

1710 Pennsylvania Avenue
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April 2026
Vol. 5, Issue 2

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Celebrating National Volunteer Month: Supporting Senior Citizens in April

April is recognized as **National Volunteer Month**, a time dedicated to honoring the individuals who give their time and energy to strengthen communities. It also serves as a powerful reminder that even small acts of service can make a meaningful difference—especially in the lives of senior citizens.

Volunteers play a vital role in helping seniors maintain their independence, dignity, and quality of life. Whether it's delivering meals, providing transportation to medical appointments, or simply offering companionship, these acts of kindness can significantly improve a senior's overall well-being.

There are many ways individuals can get involved during National Volunteer Month. Local senior centers and community organizations often rely on volunteers to assist with daily programs, activities, and outreach efforts. Volunteering to deliver home-delivered meals is one of the most impactful ways to help, as it not only provides nutrition but also a friendly check-in for those who may live alone. Additionally, volunteers can help lead recreational activities, assist with technology, or offer administrative support.

National Volunteer Month is the perfect opportunity to give back and connect with older adults in your community. By volunteering, individuals not only enrich the lives of seniors but often find a sense of purpose and fulfillment themselves. This April, consider making a commitment to serve—because a little time and compassion can go a long way in making someone feel valued and cared for.

Thank you to our KVSS volunteers!



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

Find us on Facebook @
[KanawhaValleySeniorServices](#)



Please donate to KVSS
by using your Kroger
card!

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



NATIONAL
VOLUNTEER
MONTH
APRIL

Deviled Eggs

Ingredients

1/2 cup mayonnaise

2 Tbsp. yellow mustard

2 tsp. dill pickle juice or optional sweet pickle juice

1/4 tsp. kosher salt

1/4 tsp. ground black pepper

Optional: chopped sweet pickles if using sweet pickle juice

Ground paprika, for sprinkling

Optional: chopped chives



Directions

1. Peel the eggs and cut them in half, lengthwise. Remove the yolks from the egg halves and place them into a bowl. Mash the yolks with a fork until they're broken up. Add the mayonnaise, mustard, pickle juice, salt, pepper, and a few drops of hot sauce, if using. Stir to combine; the mixture should be mostly smooth.
2. Spoon the mixture into a zip-top plastic bag and snip ¼ inch off of one of the bottom corners. Pipe the mixture into the egg white halves. Sprinkle the eggs with paprika and chill in an airtight container until ready to eat. Serve with chives and hot sauce, if you like.

Emergency and Urgently Needed Care

You never know when an emergency will arise, but you can be prepared.



Emergency medical condition: Symptoms severe enough that someone with an average knowledge of health and medicine could reasonably expect your health to be in serious danger if you don't get medical attention right away.



Urgently needed care: Medically necessary and immediately required as a result of an unforeseen illness, injury, or condition. Not reasonable for you to wait to get needed care.

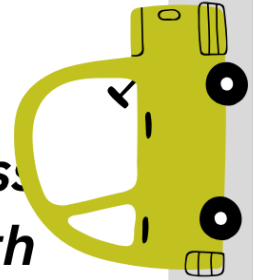
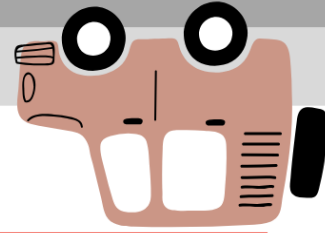
These definitions are especially important if you have a Medicare Advantage plan! There are certain protections for you if you need emergency or urgent care outside of your plan's network.

Emergency Room Services

Original Medicare covers emergency room services anywhere in the U.S.

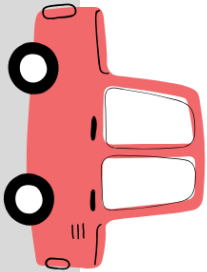
Medicare Advantage plans must also cover emergency room services anywhere in the country. Your plan cannot make you see an in-network provider or get a referral. It must also cover needed follow-up care related to the medical emergency if delaying it would endanger your health. You have the right to appeal if your plan does not cover your emergency care.



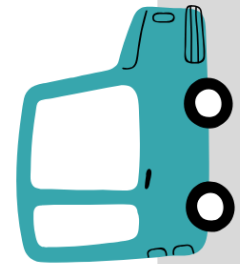


AARP Safe Driving Safety Class
Friday, April 17th and April 20th
Must attend both days

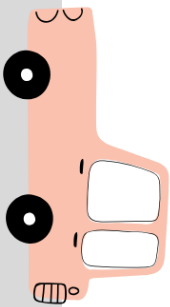
9:30 AM - 1:00 PM



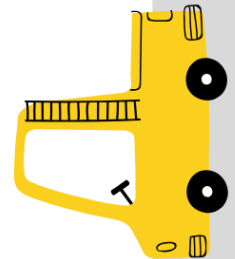
Preregistration is Required
304-348-0707



Member Cost \$20
Non-Member Cost \$25



Classes held at KVSS
1710 Pennsylvania Avenue
Charleston, WV 25302



2026 Robert W. Jackson Senior Summit Event Registration

"Stay Strong. Live Long."

