

1710 Pennsylvania Avenue
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August 2025
Vol. 4, Issue 8

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

IN THE SPOTLIGHT

Community Health Caregiving Programs offered by Kanawha Valley Senior Services encompass the Veteran's Administration, Medicaid Aged and Disabled Waiver, Personal Care, and Lighthouse. Each program has distinct medical and financial eligibility criteria, as well as varying levels of care, but they all aim to support individuals in their homes, promoting independence and dignity. One of the most experienced places to receive assistance with these programs are your county aging providers!

The *Medicaid Personal Care Program* provides in-home services to individuals 18 years of age and older who are medically and financially eligible. A Medical Necessity Evaluation Request (MNER) form must be completed by the applicant and their physician. Financial eligibility is determined by your local county Department of Health and Human Resources office.

Services in the Personal Care Program that are provided to recipients include a Personal Attendant to help with activities of daily living such as hygiene, dressing, feeding and light housekeeping and an RN who completes assessments ensuring that the recipient's plan of care meets his/her needs.

If you would like to learn more about how this program can make a difference for you, please call us at 304-348-0707 and ask to speak with one of our compassionate Registered Nurses.



**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://>

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

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

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



Medicare and Employer Coverage

What is the difference between primary and secondary coverage?

When you have Medicare and another type of insurance, Medicare will pay primary or secondary for your medical costs. Primary insurance pays first for your medical bills. Secondary insurance pays after. Usually, secondary insurance pays some or all of the costs left after your primary insurance pays (for example, deductibles and copays).

Type of insurance	Conditions	Primary	Secondary
Age 65+ with job-based insurance	Fewer than 20 employees	Medicare	Employer
	20+ employees	Employer	Medicare
Disabled with job-based insurance	Fewer than 100 employees	Medicare	Employer
	100+ employees	Employer	Medicare
Retiree insurance	Not eligible for Medicare	Retiree	N/A
	Eligible for Medicare	Medicare	Retiree
COBRA	Had COBRA before enrolling in Medicare	Medicare	N/A*
	Had Medicare before becoming eligible for COBRA	Medicare	COBRA

*COBRA ends if you had COBRA before enrolling in Medicare.

Note: Different rules apply if you have Medicare because of End-Stage Renal Disease (ESRD). There are also different rules if you have retiree Federal Employee Health Benefits (FEHB).

ZUCCHINI BROWNIES

INGREDIENTS

- 1 1/2 cups granulated sugar
- 1/2 cup avocado oil, canola oil, or vegetable oil
- 2 cups all-purpose flour
- 1/4 cup unsweetened cocoa
- 2 cups shredded zucchini (do not squeeze out the moisture)
- 2 teaspoons vanilla extract
- 1 teaspoon salt
- 1 1/2 teaspoons baking soda
- 1 1/4 cups semi-sweet chocolate chips (divided)



INSTRUCTIONS

1. Preheat oven to 350 degrees F. Grease an 9×13 baking pan with cooking spray.
2. In a stand mixer, combine sugar, oil, and flour, combine until mixture resembles wet sand. It will be dry looking and that is ok. While mixing on low, add cocoa, shredded zucchini, vanilla extract, salt and baking soda. Mix until well combined. The mixture will moisten once the zucchini is added. Stir in one cup of the chocolate chips.
3. Pour brownie batter into prepared pan and sprinkle with remaining chocolate chips. Bake for 28-32 minutes or until a toothpick comes out clean and the brownies are set.
4. Cool completely on a wire rack. Cut brownies into squares and serve

Recipe from: Two Peas and Their Pods



Wednesday, August 13th @ 11:00 AM

BINGO with Greg

KVSS ACTIVITIES

Craft Class

Every 2nd Friday of the month

10:00 am

Bingo

Every 3rd Wednesday of the month

11:00 am (NEW TIME)

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

QiGong (NEW CLASS)

2:00 pm Wednesdays and Fridays

Kanawha Valley Senior Services
Picnic



FRIDAY, SEPTEMBER 19

FREE
EVENT



Join us for a picnic in the park!

