

FROM THE DIRECTOR

I hope everyone is staying warm this winter! The good news is...spring is coming and it will bring lots of exciting events with it, at least at KVSS!! Our lunch and learns for March and April feature local businesses who will bring great information about future planning to protect what we have all worked hard to save over the years. Come hear what they have to say—it's free if you are over 60.

We are grateful to our many donors to KVSS—we work hard to provide these informative and fun events for seniors as well as provide you with our newsletter. Your generosity helps us to continue to provide such wonderful variety of events.

We have our annual Golf Tournament on April 3rd at Big Bend Golf Course and don't forget we were chosen as one of the *Charities for The Greenbrier Classic*—if you know ANYONE who goes to this event, if they go to the website (or call) for tickets, remind them to ask for the Badges for Charity and ask that their ticket portion go to Kanawha Valley Senior Services!!! We are so grateful to The Greenbrier for this opportunity.

If golfing is not your thing, the senior picnic is just around the corner on May 14 at Shawnee Park in Dunbar. The Senior Conference is at Ripley's Cedar Lakes facility...let's pack the camp with Kanawha County Seniors. Sherri and I attended last year and had a blast!

Above all, we are here to serve the seniors living in Kanawha County. Let us know what you would like to see us offer—we welcome your feedback. We are proud to serve this wonderful county!

HOW SWEET IT IS...Valentine's Day 2015 KVSS joined Capitol Market in hosting our first ever Charity Cookie Bake-Off to benefit Kanawha Valley seniors! It was one of the best collaborations this agency has ever had! Bakers of all ages showed up to compete and support our mission—along with local celebrity judges emcee! Crowds gathered throughout the vibrant market halls with cookie tickets in hand, literally chomping at the bit for a taste of the event! KVSS is grateful to all parties involved for making this occasion a huge success!

JUDGES

Tim Urbanic, Café Cimino owner

Tim Pottorff, The Lamp & Shade Studio owner

Dave Hardy, Kanawha County Commissioner

EVENT EMCEE

Jim Strawn—Highland Hospital Director of Marketing | Community Education

AGE 13+ DIVISION

Shirley Gregory, People's Choice Award

Mary Jane Bradshaw, 1st Place

Maria Young, 2nd Place

Emily Harper, 3rd Place

Allie Jackson

Bobbi Holland

Tashina London

LIL' BAKERS

Liza Grogg, 1st Place

Emily Harper, 2nd Place

LaZharya Jackson, 3rd Place

BUSINESSES

Alzheimer's Association, Best Business Award

University of Charleston School of Pharmacy

Josef's Cup

Payne & Garlow Insurance Agency of Hurricane

SUGAR

Frank E. Grant, Ph.D. | AFFA Certified Personal Trainer | Group Fitness Instructor

Sugar is a chemical called sucrose. It was first cultivated on the island of New Guinea at around 9000BC. From there, it spread to India where it was refined into sugar crystals, and then into China, Persia, and Egypt. Honey was the first extracted from bee hives in about 2500BC. Much later in about 1100AD, sugar came to the Hawaiian Islands. From sugar's ancient roots, to the discovery, in 1747, that sugar could be processed from beets, the world has been sweeter ever since.

In about 1493, Christopher Columbus carried sugar cane plants from slave-staffed plantations on Gomera, of the Canary Islands. Thus, sugar and slavery have an intertwined history.

The first sugar beet factory opened in California in 1870, becoming profitable nine years later, and placing the U.S. as a major producer of cheap sugar. India is the leading producer of cane sugar today.

The continental movement of sugar, its imperishability and ease of production, ensured its move from a luxury product to something nearly everyone could afford. It has remained so ever since, even with price controls through tariffs and subsidies. The world's per capita consumption of sugar is some 23 kilograms (50lb 11.3 oz) each year.

With the increase in sugar consumption around the world, and with non-natural inexpensive sweeteners gaining popularity, our craving for anything sweet has grown extraordinarily. One very sweet sweetener, High Fructose Corn Syrup, or HFCS, developed in 1975 from coal tar by-product, rates 173 on a sweetness scale, while nature sugar rates 100. HFCS was put into soft drinks in the 1970s, adding to the bane of sugar ills ever since.

In 1975, sugar in cereal became a consumer issue when a dentist, recognizing a dramatic increase in dental caries in young children, found that some cereals contained as much as 70% sugar. Americans spend nearly \$54B in dental bills each year.

There are about 10,000 taste receptors in the mouth, so sugar is easy to taste. It has become the single largest source of calories that Americans ingest, and is the "emptiest" of foods. Sugar consumption adds many empty calories to our diet; it has no food value (in fact, it is not a food at all but the chemical sucrose), having no protein, no healthy fat, or enzymes. We consume more than our weight each year in sugar. Sugar is linked to diseases like obesity, Type II Diabetes, and heart disease. The fructose in sugar increases uric acid, decreases nitric oxide, contracts smooth muscles in our arteries which raises blood pressure, suppresses our appetite-controlling mechanism in the brain, and adds to the body fat which lies just under our skin.

