

1710 Pennsylvania Avenue  
Charleston, WV 25302  
Phone: 304-348-0707  
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February 2025  
Vol. 4, Issue 2

## KANAWHA VALLEY SENIOR SERVICES

*Helping Seniors Age Successfully*

Valentine's Day casts a long shadow over the celebrations of this month, with florists overflowing with roses, restaurants offering special dinners for couples, and the chocolate and card industries thriving.

Love, as described by our elders, often defies expectations; it has been described as a tingling sensation, a sense of magic, or a profound emotion that brightens life. It embodies commitment, selflessness, and the joy of sharing life with another. A well-known saying reminds us that while faith and hope are important, the greatest of these is love.

As March arrives, we find ourselves in a season where senior meal providers emphasize the importance of the federally funded Senior Nutrition Program. This time also serves as a reminder that love is the most profound force we can honor. From March 17-21, we will celebrate Community of Champions Week, recognizing those who support our nutrition program through providing additional funding, volunteering, donating, cooking, and meal delivery. Join us in celebrating!



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!**

A DIGITAL ACCOUNT IS  
NEEDED TO PARTICI-  
PATE IN KROGER COM-  
MUNITY REWARDS.

If you already have a  
digital account, simply  
link your Shopper'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)



WEST VIRGINIA STATE  
UNIVERSITY

Extension Service

# COOKING FOR ONE



Kanawha Valley Senior Services, in partnership with West Virginia State University Extension Service, will be offering a Cooking for One program March 7-28. Classes will be held on Fridays 1:30 pm-2:30 pm at 1710 Pennsylvania Avenue in Charleston.

There are 25 spaces available on a first come, first serve basis. Contact the front desk or call (304)348-0707 to register.

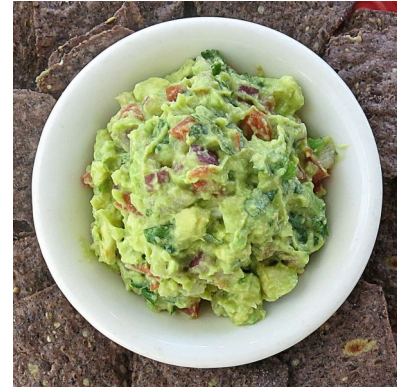
KANAWHA VALLEY SENIOR SERVICES

WEST VIRGINIA STATE  
UNIVERSITY

# Guacamole Dip

## Ingredients

- 2 avocados, peeled, seeded, and sliced
- Red onion to taste
- 1 shallot, minced
- 2 tablespoons lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt



## Instructions

- Place the avocado slices on a large plate and mash them with a fork. (This method creates a consistency that is smooth yet texturally interesting.)
- Blend in the garlic, shallot, red onion, lemon juice, Worcestershire sauce, salt, and Tabasco.
- Mix in the chopped cilantro.
- Transfer to a bowl and lay a sheet of plastic wrap directly on the surface to retard browning.
- Refrigerate for 2 to 3 hours or until lightly chilled.

Guacamole may be served in the traditional way as a dip for tortilla chips, but it is also wonderful on grilled hamburgers, spooned into tomato shells, or spread on bacon and tomato sandwiches. Makes a great Super Bowl snack!





## Adding on to Medicare

Medicare covers a lot, but not everything. For example, Medicare doesn't cover most dental, vision, and hearing care, including hearing aids. It also doesn't cover most non-emergency transportation or care outside of the United States. Even when Medicare does cover your care, there may be out-of-pocket costs left to you, like copays and coinsurances, that can really add up. Today we'll discuss ways to add on to your Medicare to help you access these types of care.

### **Medigaps: Covering out-of-pocket costs**

**Medigaps are health insurance policies that work with Original Medicare—not with Medicare Advantage. They are sold by private insurance companies.**

- ⇒ If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first. Medigaps may cover outstanding deductibles, coinsurance, and copayments.
- ⇒ Medigaps may also cover health care costs that Medicare does not cover at all, like emergency care received when travelling abroad.

**If you want to purchase a Medigap policy, you need to find out the best time to buy one in your state.**

- ⇒ In most states, insurance companies must only sell you a policy at certain times and if you meet certain requirements.
- ⇒ If you miss your window of opportunity to buy a Medigap, your costs may go up, your options may be limited, or you may not be able to buy a Medigap at all.
- ⇒ Even if you do not have the right to buy a Medigap in your state, you may still be able to buy a policy if a company agrees to sell you one. However, know that companies can charge you a higher price because of your health status or other reasons.

**When you're ready to buy a Medigap, you should compare your options and decide which plan you want. You can compare Medigaps on [Medicare.gov](https://www.Medicare.gov) or you can request help from one of our SHIP Counselors.**



**BINGO with Greg**

**February 19TH, 2025 @ 10:30 AM**

**Special donated prize!!**

**Sony 55 inch BRAVIA Smart TV  
with Soundbar and Speakers**



**WINNER IS  
RESPONSIBLE FOR  
TRANSPORTING**

# *Bare Bones*

**FEATURING BILL KIMMONS,  
REBECCA KIMMONS AND  
MARK DAVIS**

**MONDAY MUSIC MATINEE**

February 3, 2025 @ 12:45 PM

Kanawha Valley Senior Services  
1710 Pennsylvania Avenue  
Charleston, WV 25302





## CHRONIC PAIN

# Finding Your Path to Lasting Pain Relief



If you or someone you love is living with chronic pain, you're among the millions of people who know the burden it can be. There are multiple medication-free options for the long-term management of symptoms. Stop by & learn more about the types of chronic pain and the therapies available by attending our seminar.