10 AM - 2 PM

Seniors, Sun, and So Much Fun

Cookskin Park Lodge
375 Henry C. Hoppy Shores Drive
Charleston, WV 25302



August Word Search

F	H	X	L	I	J	K	B	E	I	R	A
R	U	I	P	O	P	S	I	C	L	E	S
E	E	N	N	L	O	M	K	J	K	L	U
A	N	E	K	M	X	U	I	H	T	A	M
D	A	C	Y	T	Q	P	N	S	R	X	M
I	T	R	S	T	A	V	G	N	A	M	E
N	I	C	E	C	R	E	A	M	V	L	R
G	X	A	S	T	Y	E	B	J	E	A	H
L	E	M	O	N	A	D	E	H	L	Y	W
W	F	R	I	E	N	D	S	R	M	P	Z
S	N	O	W	C	O	N	E	P	O	O	L
N	M	X	O	R	L	P	U	H	J	K	G

BIKING

POOL

READING

FRIENDS

POPSICLES

SNOW CONE

RELAX

TRAVEL

SUMMER

ICE CREAM

LEMONADE

FUN



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 Sattles Rand	304-721-8465 304-925-9200

AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				Spaghetti Side Salad Pears Garlic Bread 1
Meatloaf 4 Mashed Potatoes Peas and Carrots Roll Chocolate Peaches Chip Cookie Day!	Chicken Tenders 5 Scalloped Potatoes Green Beans Pears	Chef Salad 6 Beets Cucumber Onion Salad Crackers Fresh Fruit	Biscuit and Gravy 7 Sausage Cheese Omelet Potatoes O'Brien Cooked Apples	BBQ Chicken 8 Sweet Potatoes Succotash Roll Pineapples
Italian Chicken 11 Rice w/Peppers & Onions Brussel Sprouts Peaches	Salisbury Steak 12 Mashed Potatoes Mixed Greens Roll Pears	13 Cooks Choice	Pork Chop 14 Scalloped Potatoes Carrots Roll Pineapples	Cowboy Beans 15 Spinach Roasted Potatoes Corn Bread Apple Sauce
Oven Roasted Chicken 18 Mashed Potatoes and Gravy Peas Roll Peaches	Potato Crusted Pollock 19 Brussel Sprouts Sweet Potato Fries Roll Pears	Hot Dogs with Chili and Slaw 20 Potato Wedges Baked Beans Apple Sauce NATIONAL SENIOR CITIZENS DAY	Bone in Chicken 21 Scalloped Potatoes Green Beans Roll Tropical Fruit	Ham 22 Broccoli Sweet Potatoes Roll Pineapples
Pork BBQ 25 Slaw Baked Beans Succotash Mandarin Oranges	Country Fried Steak 26 Mashed Potatoes Cali Blended Veggies Roll Mixed Fruit	Tuna Salad 27 Croissant Side Salad Beets Banana	Butter Beans 28 Corn Bread Potatoes O'Brien Mixed Greens Cooked Apples	Chicken Teriyaki with Peppers and Onions 29 Rice Pineapple Peas and carrots Upside Down Cauliflower Birthday Cake!



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

Monday	Tuesday	Wednesday	Thursday	Friday
		DONATIONS HELP TO COVER THE COST OF A MEAL		11:45 Lunch 1 NO QIGONG
10:00 Paint Class 4 11:00 Sitting Fit 11:45 Lunch	11:00 Strength Training 5 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 6 2:00 QiGong	11:00 Sitting Fit 7 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 Craft 8 11:45 Lunch 2:00 QiGong
10:00 Paint Class 11 11:00 Sitting Fit 11:45 Lunch	11:00 Strength Training 12 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:00 BINGO w Greg 13 11:45 Lunch 2:00 QiGong	11:00 Sitting Fit 14 11:45 Lunch NO TAI CHI	11:45 Lunch 15 2:00 QiGong
10:00 Paint Class 18 11:00 Sitting Fit 11:45 Lunch	11:00 Strength Training 19 11:45 Lunch NO TAI CHI	11:45 Lunch 20 2:00 QiGong National Senior Citizens Day	11:00 Sitting Fit 21 11:45 Lunch NO TAI CHI	11:45 Lunch 22 2:00 QiGong
10:00 Paint Class 25 11:00 Sitting Fit 11:45 Lunch	11:00 Strength Training 26 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 27 2:00 QiGong	11:00 Sitting Fit 28 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 29 2:00 QiGong

Ahoy! More KVSS senior trip shenanigans on the Valley Gem Sternwheel sightseeing tours. What fun being on the Muskingum and Ohio Rivers with friends.



This candle is in remembrance of our friend Bob, who peacefully passed away on July 13, 2025. We will miss you.



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



KVSS JOB OPENING
Caregivers Kanawha County
Ask about sign on bonus

KVSS Management Team: *Melanie Hirst, Executive Director, Vicki Stanley, Finance Manager, Martha Canterbury, RN Manager, Teresa J. Maloney, CHP Manager and Harry Myers, Nutrition Manager*

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

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Services, Inc.**

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E-mail: info@kvss.org

DONATING TO KVSS IS EASY!

Curious about those QR codes? It's easy and fun! Just open your phone's camera and point it at the code on the right. Like magic, a link appears to tap and it takes you to a safe and secure site called Swipe Simple. You can quickly make a donation to support KVSS programs so give it a try and feel the joy of giving!

