Phone: 304-348-0707
Fax: 304-348-6432
E-mail: info@kvss.org

February 2023
Volume 1, Issue 4

KANAWHA VALLEY SENIOR SERIVCES

Transportation News

KVSS Transportation services provide door to door transports primarily for seniors ages 60 and older. Requests for senior and disabled transportation have doubled during the last few years and while we make as many trips as possible, we strongly suggest that transportation reservations for non-emergency medical transport appointments be made at least 2-3 weeks in advance. by calling 304-348-0707 or 304-348-0726.

Due to grant requirements, KVSS must provide SAEF (Services Assessment Evaluation Form) for ALL riders. SAEF information will be taken when you make your first appointment and annually thereafter.

Calling to request a ride does not guarantee availability unless the Transportation Specialist has confirmed you. Please make sure that you give your name, current address, phone number, destination/ doctor's name, phone number, appointment time requested and any medical devices you will have with you. Will Call pickups (waiting for ride home) are completed as quickly as feasible depending on driver schedule.

Drivers do not start transporting before 7 AM and if you schedule an appointment at 2 PM or later, you will need to secure other means of transportation **home.** We suggest advising your doctor's office, that you are using KVSS Transportation Services and ask them to make sure you will be ready for pickup no later than 2:00 PM. Drivers are unable to transport for any type of procedure that requires sedation.

We look forward to helping you with your transportation needs. Please call 304-348-0726 or 304-348-0707.

amazon smile

When you shop on smile.Amazon.com, select Kanawha Valley Senior Services as your charitable organization and Amazon will donate 0.5 % of the price of your eligible Amazon Smile purchase to support our programs.

Kroger community rewards

A DIGITAL ACCOUNT IS NEEDED TO PARTICIPATE IN KROGER COMMUNITY REWARDS.

If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.
KVSS—WG819

WVDSCS
West Virginia Directors of Senior & Community Services

STATE HEALTH INSURANCE ASSISTANCE PROGRAM AND SENIOR MEDICARE PATROL

Kanawha Valley Senior Services have trained SHIP and SMP Counselors on staff to help with Medicare enrollment, Medicare Savings Programs, Extra Help, drug & advantage plan comparisons and general questions about Medicare. Call and ask for a Social Service Representative in your area!

304-348-0707

Check us out at www.kvss.org
Find us on Facebook: Kanawha Valley Senior Services

MARCH FOR MEALS WITH MEALS on WHEELS™

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This March we are joining programs from across the country to celebrate more than 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity, malnutrition, combat social isolation, enable independence, and improve health for years to come. This annual celebration comes at a time when eight out of ten local Meals on Wheels programs are still delivering meals to more older adults . than they were prior to the pandemic, and operational and food costs are soaring due to historic inflation. We can't do it alone! Please consider donating to KVSS to support this program!

Medicare News from WVSHIP

Due to the Inflation Reduction Act:

All Part D-covered vaccines, including the shingles vaccine, will be $0.

All Part D-covered insulin copays will be limited to $35 (starting January 2023).

All Part B-covered insulin copays will be limited to $35 (starting July 2023).

Extended immunosuppressant coverage may be available to you. You are eligible if:

- You qualify for Part B coverage of immunosuppressant's prior to losing End Stage Renal Disease (ESRD) Medicare 36 months after your kidney transplant
- You do not have Medicaid or other health insurance that covers immunosuppressant's.

You will not be getting a new Medicare card. Starting in April 2018, CMS sent new Medicare cards to all Medicare beneficiaries. By the end of January 2019, all beneficiaries had their new Medicare cards, which were designed to better protect against identity theft by removing their Social Security number. Although the rollout of these updated cards is complete, scams around these new cards continue.

For example, scammers may falsely tell you that Medicare is issuing an updated or new card—perhaps a plastic one, metal one, one with a chip, or even a white and black COVID-19 card. The scammers may tell you that in order for them to send your new Medicare card, you need to verify your identity. This is the scammer's attempt to gain your personal or financial information.

Here are some red flags to be aware of:

- Unsolicited calls from someone claiming to be from Medicare
- Anyone needing your information so that they can send you an updated Medicare card
- Anyone claiming that your card is expiring and that you will be charged a fine if you do not get a new one

February Activities

Craft Class

February 10th, 2023
10:30 am Continuation of Clay Jewelry Class

Tai Chi

1:30 pm Advanced Tuesdays and Thursdays
3:00 pm Beginners Tuesdays and Thursdays

ZUMBA

1:30 pm Wednesdays and Fridays

Valentine Bingo with Snacks

10:30 am February 14th, 2023

Come join us for our monthly activities at our 1710 Pennsylvania Avenue location and enjoy a delicious meal, while enjoying the company of your fellow seniors!

February 2023

February 2023
Kanawha Valley Senior Services, Inc.

