

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

AUGUST 2026

Back to School



Back to School is Easy as A-B-C

We are never too old to learn but it seems like most of our learning these days is about our health issues and Medicare. However, with the right Attitude, our Bible, and a spirit of Community, learning can be as easy as A-B-C and make life WAY more meaningful!

A is for Attitude—it includes humor and the following from Chuck Swindoll:

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes."

B is for Bible—it teaches us history, provides wisdom for everyday living, and prepares us for the future. In the early days of public education in America, the Bible was a significant part of the curriculum in schools and often used for moral instruction and reading. M. Scott Peck noted that "The path of spiritual growth is a path of lifelong learning." Saint Paul challenges us with, ⁹ *Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.* Philippians 4:9.

C is for Community— as in our school days, take a class, foster new relationships, and grow your understanding of a new or old topic of interest. Engage with others. Whether it be learning in a small group, inviting people over, or phoning friends daily, community reduces loneliness and increases meaning, purpose, significance, and belonging.

The world is our classroom. When you wake up in the morning, go to school. Learn intentionally. Live curiously. Seek preparedness, not a diploma.



August

5 1:00 LUNCH & LEARN
12 Waxing Wednesday - OG
23 Event Riverlawn 9:30-11
26 Make & Take, Newsletters

**"I am quite correctly
described as
'more of a**

SPONGE

than an inventor....'"
— Thomas Edison

The sponge is KSC's August *Blessing Gift*, reminding us of the importance of learning PLUS the sponge has practical use in the kitchen! KSC passes out *Blessing Gifts* with our home visits.

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



Wisdom in Words

AGING OBSERVATIONS

We don't stop playing because we grow old, we grow old because we stop playing. - George Bernard Shaw

I finally figured out why we are called grown ups! It's because we groan every time we get up.

Your value doesn't decrease based on someone's inability to see your worth.

JOY—gladness not based on circumstances.

Caregiver's Corner

Many caregivers I talk to become researchers and advocates for their loved one. They want to be educated on their diagnosis so they can better understand and care with compassion. Keeping up with their activities of daily living can leave little time for meaningful interactions with their loved one or others. An illness can become a crisis overnight. Caregivers go to bed happily exhausted, and occasionally unable to sleep well, listening for their loved one or thinking about any number of unaddressed concerns.

Having a caregiver *tribe* with people who understand the caregiving journey is paramount. Facebook caregiver groups are helpful for many caregivers who find no time to attend caregiver meetings but they sacrifice the community they so desperately need for encouragement.

Having a caregiver *tribe* with people who are willing to step out of their comfort zone and provide hospitality by bringing a weekly meal, or respite by visiting with the loved one so the caregiver can take a nap, get their hair cut, or be a part of a Bible study. Or maybe the Bible study group could meet at the house of the caregiver and include their loved one. Let's think outside the box for those who live in a box.



LUNCH & LEARN

Wed. 8/5 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. 8/26 1:00

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

COMMUNITY INTERESTS

EMPOWERED SENIORS

August 13th ~ 10-11:30

Untold Stories of Wichita

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.

For more information,  
call 316-209-9028



[Aging Untold](#) 3:00

M-F on KWCH

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

## **“My Hearing’s not *THAT* bad!”**



In our elementary school days, the schools would provide free hearing tests for all the kids. Hearing well was important to our learning experience and our lifelong well-being. It’s important to consider the signs for hearing screenings as we age, also. And the earlier hearing loss is detected and we get aids, the less retraining of the brain to new stimulus is needed.

Being educated about our hearing health empowers us to keep what we have and protect against future damage. One out of three between age 65-74 experience some hearing loss. This increases to one out of two over the age of 74. <https://www.nidcd.nih.gov/health/age-related-hearing-loss>

Do you find yourself asking people to speak up? Are there people with deep, clear voices you can hear just fine and others with a higher pitch you can’t? Do you accuse friends and family of mumbling? Do you increase the volume on the television or use closed captioning to better “hear?” Do you miss the doorbell ringing because the volume of the TV drowns it out?

Don’t be among the “average” who wait 10 years before being proactive because during that 10 years communication decreases and isolation and health risks increase. Protect your cognitive health. Mild hearing loss doubles our dementia risk while moderate hearing loss triples it and severe hearing loss creates 5x greater risk. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-hidden-risks-of-hearing-loss>

Emotionally accepting the possible loss of some hearing can be difficult. Some choose to deny it while others choose to grieve this loss, yet get the free hearing test and look at their options.

Hearing aids are like a new pair of shoes. You have to break them in to get your ears used to hearing better. This can take a few months as your brain adjusts to the new stimulus. AARP has 9 tips to help you adjust to new hearing aids. <https://www.aarp.org/health/conditions-treatments/hearing-aid-tips/>

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One couple I knew had a solution to the LOUD television blaring while the other spouse wanted to read and maintain their ear health in a quieter environment. Their son bought them wireless TV headphones so his dad could enjoy his favorite programming without disturbing others. This solution would also work well in senior living centers where some residents have their T.V. blaring at all hours of the night and day. This could be a CHRISTmas present idea for some! (Another gift idea is a free online audio Bible from talkingbibles.org for yourself or another.)

