

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.ksicare.org
316-209-9028

KSC CONNECTION



Koinonia Senior Care Monthly Newsletter **AUGUST 2025**

Back to School

August 9th is National Book Lover’s Day, so we have dedicated a large portion of this month’s newsletter to various books found in *Koinonia Senior Care’s (KSC) Lending Library* as well as a few learning opportunities around ICT.

We are excited to welcome our friend, DeeAnn, who is helping to upgrade KSC’s Lending Library’s selection, software, and services available to you, our readers.

As school begins this month, *KSC Connection* is highlighting adult education about the smooth-talking scammers who have been overwhelmingly targeting seniors and can be hard to spot.

School for the Blind is an article to give caregivers ideas of activities to bring purpose and enrichment to those whose eyesight is failing.

Penmanship was an art taught by many teachers. As we age, our penmanship brings frustration as it shrinks to no more than a chicken scratch. Resurrect your writing talents by recording your story or sharing with a person who will write/type it into a book form for you to pass on to your children’s children—a keepsake! KSC can help with this process. And if you like to share aging humor, you can write a story with the title like, “Tinkles, Wrinkles, and Hardy Hairy Happenings!” Perhaps we’ll publish it in a future *KSC Connection* newsletter!

We can’t forget music class! Who was famous for saying, “Mr. Music, please!” Music Therapy is one of the most enriching for the body, mind, and spirit AND music has proven to stay with you even when all else is waning, so keep singing! *Christine*

Without music
life would B^b



AUGUST

- 6 Caregiver Support 1-3pm**
 - 7-8 Global Leadership Conf.**
 - 13 Waxing Wednesday at Oxford Grand (OG) at 10:15**
 - 24 Widows Info. @ RCC**
 - 27 Make & Take, Newsletters**
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Words that’ll Teach!

“In learning you will teach, and in teaching you will learn.” Phil Collins

“Education is the kindling of a flame, not the filling of a vessel.” Socrates

“When one teaches, two learn.” Robert Heinlein

“A good teacher can inspire hope, ignite the imagination, and instill a love of learning.” Brad Henry

“If you can read this, thank a teacher.” American proverb.

Strength & Grace

[Strength & Grace](#) is a caregiver devotional/booklet put out by Guidepost. It is of great encouragement for caregivers. You can order this for a caregiver you know from the link on our website resources page under [“Equipping Caregivers & Volunteers.”](#) <https://guideposts.org/shop/product/strength-and-grace-magazine/>

What is the most printed and distributed book in history? Bible

“Silver Boxes” by Florence Littauer is a book in *KSC’s Lending Library* that is based on Ephesians 4:29, reminding us to eliminate negative words from our vocabulary and speak words that *gift* encouragement to others.

Caregiver’s Corner

Have you noticed your loved one with cognitive decline becoming more anxious, agitated, or confused as the day winds down? Your presence offers safety. Your patience is medicine. Your care makes the difference between chaos and comfort. Try some of these ideas shared from author, [Dr. Heather Sandison](#)’s book, **“Reversing Alzheimer’s,”** found in *KSC’s Lending Library*.

Changes in light, routine, fatigue, and overstimulation may contribute to their restlessness, irritability, or even frightened state.

Routines like closing the blinds as daylight fades, turning on soft indoor lighting, turning on calming music and limiting screen time reduces overstimulation. Avoid rushing them or making too many decisions late in the day.

Avoid stimulants like caffeine or sugar and offer a light, nourishing dinner with foods easy to digest, like warm soups, gentle herbal teas, or protein-rich snacks to lessen discomfort and agitation.

Begin the bedtime routine before fatigue sets in. Try a short foot massage, a warm bath, or essential oils like lavender to signal the brain to relax.

Don’t forget to take breaks when you can and allow yourself grace for the journey with your loved one. And may your most difficult evenings soften into moments of connection and peace.



