy of our  
**Advice from POPS**  
 for Father's Day

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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