KVSS Nutrition Site Meals Will Be Served With Milk and Water

Income	Donate
$0-$600	$2.00
$601-$800	$2.50
$801-$1000	$3.00
$1001-$1200	$4.00
$1201-$1400	$5.00
Over $1400	$6.30

Sites	Phone
CANS	304-342-4476
Chesapeake	304-949-5797
Clendenin	304-548-4192
Elk River	304-965-3175
Hansford	304-722-6949
Nitro West Sattes	304-721-8465
Rand	304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
Be My Valentine	Donations are appreciated!	1. Chicken tenders Scalloped potatoes Green beans Pudding	2. Biscuit and gravy Potatoes Scrambled eggs Apple sauce	3. Cheeseburger with Lettuce, tomato and onion Baked Beans Peas
6. Country fried steak with gravy Mashed potatoes Carrots Spiced peaches	7. Chicken noodle soup Mixed greens Cooked apples Whole grain roll	8. **COOK'S CHOICE**	9. Spaghetti w/ meat sauce Greens beans Garlic bread Corn	10. Oven roasted chicken Scalloped potatoes Baked beans Whole grain roll
13. Goulash Carrots Brussels sprouts Pears	14. Boneless pork chop Mashed potatoes California blend vegetables Chocolate chip cookie	15. Chef salad 3 bean salad Cottage cheese with fruit	16. Chili Corn bread Mixed greens Cooked apples	17. Fish sticks Hushpuppies Peas Corn
20. **CENTER CLOSED** HAPPY PRESIDENTS' DAY	21. Shepherd's pie Roasted Cauliflower Spiced peaches Whole grain roll	22. Vegetable soup Spinach Apple sauce Peanut butter sandwich	23. Chicken teriyaki with Rice, peppers and onions Broccoli Carrots	24. Salisbury steak Mashed potatoes Green beans Corn Birthday Cake
27. Pinto beans with ham Corn bread Mixed greens Cooked apples	28. Italian chicken Mashed potatoes Peas Whole grain roll			MEALS ON WHEELS AMERICA 2023 MEMBER

The Senior Nutritional Program is operated under a Federal Grant for persons over the age of 60. You will meet some wonderful people while enjoying a fantastic meal prepared by our staff. If you have any questions regarding the program, please call 304-348-0707.

WELCOME HARRY MYERS

Kanawha Valley Senior Services is happy to welcome back Harry Myers as our new Head Chef! Harry is originally from Nicholas county and is the youngest of four children. He previously worked as a Corporate Manager with Yum Brands and was part of the management team with Tidewater and the Chop House.

Harry is the caregiver to an awesome nephew, dad to three huge dogs and a dedicated spouse. He loves cooking, travel, crafts, puzzles, reading and learning new things.

"All the world is made of faith and trust, and pixie dust." - Peter Pan

Raspberry Kiss Cookies

Ingredients

1/2 cup white sugar
1/2 cup brown sugar
1 egg
1 tsp almond extract
2 cups all purpose flour
1 tsp baking soda
1/4 tsp salt

white sugar for decoration, milk chocolate candy kisses
1 cup confectioners sugar
1 tbsp. of milk
4 tsp raspberry jam
1/4 tsp almond extract

Instructions

1. In a medium bowl cream the butter, 1/2 cup of white and brown sugar until smooth
2. Blend in the egg and 1 tsp almond extract
3. Combine flour, baking soda and salt and blend in to the mixture..
4. Cover and refrigerate for at least 1 hours.
5. Preheat oven to 425 degrees and roll cookie dough into 1 inch balls then roll in white sugar.
6. Place on cookie sheet 2 inches apart and bake at 350 for 10-12 minutes. Remove and press milk chocolate candy kiss into center.
7. In small bowl mix confectioners sugar, milk, raspberry jam and almond extract and drizzle over cooled cookies.

West Virginia's Coronavirus COVID-19 Hotline is **1-800-887-4304**,

PHONE: 304-348-0707

FAX: 304-348-6432

E-MAIL: INFO@KVSS.ORG

Kanawha Valley Senior Services offers assistance to anyone age 60 and over in Kanawha County.

- **Congregate Meals throughout Kanawha County**
- **Transportation to medical appointments**
- **Alzheimer/Dementia respite in center and in home**
- **Home delivered meals for homebound**
- **In home care**
- **Social service assistance and referrals**

STRATEGIC PLAN

Kanawha Valley Senior Services (KVSS) engaged Kingery & Company, LLC, to facilitate the development of the 2023-2026 Strategic Plan for the organization. A strategic planning retreat took place on November 9-10, 2022, with the Strategic Planning Committee comprised of board members, the Chief Executive Officer, and Kingery and Company. Follow-up meetings to finalize action plans took place on December 7, 2022 and January 4, 2023.

KVSS Management Team: Vicky Foster-CEO and Melanie Hirst-COO

KVSS Board Members: Jack Rogers-President, Steven Dale-Vice President, Harriet Nottingham-Secretary, Chris Rawlings-Treasurer, Ben Blackwell, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Dianna Graves, Patti Hamilton, Oretta Keeney, Jorea Marple, Angie O'Dell and Patricia O'Reilly

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