New food labels will display the amount of ADDED sugars in processed foods...and added sugar is in just about all food that is processed, like bologna, pretzels, spaghetti sauce, and cheese spread. Health experts consider sugar to be the most harmful food additive.

The American Heart Association recommends daily sugar consumption to be no more than 5tsp, or 100 calories for women, and no more than 9tsp, or 150 calories for men...a very small part of the recommended total caloric diet of about 2000 calories per day for most people. This low intake is nearly impossible to meet for anyone who eats processed foods regularly, for example:

1/2 cup of Prego spaghetti sauce has more than 2tsp sugar, or more sugar than 3 Oreo cookies; a typical 64oz sugary drink has 780 calories—and the soft drink industry spends upward of \$700M on brand advertising (not the "empty" ingredients in them!); Apple Jacks cereal contains 3tp of sugar per cup, thus 43% of that cereal is sugar!

Sugar consumption arouses brain substances called endocannabinoids; as does marijuana, causing addictive "cravings" so it can be very difficult to stop using sugar.

Want a coke? About 80% of soda consumed by only about 20% of Americans...are you among them? Coca Cola, a very popular soft drink, is consumed at the rate of 54 gallons per person each year, which translates into 3700 tsp sugar, and 60,000 empty calories each year. The year that Coke switched from using sugar to HFCS, 1980, was the year that obesity rates started to skyrocket, in no small part due to increased sugar ingestion.

Unfortunately, there is no easy way to avoid excess sugars in the typical American diet. If you crave sweet foods or feel addicted to sugar, it might be best to avoid added sugars in your foods as much as you can, especially if you have particular concerns about your diet and health. A good start is to check the labels of every processed food product that you purchase, and leave those that are sugar-laden on the shelf! Next time: FAT!

SENIOR CENTER SPOTLIGHT: The South Charleston Community Center at 601 Jefferson St. has a wonderful senior program that offers exercise, field trips and a daily lunch. Linda Hodge is the director of the senior program and coordinates all of the activities, art classes, field trips, and shopping trips. Exercise classes include; Line dancing, Pilates, Silver Sneakers, Yoga and free swimming for older adults on Tuesdays and Thursdays from 1:00-3:00. The lunch program is sponsored by Putnam Aging, Wendy Anania is the site manager and cook, and she is assisted by Katie Arthur who has been a volunteer for 27 years. The lunches are nutritious and delicious! There is a small suggested donation, lunch is served Monday—Fridays at 12:00. Call (304) 744-4731 x 211 for a calendar.

UNIVERSITY OF CHARLESTON AND THE NATIONAL KIDNEY FOUNDATION

will be hosting a
FREE PUBLIC HEALTH SCREENING
for individuals over 18 years of age
Saturday, March 21
11 a.m.—2 p.m.

2300 MacCorkle Avenue, SE, Charleston

Participants attending the event will have their blood pressure checked, receive educational materials and have an opportunity to speak with a healthcare professional. Individuals at increased risk for kidney disease will also receive a urine test.

CALL 800.261.4115 X 12 for INFO!

Kidney disease means the kidneys are damaged and can no longer remove wastes and extra water from the blood as they should. Kidney disease usually has no symptoms. Blood and urine tests are the only way to check for kidney damage. The main risk factors for developing kidney disease are:

- Diabetes
- High blood pressure
- Cardiovascular (heart and blood vessel) disease
- A family history of kidney failure

LIFE IS GOOD

The mission of Goodwill Industries of the Kanawha Valley, Inc. is to assist people with disabilities and the vocationally disadvantaged to achieve full participation and integration into society through work. In addition to being a great place to donate and shop, Goodwill provides a wide range of services such as free career training and placement services, Janitorial services, temporary jobs opportunities and much more. To learn more please visit our website at **GoodwillKV.com**, like us on Facebook at **Goodwill Industries of KV**, or to receive services come to our **Open Enrollment every Wednesday from 1:00 PM till 3:00PM** in our administrative building at 215 Virginia Street West, Charleston WV 25302, it is at the corner of Virginia and Ohio near our Charleston Retail store. No appointment is necessary for Open Enrollment. **You Donate. We Train. Lives Change.**

KVSS WALKERS HIT THE ROAD!

You spoke! We listened! According to survey results from our 2014 walking crew...requests to walk at various geographical locations and to meet more often will be the 2015 plan! *Walkers will now meet twice a month and walk at various scenic locations in Kanawha County.* We have secured a 12 passenger van that will pick us up at the **KVSS 2428 Kanawha Boulevard location starting Thursday, April 9, at 9:30 a.m. for a walk at Coonskin Park.** The group will return at approximately 11 a.m. to enjoy the free Lunch & Learn presentation!

