

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

JULY 2026

This is Your Last Issue Until You Renew

We look forward to sharing our [KSC Connection](#) newsletter with our readers who are interested in its content. We also respect your need to reduce junk mail in your mailbox and unwanted emails in your inbox!

This will be your last newsletter until you renew in one of the following ways:

- Text “Keep it coming” with your full name to Christine at 316-209-9028
- Call Christine at 316-209-9028 and talk/leave a voicemail asking to “keep it coming” with your full name
- Email “keep it coming” with your full name to kscares4u@gmail.com (e.g. Keep it coming to Sally Jones) * E-newsletter is in color & has lots of links!
- Go to our [KSC website](#) and subscribe at the bottom of the home page

KSC TESTIMONIAL *Your May '26 KSC Newsletter was magnificent! So packed with information! Wow! I marked—KEEP—on it and circled, underlined, hi lighted almost the whole thing! - Roseanne*



I bought a “Faith, Family, Freedom” t-shirt to wear to celebrate America’s 250th birthday. *Faith* is my moral compass that nurtures meaning, purpose, and is the anchor that keeps me grounded with its timeless truths found in God’s Word and God’s Son, Jesus Christ. *Family* is where values are instilled, character is developed, and moral, emotional, and spiritual stability are nurtured, preparing the next generation to take on responsibility, adulthood, leadership, and citizenship that lead to a thriving community. *Freedom* is the component that allows both faith and family to flourish, creating a culture where people are free to live by their convictions while contributing positively to the community for the greater good. Freedom is a gift from God available to everyone through Jesus Christ, emphasizing both spiritual liberation and the call to live righteously.



July

1 1:00 LUNCH & LEARN
8 Waxing Wednesday - OG
29 Make & Take, Newsletters

*For you have been
called to live in
FREEDOM
my brothers and sisters.
But don’t use your
FREEDOM
to satisfy your sinful
nature. Instead, use your
FREEDOM
to serve one another
in love.
Galatians 5:13*

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



Wisdom in Words

AGING OBSERVATIONS

Aging is when we no longer care about looking good in photos; We care about looking good in scans and x-rays!

Our age is merely the number of years the world has been enjoying us!

Not everyone gets a chance to grow old, so appreciate the time you have.

Wrinkles should merely indicate where smiles have been.—Mark Twain

Aging gracefully is about finding beauty in every stage of life.

Caregiver's Corner

We can daily lift our spirits with music, whether a caregiver or the one being cared for. The therapeutic power of music shows that even when memories fade, the emotional and spiritual impact of music remains.

This past week I had Mom listening to saxophone music for easy morning wake-up and spa time, then switched to some 50's-60's-70's music. When her care-team came to visit, I caught them singin' along and commenting on the fun music selection. Music can reach beyond your ears to others whose spirits can be lifted as well!

We connect to [youtube.com](https://www.youtube.com) on the smart phone and find our choice of music, including [patriotic selections](#), and then sync it to our [JBL portable speaker](#) for quality sound.

[K-Love](#) is a radio station you can tune into daily for positive, encouraging Christian music and discussions.



LUNCH & LEARN

Wed. 7/1 1-2:30

Volunteer Opportunity

**Blessing Gift &
Newsletter Assembling**
Wed. 7/29 1:00

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

**This is your invite! Come to
Lunch & Learn** for a light
lunch and time of conversations on various caregiving and homebound visitation topics. Backdoor #10

COMMUNITY INTERESTS

EMPOWERED SENIORS

July 9th ~ 10-11:30

*Connection between food,
energy, & aging well*

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

July 4th TV Fireworks

NBC will be in New York,
CBS and Fox News will be in
Washington, D.C., ABC and
its cable and streaming channels
will be in Nashville and
Disneyland, PBS will be in
[Colonial Williamsburg](#).

**What are your favorite
July 4th memories?**



These patriotic quotes and jokes will help ignite your American spirit for America's 250th birthday!

"Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance." —*Theodore Roosevelt*

"Ask not what your country can do for you, ask what you can do for your country." —*John F. Kennedy*

"A real patriot is the fellow who gets a parking ticket and rejoices that the system works." —*William E. "Bill" Vaughan*

"Laughter is America's most important export." —*Walt Disney*

"I believe in America because we have great dreams, and because we have the opportunity to make those dreams come true." —*Wendell L. Wilkie*

"Dreams are the foundation of America." —*Lupita Nyong'o*

"All great change in America begins at the dinner table." —*Ronald Reagan*

What did the colonists wear to the Boston Tea Party? Tea-shirts.

What was the most popular dance in 1776? Indepen-dance.

What kind of tea did the American colonists want? Liber-tea.

What did one American flag say to the other flag? Nothing. It just waved.

Which flag is the most highly rated? The American flag. It has 50 stars!

What's the difference between a duck and George Washington? One has a bill on his face, and the other has his face on a bill.