Date: May 20, 2026

Location: Cedar Lakes Conference Center

Make checks payable to KVSS prior to April 15, 2026. If your payment has not been received by this date you will be removed from registration. Turn in checks to front desk.



University of Charleston
Occupational Therapy Students
Friday, April 10th @ 12:30 PM

BINGO

Wednesday, April 24th @ 10:30 AM

NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

\$150

CALL TODAY

304-348-0707

KVSS ACTIVITIES

Craft Class

Every 2nd Friday of the month

10:00 AM

Sitting Fit

Mondays and Thursdays

10:30 AM

Strength Training

Tuesdays

10:00 AM

Tai Chi for Arthritis

Wednesdays and Fridays

1:00 PM

Qigong

Wednesdays and Fridays

2:00 PM

ZUMBA FOR SENIORS (NO CLASS APRIL 1,8,22 & 29)

Wednesdays

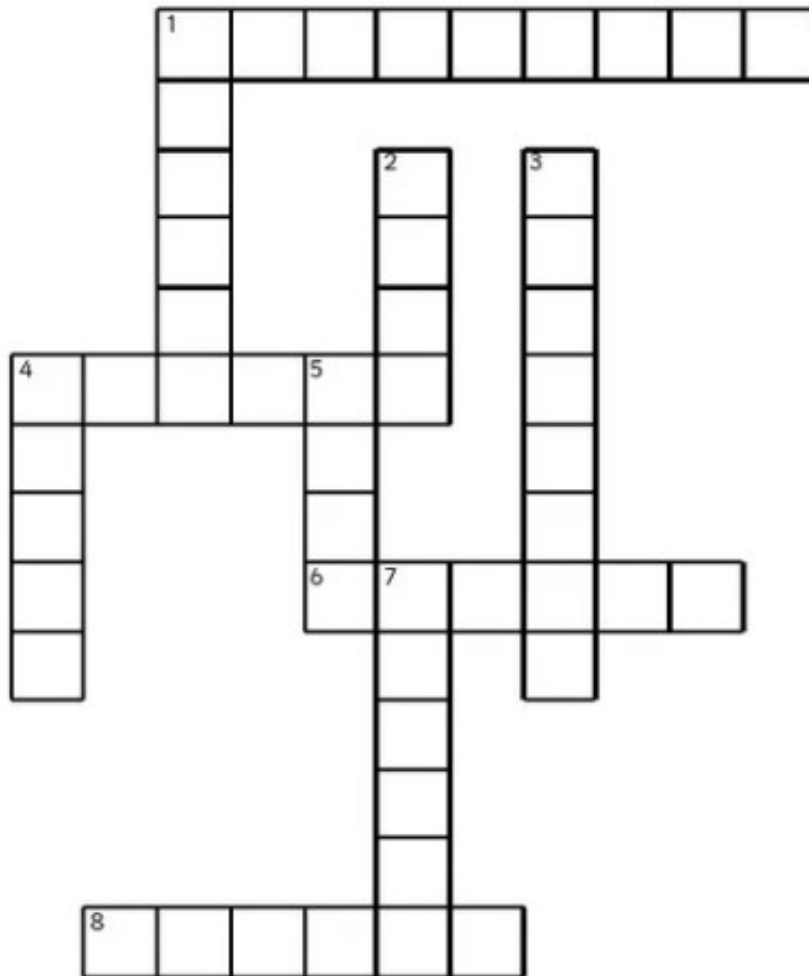
10:00 AM



Easter Crossword



Solve the crossword using the list of words and the clues



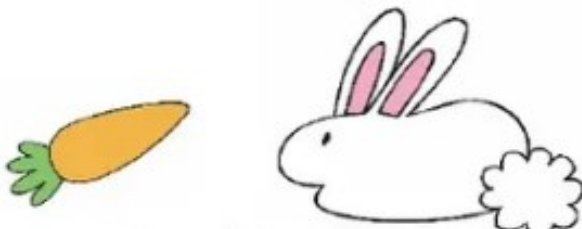
- basket
- bonnet
- bunny
- chicks
- chocolate
- daffodil
- eggs
- hunt
- parade
- spring