Volunteer

Opportunities

CAREGIVER SUPPORT

Wed. Aug. 6 1:00

Blessing Gift Make-&-Take & Newsletters

Wed. @ 1:00 Aug. 27
Both @ Tyler Road Baptist

EMPOWERED SENIORS

August 14th ~ 10-11:30

Back to School

Botanica Gardens—Click to [RSVP](#) or call 316-686-4500 or watch online. Enjoy a [Friday segment](#) on PBS @ 8:30 p.m.

School for Leaders

August 7-8 is the *Global Leadership Summit* at Koch Arena in Wichita

Programs for the Visually Impaired

Envision’s national headquarters is in the heart of downtown Wichita. Services include Adult engagement workshops. Contact their program department at programs@envisionus.com

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

Back to School Book Clubs & More!

KSC is in the process of upgrading our Lending Library selection, software, and services available to you, our readers. One of the services is offering a few book clubs in different formats. If you are interested in leading one or being a part of one, fill out the information below and send it to the return address on this newsletter or call/text/email Christine for more information.

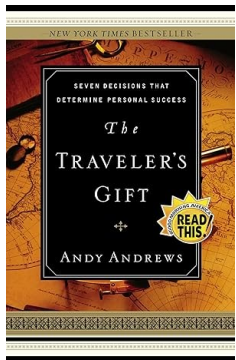
“Reading can take you places you have never been before.” — Dr. Seuss

I am interested in:

- Book boxes & how to use the activities
- Having a book read to me in person Recommending a book: _____
- Having a book read to me over the phone Being part of a book club
- Listening to a book on tape Getting help ordering books from library/stores
- Finding more large print books. I especially like _____ book.

Topics: History Caregiving Senior adult topics Humor _____

What other suggestions or services regarding our Lending Library would you like to see us consider?



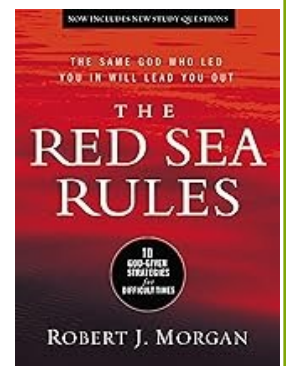
History Lessons

Join KSC by phone or ZOOM from anywhere or in person if you are in the Wichita area! *“The Traveler’s Gift; 7 Decisions that Determine Personal Success”* by Andy Andrews will be our August book. Time will be set by participants. Call/text 316-209-9028.

Through a series of unfortunate life circumstances, David Ponder suddenly finds himself traveling back in time, meeting leaders and heroes at crucial moments in their lives—from Abraham Lincoln to Anne Frank. As David speaks with each of these historical figures, they share their personal philosophies with him. By the time his journey is over, he has received seven secrets for success—and a second chance. The message is simple: Life is about choices. While we have little control over the events that occur in our lives, success is determined by the choices we make daily.

Jan is leading a book study based on Exodus 14 called *The Red Sea Rules: 10 God-given Strategies for Difficult Times* by Robert Morgan. Thursdays at 3:00. Call Christine for more information. No book necessary. Hand-outs are provided.

DeeAnn is ready to start a book club or one-on-one reading for those interested. First calls get priority, so give Christine a call at 316-209-9028.



SCAM SCHOOL

While preparing this article, I saw several links to various articles on a new law affecting drivers 70+ that went in effect in July and/or August, 2025. When I looked at www.snopes.com I found that it was a “fictional rumor.” We can’t be too cautious, nor believe everything we read, hear, or even see on media.

At one of our senior’s homes last week, he had 10 phone calls in the three hours I was there. Nine of them were sales calls and one was a friend. Even unsolicited SPAM calls are a nuisance and could lead to trouble.

Mom and Dad have had several calls from their “grandson.” Of course, it was NOT their grandson. AI technology has even worked to create voice recognition, making it even harder to discern scammers. A couple weeks ago a senior had three phone calls from “CVS” one morning while I was there. (They don’t use CVS) They already had her name, address, and birth date but wanted her Medicare card information. NO WAY! The other caution I have heard is to not answer “yes” to any questions because they record you saying “yes” and claim you agreed to whatever they were selling. **My suggestion is to answer only the calls that have the names and numbers of friends and family from your contact list.** The others can leave a message if it is important.