Other helpful tips include asking people to look at you when talking so you can hear better and also read their lips. Avoid background noise (TV) when having a conversation in person or on the phone. Ask for seating in a quiet area at a restaurant. Booths help soften/absorb noise, too.

SCHOOLINGS FROM A SPONGE

Avoid drying up from being inactive.

Soak up relationships with God and mankind.

Be curious with an insatiable thirst for knowledge.

Squeeze out love and grace on others to attract them to Jesus.

***The heart of the discerning
acquires knowledge,
for the ears of the wise seek
it out.*** Proverbs 18:15

APPLE DEVICE HELP!

Downtown Senior Center
200 S Walnut, Wichita
Tuesday, August 4th
10:30am - 11:45am

Are you having a few issues with your cell phone?

Write down your questions, bring your Apple Device & let's talk about it.

*Please make sure your device is charged or bring a cell phone charger with you to class.

MR. MUSIC PLEASE!

This music selection will put a pep in your step!

Edwin Hawkins Singers
["Oh Happy Day"](#)

Pharrell Williams ["Happy"](#)

Pratt & McClain ["Happy Days"](#)

Dick Van Dyke ["Put On a Happy Face"](#)

Which *happy* song is your favorite?

OBSERVATIONS ABOUT THE JOYS OF READING

Every page turned is a step toward keeping your mind sharp and your spirit young.—Priyadarshi

A reader lives a thousand lives before he dies. The man who never reads lives only one.—George R.R. Martin

You can never get a cup of tea large enough or a book long enough to suit me.—C.S. Lewis

The more that you read, the more things you will know. The more that you learn, the more places you'll go.—Dr. Seuss

Reading is an exercise in empathy; an exercise in walking in someone else's shoes for a while.—Malorie Blackman

So please, oh please, we beg, we pray, go throw your TV set away, and in its place you can install a lovely bookshelf on the wall.—Roald Dahl

Luckily, I always travel with a book, just in case I have to wait in line for Santa, or some such inconvenience.—David Levithan

Mary sat at the Lord's feet and listened to Him talk. Luke 10:39 Mary "read" *the Word* from its original source!

AUDIO BOOKS in KSC'S LENDING LIBRARY

Marley & Me by John Grogan

Renegade Husband by Diann Mills

The Widow of the South by Robert Hicks

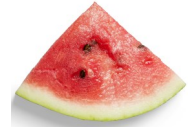
Playing for Pizza by John Grisham

Amazing Grace by Danielle Steel

One Chance in a Million by Cathie Marie Hakes

August's Senior Visitation Ideas

National Watermelon Day is August 3rd. Beat the summer heat with this delicious treat and share it with a senior friend! It's great hydration and packed with nutrients, too!



School Library Days



School days included trips to the library and a time set aside for reading literature of many genres. Reading is a gateway to curiosity and connection and with a few adaptations, we can read comfortably and confidently while keeping our mind engaged as we age. Below are solutions to challenges found at <https://myspeedreading.com/how-seniors-can-improve-reading-without-strain/> Visit the article for more great tips and a

pdf downloadable *Senior Reading Made Simple* guide can be found at <https://myspeedreading.com/wp-content/uploads/2025/04/Checklist-for-senior-Reading.pdf>

Eye Strain & Vision Changes from cataracts, dry eyes, or focus issues can blur texts. Try LED lamps with warm light vs fluorescents. Try white text on black background for reduced glare on tablets and enlarge the font/text size. Ask Dr. about reading glasses with blue-light filtering. Try **eye exercises** that focus between close objects and distant ones for 5 minutes daily. Try enabling “warm light” modes on devices after sunset and sitting near natural light sources during the day. **Stay Hydrated.** Dehydration worsens dry eyes.

Cognitive Fatigue from attention span decreasing as well as our slowing processing speed. Try reading in 20-minute intervals with 5-minutes breaks, or writing down 1-2 key points after each chapter, or audiobook pairing where you can follow along with the text.

Holding books or tablets can strain hands, wrists, or posture. Try a book stand, positioned at eye level or a chair with lumbar support and armrests.

TOOLS & TECH IDEAS like **E-Readers** with Senior-friendly features of adjustable font sizes, light, & glare-free screens can help. **Magnification Aids** like handheld or digital magnifiers are helpful. **Audiobook Services** like *Libby* gives free access to library audiobooks for those with a library card. **Tech Workshops** like the one below will help you master Talking Books.

Tuesday, August 11th @ 10:00am Kansas Talking Books - Join Senior Services, downtown Wichita and learn about eligibility and how to apply to take advantage of the Kansas Talking Books program. This resource provides free library services to Kansans of ALL ages: • Who are blind. • Who have limited vision. • Who have difficulty holding a book due to stroke, accident, neuromuscular disorder, or many other causes. • Who has been diagnosed with dyslexia or another perceptual or reading disability. • Who are either permanently or temporarily unable to read printed works to substantially the same degree as a person w/o a print disability.



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

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Back to School: ...Intelligence
plus character—that is the
goal of true education.
Martin Luther King Jr.

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 com-
munity of churches,
neighbors and
businesses who
bring moments of
joy, honor, help and
hope to widows, the
aging and their care-
givers through per-
sonally providing
CARE for those God
puts in their path.

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