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 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Suggested Donation \$2.00 per meal. Please help "Bridge that Gap"	Bacon Cheeseburger on a Whole Grain Bun w/Lettuce, tomato, onion Baked Beans Sweet Potato Fries Peaches 1	Potato Crusted Pollock Peas Scalloped Potatoes Pears Whole Grain Roll 2	Roasted Chicken Breast Stuffing, Mashed Potatoes Green Beans, WG Roll Pineapple Upside Down Cake Easter Lunch!! 3
Italian Chicken Whole Grain Rice Brussel Sprouts Carrots Tropical Fruit 6	Meat Loaf Mashed Potatoes & Gravy California Blend Vegetables Whole Grain Roll Mixed Fruit 7	Crabby Cake Sandwich Potato Wedges Broccoli Fresh Oranges 8	BBQ Chicken Breast Scalloped Potatoes Succotash Whole Grain Roll Bananas 9	Ham Sweet Potatoes Broccoli Whole Grain Roll Pineapples 10
Country Fried Steak Mashed Potatoes Spinach Whole Grain Roll Mandarin Oranges 13	Chicken Tenders Mashed Potatoes & Gravy Brussel Sprouts Pears Whole Grain Roll 14	Chef Salad Whole Grain Crackers Beets, Pea Salad Cottage Cheese & Peaches 15	Biscuit & Gravy Sausage, Cheese Omelet Potatoes O'Brien Applesauce 16	COOK CHOICE 17
Chicken Teriyaki Whole Grain Rice Broccoli Carrots Pineapple 20	Salisbury Steak Mashed Potatoes Green Beans Whole Grain Roll Pears 21	Turkey Bacon Ciabatta Potato Salad Three Bean Salad Bananas 22	Spaghetti Side Salad Whole Grain Breadstick Applesauce 23	Navy Beans with Ham Cornbread Potatoes O'Brien Mixed Greens Cooked Apples 24
Bone in Chicken Mashed Potatoes California Blend Vegetables Whole Grain Roll Peaches 27	Fish Sticks Scalloped Potatoes Peas Whole Grain Roll Mixed Fruit 28	Hot Dogs Chili, Coleslaw Baked Beans Pasta Salad Applesauce 29	Pork BBQ Sandwich Coleslaw Sweet Potato Fries Broccoli & Cheese Cooked Apples 30	

Kanawha Valley Senior Services
April 2026
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested donation of \$2.00 for meals to "Help Bridge the Gap"		NO ZUMBA 1 11:45 Lunch 1:00 Tai Chi 2:00 Qigong	2 10:30 Sitting Fit 11:45 Lunch	3 11:45 Easter Lunch!! 1:00 Tai Chi 2:00 Qigong
10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch 6	10:30 Strength Training 11:45 Lunch 7	NO ZUMBA 8 11:45 Lunch 1:00 Tai Chi 2:00 Qigong	10:30 Sitting Fit 11:45 Lunch 9	10:00 Craft Class 11:45 Lunch 12:30 UC MSOT Lunch&Learn-Mobility 1:00 Tai Chi 2:00 Qigong 10
10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch 13	10:30 Strength Training 11:45 Lunch 14	10:00 ZUMBA 11:45 Lunch 1:00 Tai Chi 2:00 Qigong 15	11:00 Sitting Fit 1:45 Lunch 16	9:30 AARP Driver Class Preregister & fee of \$20 11:45 Lunch 1:00 Tai Chi 2:00 Qigong 17
9:30 AARP Driver Class Preregister & fee of \$20 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch 20	10:30 Strength Training 11:45 Lunch 21	NO ZUMBA 22 11:45 Lunch 1:00 Tai Chi 2:00 Qigong	11:00 Sitting Fit 11:45 Lunch 23	10:30 BINGO 11:45 Lunch 1:00 Tai Chi 2:00 Qigong 24
10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch 1:00 Craft Class 27	10:30 Strength Training 11:45 Lunch 28	NO ZUMBA 29 11:45 Lunch 1:00 Tai Chi 2:00 Qigong	11:00 Sitting Fit 11:45 Lunch 30	

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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 Montgomery Area
Ask about sign on bonus

KVSS Executive Team: *Melanie Hirst, Executive Director, and Vicki Stanley, Finance Manager and Stevie Shamblin, Executive Assistant*

KVSS Board Members: *Steve Dale-President, Betty Ireland-Vice President, Bill Coyle-Treasurer, Kay Goodwin-Secretary*

Mike Adkins, Susannah Carpenter, Sam Cipoletti, Jill Dunn, Jeff Fleck, Dan Foster, Patti Hamilton, Brenda Nichols-Harper, Barry Holstein, Jorea Marple, Joesph Price, Chris Rawlings and Rick Staton

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