No one wants to be a victim of fraud or a scam. It is not just a painful experience financially, but emotionally. Losing your hard-earned money or having your identity compromised can leave you feeling frustrated and embarrassed. And it can happen to anyone. The following were on Wichita Eagle’s Kansas.com website. The article is “Common Scams Exposed: what you should avoid,” written June 25, 2025. This collection of stories exposes various scams and advises readers on how to avoid them. One example includes phone calls claiming to be from Wichita police officers requesting payment for missed court dates. Then there’s emails posing as county notices aimed to deceive homeowners with fake warranty offers, and text messages falsely claiming to originate from the Kansas Turnpike Authority to collect toll payments. There’s also fraudulent contractors and individuals impersonating lawyers to prey on vulnerable people for financial gain. You can see more 2024 and 2025 stories at <https://www.kansas.com/news/state/article309400905.html#storylink=cpy> Another scam includes the phone calls for the warranty on your car. HANG UP! A scammers job is to find ways to deceive. By being mindful of the tactics often employed by scammers, we can better guard ourselves against deception.

Behold, I send you out as sheep in the midst of wolves.

Therefore be wise as serpents and harmless as doves. Matthew 10:16

We are living in a dangerous world. Scammers and fraudsters are like wolves. They intentionally deceive people and take advantage of them. If we stay alert and assist others in recognizing deceit around them, perhaps we can create a safer, more aware community. And if you fall into a scam, don’t hide it, REPORT IT to family or a friend or to the Consumer Protection Division of your local District Attorney’s office. In Wichita, that information is **Office of the District Attorney, 18th Judicial District of Kansas, 525 N. Main, Suite 235, Wichita, KS 67203, 316-660-3600, 800-432-6878, Contact: Consumer@sedgwick.gov**

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A scam of another kind? Some say there’s more than one way to God/Heaven. The Bible says there’s only one. [David Jeremiah addresses this](https://www.youtube.com/watch?v=jGH-EbWB7hc#ddg-play) question at 1:07 <https://www.youtube.com/watch?v=jGH-EbWB7hc#ddg-play>

## August's Touch Someone Challenge

August 6 is a good day to celebrate National Root Beer Day, or maybe the 10th promoting S'mores or the 20th with Bacon lover's day—my favorite! Create your own special day and enjoy it with a senior friend!



### School for the Blind




With cataracts and floaters and the risk of macular degeneration as we age, we need to keep a close *eye* on our eye health so we can continue reading in our latter years.

But what if one of our beloved senior friends finds out they can no longer read or even write legibly? Be encouraged! Living doesn't have to end; it just looks different and takes on a new challenge that keeps your mind sharp and your spirits soaring.

Eyesight is spoken of often in the Bible. Isaac and Jacob suffered from failing eyesight in old age. Saul of Tarsus was blinded on the road to Damascus and Jesus healed a man blind from birth, to name a few.

For friends & family of those whose eyesight is failing, below is a list of activities to consider:

- **Music classes:** Read about other blind musicians. Sing solo or with a group, or sing-along to a preselected music on your playlist. What musicians and singers do you know who were blind?
- **Bird Listening:** is fun with apps like [Merlin](#), [Audobon](#), or <https://www.bird-sounds.net/>
- **Board games:** Braille playing cards, Tic-Tac-Toe, Trouble, Decade or Bible Trivia
- **Storytelling:** of people who are blind or journal your own story for generations to enjoy
- **Inspirational Encouragement:** devotions, podcasts, sermons, Christian radio
- **Exercise: Physical** PT, OT , walk. . . **Mental** play “Would You Rather?”
- **Sensory:** What's in the Bag?, smell/taste tests, learn Braille, stress ball, sorting, make silly putty

Spiritual  Check-up: Then Jesus told him, “*Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.*” John 20:29



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**There is always  
 something new to  
 learn!**

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

**Enriching the lives of homebound seniors and their caregivers, and inviting our community to join us.**

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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