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 **OCTOBER 2026**

I Receive the Bigger Blessing When Serving!

I am known as the left arm by one senior who fell and broke her left arm while on day 2 of vacation. How dreadful! But now she's home...

I had no idea how much of a blessing and inspiration being a left arm would be to me, even though I was there to serve her! Not only do I help her, but she unknowingly speaks into my life through her response in difficult times. I have witnessed her throughout our times together, verbalizing short talks/ prayers with God, asking for His strength and thanking Him for His provision. We have sang many choruses of encouragement, including "One Day at a Time, Sweet Jesus." Her lunch friends help her with cutting up her entrée, for which she is grateful. She has beautiful Scripture coloring books to keep her in God's Word and remembering His promises and His worthiness of praise!

Seeing her family honor and serve their mother is beautiful, as well. Her daughter calls from a coastal state every night to have prayer with her before bedtime. Her son and daughter-in-law keep her refrigerator, freezer, and cabinets stocked with delicious-looking foods and paper products. They also coordinate her PT appointments. Her grandchildren make ice cream visits!

"But if a widow has children or grandchildren, these should learn, first of all, to put their religion into practice by caring for their own family and so repaying their parents and grandparents, for this is pleasing to God." ***1 Timothy 5:4***

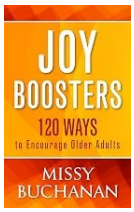
All of these are simple and meaningful ways others serve her and she unknowingly inspires others. This issue is dedicated to more of those ideas. And you, too, may end up being the one more blessed!

The generous will prosper;
those who refresh others will themselves be refreshed.
Proverbs 11:25

In His service, *Christine*

KSC Lending Library Picks

Joy Boosters: 120 Ways to Encourage Older Adults



Missy Buchanan shares120 simple ways for lifting the spirits of older adults. *Joy Boosters* is perfect for families and friends of older adults, caregivers, senior communities, and churches who want to minister effectively to older adults. Don't miss the opportunity to make someone's day or week.

~~~~~~~~~~~~~~~~~~~~

BLESS: 5 Everyday Ways to Love Your Neighbor and Change the World

Dave and Jon Ferguson share five simple practices that open opportunities for believers to more authentically share their faith with friends, neighbors, and coworkers by consistently living them out —one blessing at a time.
~~~~~~~~~~~~~~~~~~~~

SOUP & SOURDOUGH

Few combinations are as satisfying as the tangy & chewy texture of sourdough bread and a hearty bowl of soup. The crusty exterior of sourdough bread with its soft interior offer the perfect parcel for dipping and soaking up every last bit of flavor, making it a truly delightful and comforting meal. Sharing with a friend makes it even more palatable!

See what the blessing of receiving homemade bread in the young Carter house looked like and how it inspired momma Ashlyn to reciprocate this act of kindness to others, taking her focus off of her own circumstances of 3 busy toddlers and a houseful of laundry and on to making bread for her family AND another family. https://www.youtube.com/watch?v=7xmvqGpCe-0

SOUP-TEMBER ALL SEASON LONG!

When craving soup and sides this season, below are a few combinations to consider:

- Tomato Basil & Sourdough
- Chili & cornbread
- Chicken noodle over mashed potatoes
- Tortilla Soup with tortilla chips & cornbread
- Lentil Soup & whole grain herbed crackers or crackers with parmesan
- Pumpkin Soup & Pumpkin Bread
- Olive Garden's Minestrone, Zuppa, or Gnocci soups with breadsticks
- Prepared soups from Sam's/Costco with oyster crackers

Caregiver's Corner

Be Filled Today With ***ENOUGH***

Enough downtime to spend in God's Word.
Enough voice to praise our Creator and Lord Jesus Christ.
Enough Bible to keep you grounded and growing.
Enough Jesus to call Him your best friend.
Enough Holy spirit to become more like Jesus.
Enough faith to trust God's plan.

"This day is holy to our Lord. Do not grieve,
for the joy of the LORD is your strength." Nehemiah 8:10

SODIUM SUBSTITUTES

Soups are known for being high in sodium. Enhance the flavor of your soups with some of the low sodium substitutes below from *Taste of Home* at https://www.tasteofhome.com/article/cut-sodium-in-soup/

Use less salt while cooking, then add a squeeze of lemon or lime right before you serve up a steamy bowl of soup

Roasting veggies brings out rich, caramelized flavors cutting back the need to add salt for seasoning

Opt for the sodium-free store-bought stock and broth, but even better is to try making your own https://www.tasteofhome.com/recipes/homemade-chicken-broth/

Fresh herbs are bursting with flavor. Replace dried herbs with fresh at a ratio of 1:3 (if a recipe calls for 1/2 teaspoon dried, use 1-1/2 teaspoons fresh).

Swap out butter with olive oil for a salt-free, heart healthy option

Rinsing canned beans reduces sodium by almost 40%. Or soak your own beans instead.

Blend in beans or potatoes to add creaminess without adding milk which is high in sodium.

If a recipe calls for one cup of spinach, add in two. By increasing the volume of soup with healthy (salt-free) vegetables, it reduces the amount of sodium per cup of soup.

Don't forget *Mrs. Dash*, too! CB

Soup is a common main course in many cultures and is even mentioned a few times in the Bible, such as when Esau sold his birthright for a bowl of Jacob's lentil soup in Genesis 25:30-34.

Sharing a meal is an expression of fellowship and hospitality. Soup, being a simple and easily shared dish, is often a common feature at such gatherings, as is bread. The preparation and sharing of a meal reflect the Acts 2 biblical values of community, hospitality, and the importance of meeting the needs of others.