### FEATURING

#### Spinal Cord Stimulation (SCS) Therapy

- An established therapy used for over 50 years, SCS therapy intercepts pain signals providing long term relief for people with chronic pain such as Diabetic Neuropathy, Sciatica, and Chronic Low Back Pain

#### DRG Neurostimulation Therapy

- Similar to SCS, Dorsal Root Ganglion (DRG) therapy targets nerve roots offering people with focal pain of the lower extremities long term pain relief with Complex Regional Pain Syndrome

### DATE:

February 19<sup>th</sup>, 2025

### TIME:

12:00pm

### LOCATION:

Kanawha Valley Senior Services  
1710 Pennsylvania Ave.  
Charleston, WV 25302

### SPEAKER:

**Via Video:** Dr. Tim Deer,  
The Spine & Nerve Centers  
of the Virginias  
**In Person:** Ryan Sweeney &  
Kaila Mullins: Abbott



## **NEWSLETTER AD SPACE**

**AVAILABLE!**

**SIZE 3 X 4**

**\$150**

**CALL TODAY**

**304-348-0707**



**KVSS is closed Monday, February 17th in honor of President's Day. We will also be closed on Wednesday, March 5th for All Staff Training**

### **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

#### **Tai Chi for Arthritis**

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

#### **ZUMBA FOR SENIORS**

1:30 pm Wednesdays and Fridays





# Valentine's Day Word Search



Word search grid:

```

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

CUPID  
FEBRUARY  
RED  
HUG  
FLOWERS


CANDY  
HEART  
SWEETHEART  
CARD  
SWEET



**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	304-721-8465
		Rand	304-925-9200

**FEBRUARY 2025**



Monday	Tuesday	Wednesday	Thursday	Friday
Cheese omelet 3 Bacon Potatoes O'Brian Biscuit with gravy Apple sauce	Chicken Tenders 4 Scalloped potatoes Succotash Roll Pears	Crabby cake sandwich 5 Sweet potato fries Peas Spiced peaches	Chicken teriyaki 6 Rice Broccoli Pineapples	White Chicken Chili 7 Whole grain crackers Spinach Applesauce
Roasted chicken breast 10 Garden rice Green beans Roasted cauliflower Mixed fruit	Spaghetti 11 Garlic bread Side salad Applesauce	Tuna salad sandwich 12 Beets Three bean salad Cottage cheese and Peaches	Meat loaf 13 Whole grain roll Mashed potatoes peas Mixed fruit	Bone-in chicken 14 Scalloped potatoes Broccoli Whole grain roll Peach cobbler <i>Happy Valentine's Day</i>
<b>CLOSED</b> <b>PRESIDENT'S DAY</b> 17	Pork chop 18 Mashed potatoes California blend vegetables Whole grain roll Pineapple	Salisbury steak 19 Baked beans Mashed potatoes Pears Roll	Navy beans with ham 20 Potatoes O'Brian Corn bread Mixed greens Peaches	Corn dogs 21 Sweet potato wedges Pea salad Spiced peaches
Chicken noodle soup 24 Greens Roll Mixed fruit	<b>COOKS CHOICE</b> 25	Chef salad 26 Crackers Pea salad Cottage cheese and Peaches	Country fried steak 27 Mashed potatoes California blend vegetables Whole grain roll Pears	Ham 28 Sweet potatoes Brussel sprouts Roll Applesauce
				

The Senior Nutrition Program is operated under a Federal Grant for persons aged 60 and over. This grant does not cover the cost of the meals, so donations are appreciated. All participants must have a completed Service Assessment Form annually to participate in this meal program. If you have any questions, please call 304-348-0707.



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



Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Paint Class 3 1:00 Sitting Fit 11:45 Lunch 12:45 Bare Bones Monday Music Matinee	11:45 Lunch 4 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 5 1:30 ZUMBA Students	11:00 Sitting Fit 6 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 7
10:00 Paint Class 10 11:00 Sitting Fit 11:45 Lunch	11:45 Lunch 11 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 12 1:30 ZUMBA Students	11:00 Sitting Fit 13 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 Craft Class 14 11:45 Lunch <i>Happy Valentine's Day</i>
<b>President's Day</b> <b>CENTER'S</b> <b>CLOSED</b> 17	11:45 Lunch 18 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:30 BINGO With Greg 19 11:45 Lunch 12:00 Lunch & Learn Chronic Pain Relief <b>NO ZUMBA</b>	11:00 Sitting Fit 20 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 21
10:00 Paint Class 24 11:00 Sitting Fit 11:45 Lunch	11:45 Lunch 25 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 26 1:30 ZUMBA	11:00 Sitting Fit 27 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 28 1:30 ZUMBA
				

PHONE: 304-348-0707

FAX: 304-348-6432

E-MAIL: [INFO@KVSS.ORG](mailto: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*

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

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