

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 2026

PRAISE 4 GRANDPARENTS

What are our grandchildren and great-grandchildren observing about us? Would it lead to inspired writings, songs, stories, lifestyles, and choices that would bring them closer to Jesus? Read the story below and be inspired!

When Dr. Michael Youssef was a boy, he shared in a recent email that he would sometimes awaken in the middle of the night to the sound of his grandfather praising God — not once but several times throughout the night. From a human perspective, he had every reason to be consumed by sorrow. He had lost two sons while they were still in their early thirties. He lost his wife while he was a relatively young man. Then, at the age of 88, he lost his oldest daughter who was Dr. Youssef's mother.

Yet until he died at the age of 92, his grandfather never ceased praising God. Dr. Youssef says, "I understand now that it was praise — not his circumstances — that filled my grandfather's heart with joy. His example left a rich spiritual legacy that shaped my life forever."

Praise is a continual response of a heart that knows who God is, trusts His sovereign purposes, and rejoices in His unfailing goodness, even during life's darkest seasons. Praise is the discovery of the deep, abiding joy that is found in Him alone.

It's legacies like this that inspire writings like, *Empowered by Praise*, written by Dr. Michael Youssef and is available at his ministry website, [Leading The Way](#).

In Christ,



September

2 1:00 LUNCH & LEARN
7 LABOR DAY
9 Waxing Wednesday - OG
23 Make & Take, Newsletters

PRAISE! WHAT'S THAT?!

It's a YIPPEE! YAHOO!

WAY TO GO, GOD!

EVERY LITTLE BIT HELPS!

Thank you to those who have selected *Koinonia Senior Care* as your charity of choice with [Dillons Community Rewards](#). We received \$82.49 this last quarter! <https://www.dillons.com/i/community/community-rewards>

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



AARP Community Event Series

Downtown Senior Center Gymnasium, 200 S. Walnut St.

Reserve your seat by calling 1-855-757-4074 or register online at
aarp.cvent.com/KSevents

Tuesday, Sept. 8 @ 1:00-2:00 Six Pillars of Brain Health

Tuesday, Sept. 29 @ 10:00-11:00 Fraud Basics: The Scam Landscape & Staying Safe

MORE NEXT MONTH!

Caregiver's Corner

September 12th is *National Hug and High 5 Day*, so this is a gentle reminder to embrace human hugs for their spoken and unspoken benefits.

According to healthline.com, hugging can reduce stress, support immune function, and may help lower blood pressure and heart rate. These effects may be linked to oxytocin hormone. Research also suggests that hugging may help reduce pain, improve sleep quality, and increase happiness. Touch interventions are associated with 31% less pain in some studies.

Family therapist Virginia Satir has said, "We need four hugs a day to survive, eight hugs to keep us as we are, and 12 hugs to grow." But while Satir had the right idea, research suggests that the length of our hugs matters more than the number of hugs we have—[20 second hugs](#). What I find for me personally is a 20-second hug generally includes a prayer for the person I am hugging. Sometimes the hug includes the blessing of Numbers 6:24-26.

You may never know how your hug (and prayer) impacts the person you give it to, but you can rest assured it will lift their spirits, encourage them or help heal their heart. Your hug might spark a conversation or change someone's perspective.

Appropriate touch is one of the 5 love languages that *Koinonia Senior Care* embraces. Some of our seniors—and their caregivers—seldom have human touch throughout their day.



LUNCH & LEARN

Wed. 9/2 1-2:30

This is your invite for a light lunch & conversations about KSC, caregiving, and visiting homebound seniors.

Volunteer Opportunity

Blessing Gift & Newsletter Assembling

Wed. 9/23 1:00

Both @Tyler Road Baptist Church 571 S. Tyler Rd. Backdoor #10

COMMUNITY INTERESTS

EMPOWERED SENIORS

September 10th ~ 10-11:30

Influence of Pop Culture on Aging

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

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#### GriefShare

Mondays 10-11:45 a.m.

