

1710 Pennsylvania Avenue
Charleston, WV 25302
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April 2025
Vol. 4, Issue 4

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

IN THE SPOTLIGHT

At KVSS, we proudly offer "Our Place," an Adult Day Program designed to ensure your loved one feels valued, safe, and welcomed by our compassionate Life Enrichment staff.

Our program provides an essential service for individuals with cognitive impairments, offering a variety of activities tailored to their unique abilities. These activities are not only important for maintaining cognitive function and enhancing mood, but they also contribute to overall well-being. Social engagement is especially vital, as it combats isolation and helps prevent depression often seen in those with dementia. By encouraging interaction with peers and caregivers, we help foster a sense of belonging and purpose, which can even slow the progression of memory loss by stimulating the brain. For families, this program offers peace of mind, knowing their loved ones are in a secure, supportive, and enriching environment.

Our Program Manager, Joanie Maloney, is proud to be the only Master Trainer in West Virginia to have completed the Best Friends Approach training. Joanie, who lives in the Charleston area with her spouse and daughter, shares her passion for her work: "What fascinates me about working with our friends is how even the smallest moments can make a huge difference. A familiar song, a warm smile, or a simple routine can spark joy and recognition in someone who might otherwise seem quiet or withdrawn. Every day presents new opportunities for connection, reminding us that even when memories fade, deep emotions, unique personalities, and the capacity for happiness remain. It's a role that requires patience, creativity, and heartfelt compassion to create meaningful experiences for those in our care."

Our Life Enrichment team is made up of incredibly caring individuals. Tammy, who has been with KVSS for 16 years, shares, "I learn something new every day from our friends. They bring with them a wealth of wisdom from their experiences and stories." Ruth loves being able to provide care while listening to those stories, while Erick finds joy in seeing how our friends' personalities shine through during music sessions.

"Our Place" is open Monday through Friday, from 8:30 AM to 3:30 PM, with snacks and lunch provided. For more information, please contact Joanie at 304-348-0707 ext. 305.

Check out our website at <https://kvss.org/>

Find us on Facebook @
[KanawhaValleySeniorServices](https://www.facebook.com/KanawhaValleySeniorServices)



**PLEASE DONATE TO
KVSS BY USING YOUR
KROGER CARD!**

**LINK YOUR SHOP-
PER'S CARD TO YOUR
ACCOUNT SO THAT
ALL TRANSACTIONS
APPLY TOWARD
KVSS!
KVSS—WG819**

**KVSS participates in the
Fidelity Charitable Giving
Program**

[https://](https://www.fidelitycharitable.org/giving-account/giving-account-details.html)

[www.fidelitycharitable.org/
giving-account/giving-
account-details.html](https://www.fidelitycharitable.org/giving-account/giving-account-details.html)

Spring Excursion to the Trans-Allegheny Lunatic Asylum Friday April 18th



Trip includes transport, historic tour, and a **FREE** KVSS t-shirt!

Lunch at the Thyme Bistro will follow, please be prepared to cover your own meal cost. Choice of tours. Date and time TBA. Call 304-348-0707 for more information.

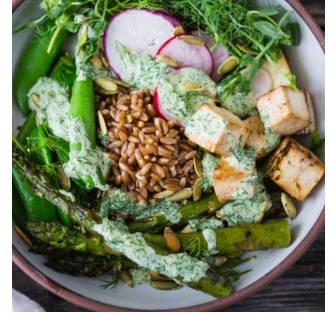


****NEW CLASS****
Strength Training
Tuesdays @ 11 AM

Green Goddess Grain Bowl

Ingredients

- ½ cup snap or snow peas, trimmed
- 4 spears asparagus, tough ends removed, cut into 2-inch pieces
- ½ cup plain whole-milk yogurt
- ¼ cup chopped fresh dill
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- ¼ teaspoon kosher salt
- ½ cup cooked farro (grain)
- 4 ounces baked tofu, cubed
- 3 radishes, sliced
- 1 tablespoon Toasted pumpkin seeds for garnish



Directions

1. Bring a medium pot of water to a boil. Add snap (or snow) peas and asparagus; cook until just tender, about 2 minutes. Rinse under cold water.
2. Whisk yogurt, dill, lemon juice, oil, garlic and salt together in a small bowl.
3. Place farro in a shallow serving bowl. Top with peas, asparagus, tofu and radishes. Drizzle 2 tablespoons of the dressing on top (save extra for other use). Sprinkle with pumpkin seeds, if desired.

