

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

MAY 2026

Your May Blessing

May the God of HOPE fill you with all JOY and PEACE as you TRUST in Him, so that you may OVERFLOW with HOPE by the POWER of the HOLY SPIRIT.

Romans 15:12

LUNCH & LEARN

Join us on the first Wednesday each month for a 1:00 light lunch, *Cinco de Mayo* style, and a time of conversations on various aging, caregiving and homebound visitation topics. RSVP for lunch to Christine by (5/4) at 316.209.9028. We meet at *Tyler Road Baptist Church*, 571 S. Tyler Rd.

Lord, we dedicate our ministry to You and seek to follow You and give You all the glory as our service is worship to You. We seek Your plans and purposes daily in every decision knowing all we do is unto You. Colossians 3:23

MEANINGFUL REASONS TO DONATE TO KSC...

Honoring the memory of a loved one with a donation to KSC on Memorial Day

Sponsoring our Lunch & Learn this month

Donating 2 hours of care for a senior to help them stay independent

Contributing to our Ministry Center Savings for a future West Wichita office & meeting workspace

Scan the QR code with your phone camera for a yellow bubble at the bottom of the screen to show up. Press it and it will take you to our KSC Donation Page

Humbly grateful, Christine



May

6 1:00 LUNCH & LEARN @ TRSBC—RSVP for lunch 5/4
13 Waxing Wednesday - OG
27 Make & Take, Newsletters

I've come to realize that

MOTHERHOOD

isn't so much about getting it all right,

as it is about

THE GIFT

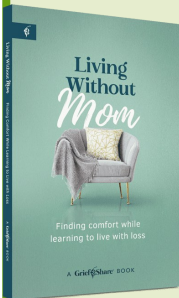
of sharing this sacred life together in the laboratory of learning and loving through the different ages and stages of LIFE till our very last breath.

~ *Christine*

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

Living Without Mom

Finding comfort while learning to live with loss— A GriefShare book
now in our Koinonia Lending Library



*Grief after losing your mom isn't something you "get over."
It's something you learn to carry differently over time.*

Discover honest insight into the emotional, physical, and spiritual impact of losing your mom. Including:

- Practical strategies for navigating traditions, grief triggers, and overwhelming days
- Guidance for moving through regret, complicated memories, and unanswered questions
- Insightful Stories from others who have faced this loss and found hope again. Your book purchase also comes with access to a free, online companion video, of encouragement from others who have walked this path before.
- Clear, Scripture-based encouragement that reminds you God sees your pain and walks with you.
- You'll also find reflection questions and simple action steps that help you process what you're feeling instead of pushing it aside.

The chapters are concise and approachable, making it easier to engage even when your energy feels low.

For more support, consider joining a GriefShare group near you or online at www.griefshare.org

Caregiver's Corner

When anxiety, worry, and fear overwhelm you or your loved one, practice engaging each sense (grounding techniques) to interrupt the cycle and create a calmer body, mind, and spirit. This practice can be combined with Scripture, prayer, and praise for a holistic approach to healing. As you breathe in, imagine inhaling God's peace and praying, "Lord, I give you this anxious thought." As you exhale, imagine letting go of your worries by personalizing 1 Peter 5:7 "I cast all my anxiety and cares on You, Lord, because You care for me."

5 Sight: Name 5 things you can see. *...we fix our eyes not on what is seen, but on what is unseen...* 2 Corinthians 4:18

4 Touch: Name 4 things you can touch: *Jesus touched them saying, rise & have no fear.* Matthew 17:7

3 Sound: Name 3 things you can hear. Psalm 46:10 "Be still, and know that I am God" Listening requires stillness, which helps you sense God's presence.

2 Smell: Name 2 things you can smell. *May my prayer be set before you like incense.* Psalm 141:2

1 Taste: Name 1 thing you can taste. *Taste & see that the Lord is good.* Psalm 34:8



**LUNCH &
LEARN**
Wed. 5/6

1-2:30 RSVP by 5/2 for
lunch

Volunteer Opportunity

**Blessing Gift &
Newsletter Assembling**

Wed. 5/27 1:00 Both
@Tyler Road Baptist Church

COMMUNITY INTERESTS

EMPOWERED SENIORS

May 14th ~ 10-11:30

Keeping your Marbles

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.

# National Day of Prayer 5/7

*Lord, may each government official seek Your will in the laws and leadership of our land. as they steer and steward this great nation where You have lavishly shed Your grace and blessings for 250 years. To You alone be the glory, praise, and honor.*

## May 5/29 Day!

**May 29 (5/29) is a fun reminder to not only deposit influence and love into your grandchildren's lives, but to also deposit money into their future school education savings.**

Lord, we are students of Your Word above all,  
seeking to know You and the wisdom that only comes from walking with You.  
We pray that everyone who teaches, learns, and serves in education  
will glorify You in curriculum, conduct, and character.