August 25-November 17

Heritage Baptist Church

Register @ [griefshare.org](http://griefshare.org) for this or to find other options.

More info call 316-209-9028

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[Aging Untold](#) 3:00

M-F on KWCH

For a time in your town, [click here](#)

"Just take one more bite."

Most caregivers say this from
a place of love.
But as death approaches, the
body naturally begins eating
less and less...



Barbara Karnes, RN
author of
ALWAYS OFFER, NEVER FORCE:
Food At End of Life

ALWAYS OFFER, NEVER FORCE: Food at End of Life

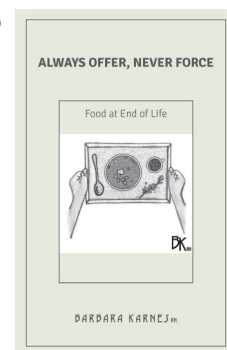
Hospice pioneer Barbara Karnes, RN, offers compassionate end-of-life education designed to guide families and professionals through the final stages of life.

When not interfered with by medical procedures, a person will gradually stop eating, slowly withdraw into themselves, and sleep more and more. The body reaches a point where it is asleep all the time, non-responsive (completely withdrawn from surroundings) and not eating or drinking. This is the natural way a body dies.

When the goal becomes one of providing comfort, **ALWAYS OFFER, NEVER FORCE**. Offer favorite foods, offer liquid protein supplements, offer small, high protein snacks. Forget about three meals a day. Three regular meals is too much food and overwhelming.

Months before death, they will stop eating meats, then fruits and vegetables, then soft foods, then liquids, and finally in the days before death, they will not even take water. This is normal. This is how people die.

To find out more, go to <https://bkbooks.com/>



September 7 Grandma Moses Day!

New York Governor, Nelson Rockefeller, proclaimed September 7th as Grandma Moses Day in 1960 in honor of Grandma Moses's 100th birthday.

In her 70's, after arthritis made it difficult for Mrs. Moses to embroider, she turned to paint as a creative outlet. Her scenes depicting small-town and country life appealed to many. Travelers saw her artwork displayed at a local drugstore. One day, an amateur art collector discovered her work. Louis J. Caldor convinced the Museum of Modern Art to include Moses in a members-only folk art show. Eventually, Caldor's discovery and the MOMA opportunity led to a one-woman show. Soon, Mrs. Moses found a large, global following. While Moses displayed her work under the name Mrs. Moses, the press eagerly dubbed her "Grandma Moses" and the name stuck. Many publications would use Grandma Moses' paintings to publicize American holidays, such as Thanksgiving, Christmas and Mother's Day. In 1947, Grandma Moses was featured in *True Confessions*. The magazine noted, "Grandma Moses remains prouder of her preserves than of her paintings and proudest of all of her four children, eleven grandchildren and four great-grandchildren."

Thank you to
WICHITA FAMILY VISION
 for donating our
 Sept. BLESSING GIFTS
 of eye glass cleaner & cloth.



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I
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 J O H N 9 : 2 5 †



John 9:25

AN ENCOUNTER W/JESUS

The blind man did not possess extensive theological knowledge; he was simply a man who had been changed in a profound way by an encounter with Jesus.

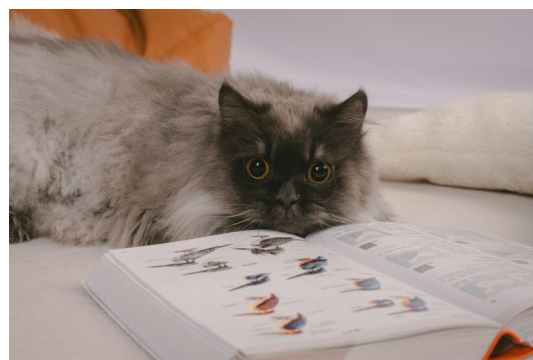
Likewise, your unique story, even when lacking deep answers or explanations, can have an impactful testimony.

Our testimony is a powerful way to share about our encounters with God and how His grace has changed us.