We will meet again on April 23rd at 9:30, travel to Kanawha State Forest. Future walking trips will be planned with the walking club members. If it rains we will walk at the Town Center Mall. Please call Gail Mason at 348-0707 ext. 230 to sign up for the 2015 walking club.

DO YOU HAVE TROUBLE HEARING ON THE TELEPHONE?

Hearing on the telephone is often a big issue for someone with impaired hearing—with or without hearing aids. There is a telephone called CapTel that may provide a solution for you, a family member or a friend.

The CapTel works just like a regular telephone. The one difference is it has a screen that provides a caption or text of what the caller is saying. So what you may miss with your ears, you can catch with your eyes! There are four models to choose from. Three models require high speed internet service. A fourth does not require internet service but does require an analog telephone line or DSL with filter. You can call your phone carrier to find out what type of line you have.

You can order this phone online at www.captel.com or by phone 1-900-233-9130. The cost is 75.00 plus shipping. They provide a 90-day return policy. If you are not happy with the phone, they will provide a return shipping label and they will refund the cost of the phone **and** shipping. Go to their website and you can watch a video of how this works to learn more!

I have a couple of patients who have truly been re-connected using the telephone by this technology. I believe there are other online sources where they can be purchased but I am not familiar with their policies. Other options are available to help you hear better on the telephone. If you have any questions, please do not hesitate to call me so we can find the best solution

Get ON-BOARD with KVSS Social Services! The West Virginia SHIP stands for State Health Insurance Assistance Program and its goal is to provide reliable and up-to-date information to Medicare beneficiaries and their families. If you or someone you love, needs us, simply dial 304.348.0707 and ask for a Client Advocate.

MAY 19-21 CEDAR LAKES 2015 SENIOR CONFERENCE

The food is amazing...

The fellowship is great...

The fun is endless...

The friends are forever!!!

Contact 304.348.0707 or info@kvss.org to find out about the event.

KVSS SENIOR PICNIC Shawnee Park May 14, 2015 9:45 a.m. - 12:30 p.m.

The Greenbrier Classic BADGES FOR CHARITY FUNDRAISER

Contact KVSS to find out how tournament ticket proceeds can benefit our programs! 304.348.0707 | info@kvss.org

TICKETS NOW ON SALE

Join us at our Biggest Fundraiser of the year!

KVSS Wine Tasting & Silent Auction

Saturday, June 20, 6-9 p.m.

Darin Fisher Designer Kitchens

Call for tickets: 304.348.0707

KVSS WANTS YOU TO VOLUNTEER!

Call 304.348.0707 to find out more!

DO YOU HAVE A BIG BASKET OR CONTAINER THAT KVSS COULD REPURPOSE?

We are on the hunt for like new big baskets, crates, ceramic pots, totes & fabric boxes!

Call 304.348.0707 Email INFO@kvss.org

April 3, 2015 KVSS CHARITY BIG BEND GOLF TOURNAMENT

Kanawha Valley Senior Services will be hosting their annual tournament to benefit the programs that KVSS sponsors for the elderly. Contact KVSS **304.348.0707** | INFO@KVSS.ORG | WWW.KVSS.ORG

CO-SPONSORED BY: COMMERCIAL INSURANCE

KVSS Tiskelwah Center Offers Monday & Wednesday 1-2 p.m. EXERCISE CLASS

Healthy-Steps, Moving You to Better Health with the Lebed Method! This exercise is designed to improve range of motion, balance and increase strength. It can be done sitting or standing and set to music.

KVSS is a non-profit 501(c)3 organization created in the early 1970's to provide programs of service to individuals in the scenic and historic Kanawha Valley of West Virginia. The mission of KVSS encompasses serving individuals who are both well and frail. Programs range from assisting elders and veterans in their own home to the adult Alzheimer Day Center to helping well-elderly with socialization and preventive measures. Our organization offers an ever-growing array of senior activities such as employment, nutrition, shopping, quilting, sewing, painting, poetry, computer lessons, Tai Chi, Healthy Steps Class Zumba, Bingo, Big-Screen Movie Days, life-enrichment and continuing education courses, gardening, cooking classes—list could go on and on. KVSS coordinates and cooperates with federal, state, and county agencies to assure that health, educational, recreational, intergenerational and economic benefits are readily available to senior citizens. The organization is passionately dedicated to the mission of making the broad spectrum of services happen. Truly our success is possible because of past contributions, donations, grants, and fundraisers—not to mention the wonderful host of staff and clients. KVSS is funded by Bureau of Senior Services, WV DHHR, WV Division of Transit, Metro AAA, The Kanawha County Commission, private donations, fundraisers & grants. KVSS does not discriminate on the basis of race, gender, age, color, religion, handicap, disability or national origin. The suggestions contained and resources referenced in this publication are for informational purposes only. Please consult a trained professional before taking any actions in follow-up to information that you learn or read. KVSS shall not be liable for any damages or any other liability that may occur.

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