Originally appeared: EatingWell.com, October 2017



MEDICARE FRAUD AND ABUSE

Fraud vs. Abuse:

Intent is Key

The main difference between Medicare fraud and abuse is intent. Was the improper behavior intentional and conducted knowingly? A final determination can only be made after an investigation by the authorities.

UNDERSTANDING PARTS OF MEDICARE

Part A – Medicare Hospital Insurance

Part B – Medicare Medical Insurance Premium – The amount you pay for your Medical Insurance. The premium is generally deducted from your monthly Social Security check.

Deductible – The amount you pay before Medicare pays for services.

Coinsurance – The percent of the Medicare-approved amount that you have to pay after you pay the Part A or Part B deductible (coinsurance is usually 20% for Part B).

Part D – Prescription Coverage

Join the celebration!



THE CITY OF CHARLESTON OFFICE OF PUBLIC
ART AND KANAWHA VALLEY SENIOR SERVICES

***INVITE YOU TO A SPECIAL UNVEILING OF A
NEW PUBLIC ART INSTALLATION***

KVSS OUTDOOR PUBLIC ART UNVEILING
1710 PENNSYLVANIA AVENUE
WEDNESDAY, APRIL 2, 3:00 PM

Indoor reception to follow ceremony



OFFICE OF **PUBLIC ART**
CHARLESTON, WEST VIRGINIA



Transportation Available
with KVSS for May 21st



MUST contact
Allie to register.