National Read-a-Book Day is Sept. 6th

Sit back, relax and read a book. Koinonia Senior Care has a lending library that is growing. KSC will also help you get acquainted with the Wichita Public Library so you can check out books from there. Wichita has a very nice library! Below are a few selections from KSC's Lending Library that deal with grandparents and grandchildren—for your reading pleasure or to read with a grandchild.

GRANDPARENTING BOOKS TO CHECK OUT OF KSC'S LENDING LIBRARY!



(CAT READING BOOK ABOUT BIRDS!)

Chicken Soup for the Soul: Grand and Great: Grandparents & Grandchildren Share Stories of Love/Wisdom



A Long Way From Chicago When Joey and his sister Mary Alice leave Chicago to spend the summer with their Grandma Dowdel, they expect a quiet visit in a sleepy country town. Instead, they get nine summers of jaw-dropping surprises, laugh-out-loud mischief, and moments that will change them forever. Grandma may be older than dirt and tougher than a rusty tractor, but she's got a heart of gold—and a habit of teaching life lessons in unexpected (and hilarious) ways. . .

In these refreshed classics for girls ages 8 to 12, Arleta Richardson weaves tales of a simpler time, stories that have touched more than two million lives. A young girl's discovery of her grandmother's keepsakes inspires heartwarming tales of her grandmother's childhood and the lessons learned on a nineteenth-century farm. The set includes: *In Grandma's Attic*, *More Stories From Grandma's Attic*, *Still More Stories From Grandma's Attic*, and *Treasures from Grandma's Attic*.



September's Senior Visitation Ideas

In honor of Grandma Moses this month, put together one of her paintings that have been created into a puzzle! *Koinonia Senior Care* has some of the 300 pc puzzles you can borrow.

INFLUENCERS

In the world today, “influencers” refers a lot to a new dream job for many in the field of social media . An influencer is someone who posts videos on internet sites like *Instagram*, hoping to generate *viral* interest and a large viewership, sometimes getting thousands and millions of likes and followers. Then they get offers from companies looking to leverage an influencer’s popularity and pays them handsomely for it. These videos tap into consumerism at its core, identifying and promoting products. So everything from the chips you are eating to the shoes you are wearing are fair game to make a video with.

Grandparenting Influencers are leveraging their wisdom and experiences to inspire and bring humor in the grandparenting journey, making them a valuable resource for brands and audiences of this demographic. A funny one I saw recently was a grandma talking about how much she would spend on a NASA-strength car seat in a heart beat for her grandchildren. She reminisced about how she grew up with an arm across the chest for her car seat and how her grandfather put them in the back of the truck and if they were to fall out, they would probably be walking home. (@sewexcited_Kourtney) Some of us can relate to those stories—and therein lies an influencer.

But my REAL point in bringing this influencer thing up is to challenge each of us grandparents to be influencers for Jesus with our grandkids. From the prayers at mealtime to the words we speak into them when we’re changing diapers or writing them a letter, we can speak truth, identity, and love into our grands and great-grands when we have the opportunity. With kids thinking they have to compete with the phone for their parent’s attention, we as grandparents can influence our grandchildren with Kingdom principles, presence, and perspective—IF we can stay off of our phones long enough, too.

Grandparenting Resources:

[Legacy Coalition](https://www.legacycoalition.com/) helps grandparents grow in their biblical role through their resources and events, so grandparents can have a greater spiritual impact on their family. <https://www.legacycoalition.com/>

[GrandkidsMatter.org](https://www.grandkidsmatter.org) your friend and partner in being the best grandparent you can be! They seek to validate and empower grandparents as they bond with future generations in meaningful ways and leave a lasting, positive legacy. “Connecting Hearts, Uniting Generations” is their mantra. It was founded by Dr. Ken Canfield with the National Association for Grandparenting.

You are beautiful
because you are created
in the image of God.

You are of great worth,
of great value, and
that will never change.

You are truly loved



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**Raise character
not characters!**

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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