## Memorial Day 5/25

Memorial Day honors and pays tribute to the men and women who died while serving in the U.S. Military. Below are ideas of ways to honor veterans throughout the year:

- Breakfast Buddy or Breakfast Club 1/month
- Create a photo prayer wall of all the veterans you know
- Support or sponsor local VFW events
- Visit & interview veterans in their living communities
- Have bugle call regularly for special event times
- Create a Veteran's Service Project Club to meet needs
- Kid's coloring contests judged by the veterans
- Fundraise for veterans where items go to them
- Create veteran-themed sensory/memory boxes
- Start a pen-pal project

*Lord and Commander of Heaven's Army, we humble ourselves before Your throne and dedicate our nation's military to You praying that every generation would seek You and that You would be glorified as their refuge, reward, and strength.*

*Throughout the ranks and years of service, Lord, from boot camp to retirement, we ask that You guard them as they guard us, providing domestic tranquility and freedom around the world.*

*We lift up our military families as they sacrifice and serve, seeking to follow Your commands as You lead their lives and those who lead them.*

*We ask that You provide for our wounded soldiers, Lord. May they draw strength from You and generous assistance for their daily needs from our government.*

*In Jesus' name, AMEN*

# Christine's Picks

## AGING UNTOLD

Monday-Friday @ 3:00 pm on KWCH Channel 12

A 30-min. television program offering viewers a unique perspective on topics focusing on the new experiences and challenges we face as we age.



6655 E Harry in Wichita. 316-779-8989

<https://medicallloancloset.com/>

The Wichita Medical Loan Closet is a great place to either donate your medical supplies and equipment or pick out items “on loan” for as long as you need them.

**Open 10 -2 pm on Tuesdays, Thursdays and Fridays**

**Open 11 am—4 pm Wednesdays**

**Open 10 am—1 pm on Saturdays**

BINGO Night Fundraiser for the Medical Loan Closet is **Friday, May 15th @ The Hub At Lewis (1518 E Lewis St, Wichita).** \$5 per BINGO card. Accepting onsite donations. Doors open at 5 pm. First call 5:30 pm.

Daily spiritual food for the soul, whether you are at home, in the car, or on a walk. Start your day off right by listening to one of the programs/sermons on Bott Radio. You'll be blessed! (In Wichita, FM 94.3)



Thursday **May 7** Free Admission  
**9am-2pm**

K-State Extension 7001 W 21st St. N (21st & Ridge)

Dedicated to creating an informative space around aging, health, and caregiving.

Now offers memory kits that feature games, puzzles, and other activities caregivers can use to engage with loved ones experiencing memory loss.



## May's Touch Someone Challenge

Who can YOU share this newsletter with? Maybe you can offer to read it to them and/or drive them to one of the events! There's plenty of choices this month!

### Kentucky Derby May 2nd

Put on your hat! It's time for the Kentucky Derby on May 2nd.

What's the traditional drink of the Kentucky Derby?

How many red roses are made for the race to be draped over the sinning horse?

What is the name of the blanket sewn with over 400 roses post-race?

What is the name of the race track where the Kentucky Derby is held?

Who holds the record for the fastest Kentucky Derby time?

In what year did the Kentucky Derby have its first official running?

What 3 races make up the Triple Crown?

What fashion accessory would a derby-goer not be without?

Churchill Downs is located in what Kentucky city?

What is the minimum age for a horse to compete in the Kentucky Derby?

What is the traditional song played at the Kentucky Derby?

How many Kentucky Derby winners went on to win the Triple Crown?

How many horses can run in the Kentucky Derby?

How much does it cost to enter a horse into the Kentucky Derby?

How much money does the Kentucky Derby winner win?

What post position has won the most Kentucky Derby's?

Can a horse win the Kentucky Derby more than once?



For more step by step drawing tutorials visit us at [www.drawingtutorials001.com](http://www.drawingtutorials001.com)

### Group Fun!

Selecting your horse to win is a favorite Derby pastime. Place the names of the racing horses around the room and pass out one post it note to each participant. Have them write their name on their post-it note and then stick it by the name of the horse they want to win. Pass out red roses to the ones who choose the winning horse!

Kentucky Derby Ideas from  
[goldencarers.com](http://goldencarers.com)

ANSWERS: Mint Julep, 400, The Run for the Roses, Churchill Downs, Secretariat, with 1:59.40 in 1973, 1875, Kentucky Derby-Freakness-Belmont, a hat, Louisville, 3, "My Old Kentucky Home," 13, 20, \$25,000, \$1.8 million, Posts with 10 wins (2nd is post 10 with 9 wins), no-the race is restricted to 3 year olds by the 1st Saturday in May 1

- \* **SHARE A MEAL WITH A SENIOR**
- \* **WATCH THE MOVIE SECRETARIAT**
- \* **THEN WATCH THE KENTUCKY DERBY ON MAY 2ND!**





**Koinonia Senior Care**  
**13303 W. Maple, Suite 139, PMB #128**  
**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!



*MAY*

*is the perfect time*

*to bloom where you are planted!*

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.

**Board of Directors**

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| David Bridgewater |                 |

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