Cedar Lakes Conference Center
Ripley, WV

BINGO

Wednesday, April 16th @ 10:30 AM

Wednesday, April 30th @ 10:30 AM



*WVSU Happy Grandfamilies
Wednesday, April 1st @ Noon*

*University of Charleston
Occupational Therapy
Wednesday, April 16th @ Noon*

NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

\$150

CALL TODAY

304-348-0707



*****UPCOMING*****

Mother's Day Luncheon with Elvis
May 9, 2025



KVSS ACTIVITIES

Craft Class

Every 2nd Friday of the month
10:00 am

Bingo

Every 3rd Wednesday of the month
10:30 am

Sitting Fit

Every Monday and Thursday
11:00 am

Stretch Class

Every Tuesday
11:00 am

Tai Chi for Arthritis

1:30 pm Advanced Tuesdays and Thursdays
2:45 pm Beginners Tuesdays and Thursdays

ZUMBA FOR SENIORS

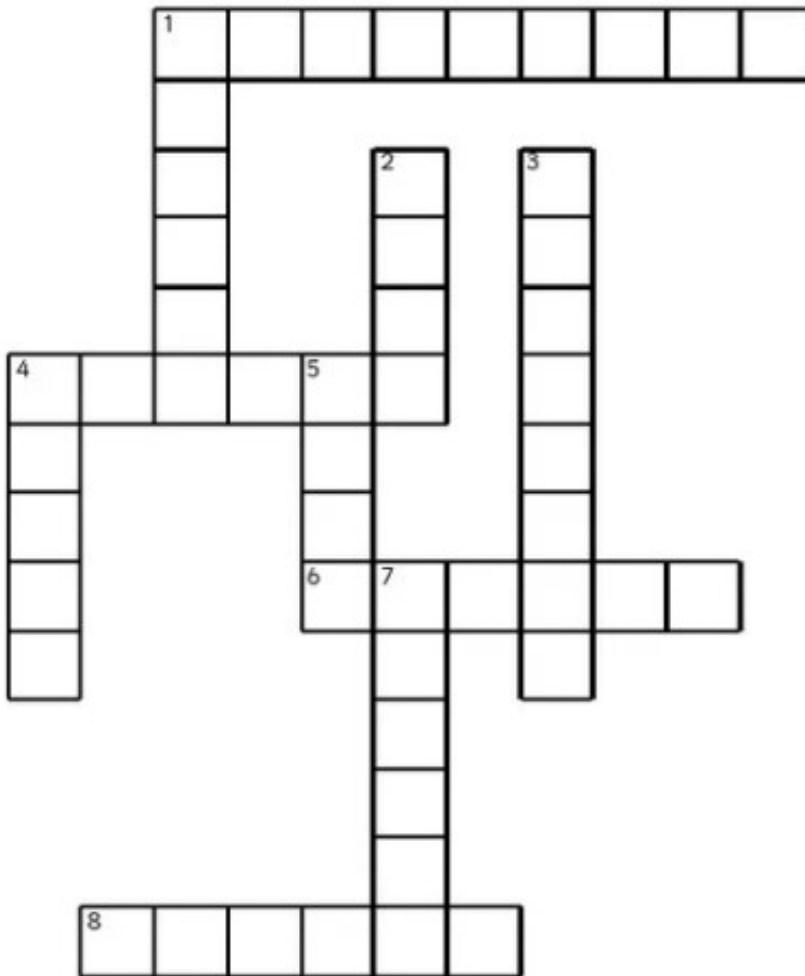
1:30 pm Wednesday



Easter Crossword



Solve the crossword using the list of words and the clues



- basket
- bonnet
- bunny
- chicks
- chocolate
- daffodil
- eggs
- hunt
- parade
- spring

Across

1. Easter eggs are often made out of this treat!
4. Collect your eggs in this.
6. The season in which Easter is celebrated.
8. You may wear one in the Easter parade.

Down

1. These hatch out of real eggs.
2. You may go on an Easter egg ...
3. Cheerful, yellow spring flower.
4. Will he visit you this year?
5. We give chocolate ones at Easter.
7. Show off your Easter bonnet at one!






Kanawha Valley Senior Services, Inc.
Senior Nutrition Program
"Helping Seniors Age Successfully"
1710 Pennsylvania Avenue
Charleston, WV 25302

Income	Suggested Donation	Sites	Phone
\$0-\$600	\$2.00	Charleston	304-348-0707
\$601-\$800	\$2.50	Chesapeake	304-949-5797
\$801-\$1000	\$3.00	Clendenin	304-548-4192
\$1001-\$1200	\$4.00	Elk River	304-965-3175
\$1201-\$1400	\$5.00	Hansford	304-722-6949
Over \$1400	\$6.00	West Sattes Rand	304-721-8465 304-925-9200


APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	Goulash 1 Greens & Succotash Garlic Bread Peaches	Cheeseburger 2 Lettuce, tomato & onion Potato wedges & broccoli Mixed Fruit	Chicken Tenders 3 With BBQ sauce Scalloped Potatoes Peas & Mandarin Oranges	Italian Pork Chop 4 With Peppers and onions California Vegetables Rice & Pears
BBQ Rib Patty 7 Mashed Potatoes & Roll Baked Beans & Applesauce	Chicken Teriyaki 8 Rice & Brussel Sprouts Pineapple	Crabby cake Sandwich 9 Sweet Potato Fries Pea salad & cooked Apples	Pinto Beans 10 Potatoes O'Brian & Greens Corn Bread Spiced Peaches	Country Fried Steak 11 Mashed Potatoes & Gravy Broccoli & Biscuit Pears
BBQ Chicken 14 Red Beans and rice Spinach & roll Fresh Oranges	Meat Loaf 15 Scalloped Potatoes Peas & Roll Mixed Fruit	16 Cooks Choice	Stuffed Cabbage Soup 17 Potatoes O'Brian Green Beans Roll & Peaches	Ham 18 Sweet Potatoes & Broccoli Roll & Pineapple Cake Easter Lunch!
Vegetable Beef Soup 21 California Vegetables Mixed Greens & Crackers Pineapples	Spaghetti 22 Side Salad & Garlic Bread Cooked Apples	Chef Salad 23 Three Bean Salad Cottage Cheese & Pears Beets	Fish Sticks 24 Hushpuppies Sweet Potatoes Applesauce & Coleslaw	Oven Roasted Chicken 25 Mashed Potatoes & Gravy Lima Beans & Roll Peaches
Navy Beans with Ham 28 Potatoes O'Brian Mixed Greens & Corn Bread Applesauce	Salisbury Steak 29 Mashed Potatoes & Gravy Broccoli & Roll Mixed Fruit	Bone in Chicken 30 Scalloped potatoes Peas & Roll Mandarin Oranges		