<https://www.rd.com/list/4th-of-july-quotes/>

AMERICAN JINGLE BONUS: Baseball, _____, _____ pie, and _____.

To discover more about the true story of America and our Biblical foundation, go to <https://wallbuilders.com/>



What are some meaningful ways we can reflect and deepen our love for this country? One could take a historical video tour on their computer of *The Story of America*, rediscovering the Spirit of 1776 in 18 episodes from Hillsdale College. Choose the ones that interest you most. One could also read the constitution to be reminded of America's founding principles and our constitutional rights. Making an effort to visit Veteran's hospitals/LTC communities and personally talking to and thanking those who still suffer physically and mentally for the service they gave for our freedoms would be an honorable way to make a soldiers' day. For 250 years, Americans in uniform and their families have put their lives on the line and paid a high price so U.S. citizens can enjoy the freedoms we have in this land.

Our American history is rich.
May we not take it for granted,
but celebrate this semiquincentennial milestone
in some meaningful ways!

When do you feel most American and proud to be a citizen of the United States of America? The June/July issue of *Reader's Digest* shares stories from readers of when their patriotism has been felt most. For me, it's standing at attention with hand over heart at a sporting event, watching the gigantic flag wave and internalizing the words of our national anthem, "The Star-Spangled Banner." I can hardly sing without tears of gratitude flowing. It's also when I pause on a morning walk to take in the beauty of a sunrise, or drive by a wheat field's golden grains waving in June's breeze, or when I visit the mighty mountain grandeur of what I call, "God's Country." I'm in awe of this great country's beauty and it often reminds me of the first verse of *America the Beautiful*:

*O beautiful for spacious skies, For amber waves of grain,
For purple mountain majesties Above the fruited plain!*

*America! America! God shed His grace on thee
And crown thy good with brotherhood From sea to shining sea!*

Almighty God, Creator of heaven and earth, You remain all powerful, all-knowing, and absolutely sovereign. Our days are in Your hands. Our need for Your forgiveness through Jesus Christ is foundational in our relationship with You. Our dependence on You is total. Our gratitude for Your grace is in knowing that salvation and blessings are gifts from You, and not earned by human effort. We lift up this great nation to You, Lord, and ask that You unite us as "one nation, under God." We ask that You guard and guide every level of leadership who serve the people of these United States. May uncompromising integrity and genuine humility mark their lives and leadership. In Jesus' name we pray, AMEN.

July's Senior Visitation Ideas

Read and share the *Quotes & Jokes* with your senior friends this month with some ice cream or a red-white-blue dessert! Watch part of YouTube's [50 Most Beautiful Natural Places in the U.S.](#)



Spirit of '76

In the 70's when I was growing up, after church on Sunday nights, it was a special treat to go to a family restaurant called, *Next Door*. I would get to order a *Spirit of '76* and I thought I was so grown up! The chocolate milk drink-over-ice came in a soda glass, swirled with whipped cream on top, a cherry, and a straw. It was delightful! Recently I reintroduced this to my mother and she has been enjoying this pastime favorite, too!



Red-White-Blue Fruit Cake

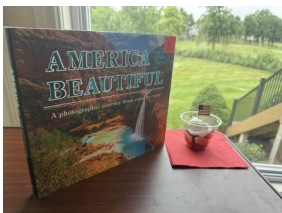
An easy, refreshing treat with a red-white-blue touch starts with a clear plastic cup and alternating angel food cake, strawberries, whipped topping, and blueberries before topping it off with some more whipped topping and a strawberry & blueberry on top!

Red-White-Blue Sugar Cookies

Buy a package of premade sugar cookies. Whip up an "icing" of 1/2 cream cheese and 1/2 cool whip and spread a thin layer on each cookie. Decorate (or have the grandkids decorate) your cookies with blueberries and strawberries/raspberries for a festive fourth look. Happy eating!

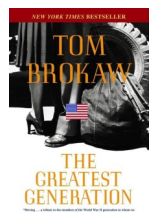


GOOD READS about AMERICA



America the Beautiful: A photographic journey from coast to coast. Take a road trip and discover scenic landscapes, eye-catching monuments, bridges, lighthouses, waterfalls, ornate mansions and more in this easy-to-read caption book full of spectacular photos.

The Greatest Generation by Tom Brokaw. Brokaw offers eloquent tributes with true stories of everyday heroes in extraordinary times, giving new meaning to courage, sacrifice, and honor. From military heroes to community leaders to ordinary citizens, he profiles men and women who served their country with valor, then came home and transformed it.



Koinonia Senior Care has these books in our *Lending Library* for you to enjoy reading. Just call or text Christine at 316-209-9028.



Koinonia Senior Care
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Nonprofit Org
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This is **YOUR LAST**
ISSUE until you
renew... See inside for details

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.**

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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