Serving

Our

Unforgettable

People

We are so thankful you are a part of our community. Know that you are not forgotten, that you are valued, and that you are prayed for.

Father, You know every need we have before we even ask. Thank You for Your provision and care yesterday, today, and tomorrow. Thank You for carrying us when we can't walk and for wrapping us in the warmth and safety of Your loving arms. We know the secret to our spiritual strength is found in the joy of You, Lord, just like in Nehemiah's day when they spent time in Your Word...

…for the joy of the Lord is your strength. Nehemiah 8:10b

Thank You for sending Jesus and Your Spirit so we can passionately pursue our relationship with You in this broken and hurting world. We look forward to the blessed hope of Jesus' return to make everything right. Until then, thank You for blessing us with all we need, one day at a time. In Jesus' name, AMEN.

This soup is made just for you by,

Senior
FESTIVAL OF HYMNS and the Spoken Word.

Central Community Church 6100 W Maple
Tuesdays, 10/13 & 11/10
2:00-3:15 pm

Sing hymns. Hear great gospel and sacred music by vocalists and instru-mentalists.

Enjoy the fellowship of other seniors from area assisted and independent living communities, too!

COMMUNITY INTERESTS

EMPOWERED SENIORS

October 8th ~ 10-11:30

Secrets to Smoother Family Dynamics

Botanica Gardens—Click to RSVP or call 316-686-4500

~~~~~~~~~~~~~~~~~~~~~~~~

Aging Untold 3:00 M-F on KWCH—12 For a time in your town, click here

~~~~~~~~~~~~~~~~~~~~~~~~

"Do your givin' while you're livin' so you're knowin' where it's goin'"

KOINONIA SENIOR CARE OPPORTUNITIES

LUNCH & LEARN
Wed. 10/7 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. 10/28 1:00

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

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

Thursday, October 15 @ 1:00-2:00 Understanding Social Security

Tuesday, October 27 @ 1:00-2:00 Home Safe: Making Home Safe and Livable for All

Thursday, November 5 @ 1:00-2:00 Caregiving: Caring for Your Family, Friends, and Loved Ones

Secret Sauce to Serving

The *Secret Sauce to Serving* others is found in the *5 Love Languages*

Quality Time: put away phones and be fully present, eye contact, body language, & listening

Receiving Gifts: food, KSC Blessing Gifts, Christmas Box w/individual wrapped gifts, flower, candy

Appropriate Touch: (from same sex) coming & going hug, hand-shake, gentle touch of "I care"

Words of Affirmation: encouraging words about the difference they make in your life

Acts of Service: "How can I serve you while I am here? Can I get something for you?" "Can I pick up some groceries or a prescription for you on my way over?"

At the ♥ of Serving is the Conversations

KEEP SERVING SIMPLE	KEEP SERVING MEANINGFUL
Time, Talents, Treasure & Transportation • Use your God-given gifts, skills, abilities, personality & passions to serve others • Implement the *Secret Sauce to Serving* • Transportation to Dr. appointments, gym, rehab, Bible study, church, store, get hair done, or just a drive to get out	Cut or fix hair (Lk.12:7) shoulder massage, manicure. Games & activities they enjoy, read to them Rake, mow, paint, change lightbulbs/batteries, handyman, housekeeping, organizational, meals, laundry, gardening, snow removal, car maintenance Drive Time for talking & prayer points. "It's about the journey, not just the destination."
Communion & Prayer https://billygraham.org/articles/will-graham-devotion-the-significance-of-communion Watch Sunday service with them: *PJ's & Pancakes Small Group Sundays* Pray *The Lord's Prayer, Psalm 23, and/or Priestly Blessing in Numbers 6:24-26*	Mission trip group picture w/prayer needs on back Kids Camp camper bracelet Graduates bookmark Paper copy of prayer requests Prayer walk visit Pray for Sunday services, staff, volunteers
Meals, Mail, & Music • Long distance meal: https://www.spoonfulofcomfort.com/ • Meal train: for recovery & bereavement • Church dinner meal • Mail that keeps on giving for caregivers: Guidepost's Caregiver devo https://guideposts.org/shop/product/strength-and-grace-magazine/ • Find local hymn sings or create your own playlist! *Without music life would B♭*	Eat together. Share a devotional & pray over their spoken concerns. Clean dishes & take out trash. Gift them storage containers for leftovers Can't stay? Phone ahead to see how they are doing, pray over the phone for their concerns, and coordinate delivery time. Send a note in the mail during the week. Mail refrigerator Pictures/hand-prints from kids and kodak pictures, also! Send a picture of the two of you in your time together. Write out your prayer for them. Play YouTube hymns w/portable speaker
Serving Saturdays • See a need, fill a need: Have the family on the lookout to see who they may be able to serve 1 Sat./month • 1-2 can visit while the others serve	Family involvement serving together. Ask other families to join you. Find age-appropriate service projects. LEAVE A NOTE: "You've been gifted with this small act of kindness." *"…As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." John 13:34-35*

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

Nonprofit Org
US Postage
PAID
Wichita, KS
Permit No 574

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

Save coins for Koinonia in a Rx bottle!

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***

Board of Directors

Rhonda Turner
Gwendolyn Lewis
Ronda Bowles
David Bridgewater
Lyle Jones
Rick Schoepf
Michael Priddle

Officers
Christine Brisco
Dawn Roberts

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.