April 2025
Kanawha Valley Senior Services
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"



Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00 Strength Training 11:45 Lunch 12:15 WVSU Healthy Grandfamilies Presentation 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	2 11:45 Lunch 3:00 Art Unveiling NO ZUMBA	3 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	4 11:45 Lunch 1:30 Gardening with John WVSU Extension
7 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	8 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 New Beginners Tai Chi	9 11:45 Lunch 1:30 Zumba	10 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11 10:00 Spring Craft 11:45 Lunch
14 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	15 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	16 10:30 BINGO 11:45 Lunch 12:00 Lunch & Learn Occupational Therapy 1:30 Zumba	17 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	18 11:45 Lunch ASYLUM TRIP!!
21 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	22 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	23 11:45 Lunch 1:30 Zumba	24 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	25 11:45 Lunch
28 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	29 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	30 11:45 Lunch 1:30 Zumba	DONATIONS ARE GREATLY APPRECIATED	HAPPY EASTER!! 



Gardening Class

Kanawha Valley Senior Services, in partnership with West Virginia State University Extension Service, will be offering a Gardening Class

Friday April 4th @ 1:30 pm.

Please join us for lunch @ 11:45 am

***Italian Pork Chops with
Peppers and Onions
Rice
California Vegetables
Pears***

We are located at 1710 Pennsylvania Avenue in Charleston.
Parking is available across the street.



WEST VIRGINIA STATE
UNIVERSITY

Extension Service



WVATS

WVU Center for Excellence in Disabilities
959 Hartman Run Road
Morgantown, WV 26505

Voice: 304-293-4692
Toll free: 800-841-8436
TTY: 800-518-1448

wvats@hsc.wvu.edu
www.wvats.cedwvu.org
Facebook: WVATS

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 and grocery store
- ◆ Dementia respite in center and in home care
- ◆ Home delivered meals for homebound
- ◆ In home care programs
- ◆ Social service assistance and referrals

DO YOU NEED A RIDE TO THE GROCERY STORE? WE ARE NOW PROVIDING TRIPS ON MOST WEDNESDAYS. PLEASE CALL AHEAD TO TRANSPORTATION AT 304-348-0726 TO SIGN UP FOR UPCOMING TRIPS!

SUGGESTED DONATION IS \$5.00 ROUNDTrip

NOW HIRING

KVSS JOB OPENING
Caregiver Kanawha County
Ask about sign on bonus

KVSS Executive Team: *Melanie Hirst, Executive Director, and Vicki Stanley, Finance Manager and Allie Aguiar, Executive Assistant*

KVSS Board Members: *Steve Dale-President, Bill Coyle-Vice President, Oretta Keeney-Secretary, Chris Rawlings-Treasurer, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Jeff Fleck, Patti Hamilton, Barry Harrison, Oretta Keeney, Angie O'Dell, Bill Coyle, Mike Adkins, Kay Goodwin, and Susannah Carpenter*

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<https://kvss.org/donate/>