

1710 Pennsylvania Avenue
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January 2025
Vol. 4, Issue 1

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Very Important Changes to Part D in 2025

Starting in 2025, your annual out-of-pocket Part D costs are capped at \$2,000. After you reach this out-of-pocket limit, you owe nothing for covered drugs for the rest of the year.

Remember that only costs associated with covered drugs help you move through the coverage phases. If you spend money on non-covered drugs, those costs will not help you reach the annual cap.

We hope that everyone had a wonderful Christmas holiday and are looking forward to a bright and beautiful New Year!

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

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

Find us on Facebook @
[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>

What's New for Medicare in 2025?


Part A: Hospital insurance

Part A premium	Free if you've worked 10 years or more \$285 per month if you've worked 7.5 to 10 years \$518 per month if you've worked fewer than 7.5 years	
Part A hospital deductible	\$1,676 each benefit period	
Part A hospital coinsurance	\$0 for the first 60 days of inpatient care each benefit period \$419 per day for days 61-90 each benefit period \$838 per lifetime reserve day after day 90 in a benefit period (You have 60 lifetime reserve days that can only be used once. They're not renewable.)	
Skilled nursing facility insurance	\$0 for the first 20 days of inpatient care each benefit period \$209.50 per day for days 21-100 each benefit period	

Part B: Medical insurance

Part B premium (For individuals with incomes below \$106,000 or couples with incomes below \$212,000)	\$185 is the standard premium	
Part B deductible	\$257 per year	
Part B coinsurance	20% for most services Part B covers	

Part D: Prescription drug coverage

National average Part D premium	\$36.78 per month	
Part D maximum deductible	\$590 per year	
Catastrophic coverage You will owe \$0 on covered drugs after reaching this cap.	\$2,000	



January 15, 2025 @ Noon
University of Charleston
School of Pharmacy



January 15, 2025 @ 10:30 AM

NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

\$150

CALL TODAY

304-348-0707



KVSS is closed Monday, January 20th in honor of Martin Luther King, Jr. Day

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

Winter Word Search

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

chilly
fireplace
frost
hibernate
hot chocolate
migrate




penguin
polar bear
snowflake
snowman
white
winter



January 2025
 Kanawha Valley Senior Services, Inc.

\$0-\$600	\$2.00	CANS 304-342-4476
\$601-\$800	\$2.50	Chesapeake 304-949-5797
\$801-\$1000	\$3.00	Elk River 304-965-3175
\$1001-\$1200	\$4.00	Hansford 304-722-6949
\$1201-\$1400	\$5.00	Nitro 304-755-7592
Over \$1401	\$6.30	Rand 304-925-9200

All KVSS On Site Meals Will Be Served With Milk and Water

Monday	Tuesday	Wednesday	Thursday	Friday
		All Centers Closed 1) New Year's Day!!!!	Chicken tenders 2) Mashed potatoes and gravy California blend vegetables Pears roll	spaghetti 3) side salad garlic bread applesauce
Bone in chicken 6) Scalloped potatoes Greens Roll pears	Country fried steak 7) Mashed potatoes and gravy Carrots Roll apples	Crabby Cake sandwich 8) Sweet potato fries Peas peaches	Cowboy beans 9) Corn bread Greens Potatoes O'Brian Mandarin oranges	Chicken Teriyaki 10) Rice Broccoli pineapple
Fish sticks 13) Brussel sprouts Sweet potato fries Roll Mandarin oranges	Cheese omelet 14) Biscuit and gravy Sausage Potatoes O'Brian Apples	Chef Salad 15) Crackers Beets Cottage cheese with peaches	Salisbury Steak 16) Mashed potatoes and gravy Broccoli Roll pears	Pork Chop 17) Scalloped Potatoes Peas and carrots Roll Pineapple
All Centers Closed 20) Martin Luther King Day!!!	Navy Beans with Ham 21) Corn bread Mixed greens Potatoes O'Brian pears	Bacon Cheese Burger 22) Lettuce, tomato, onion French Fries Baked beans Applesauce	Corn Dogs 23) Peas and carrots Broccoli and cheese pineapples	Chili 24) Corn Bread Spinach peaches
Ham 27) Sweet potatoes Greens Roll pineapples	COOKS CHOICE 28)	Italian Chicken 29) Rice California blend vegetables Peaches	Kraut and Kielbasa 30) Succotash Potatoes O'Brian Biscuit applesauce	Roasted chicken 31) Corn Mashed potatoes and gravy Roll Pears, Birthday cake!

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.



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



Monday	Tuesday	Wednesday	Thursday	Friday
PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES	DONATIONS ARE GREATLY APPRECIATED	CLOSED NEW YEARS DAY	1 11:00 Sitting Fit 11:45 Lunch NO TAI CHI	2 11:45 Lunch NO ZUMBA
6 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	7 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	8 11:45 Lunch 1:30 Zumba	9 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10 10:00 Craft 11:45 Lunch NO ZUMBA
13 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	14 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	15 10:30 BINGO 11:45 Lunch 12:00 Lunch & Learn UC School of Pharmacy 1:30 Zumba	16 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	17 11:45 Lunch NO ZUMBA
20 CLOSED MARTIN LUTHER KING JR. DAY	21 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	22 11:45 Lunch 1:30 Zumba	23 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	24 11:45 Lunch 12:30 Cooking for One NO ZUMBA
27 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	28 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	29 11:45 Lunch 1:30 Zumba	30 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	31 11:45 Lunch 12:30 Cooking for One NO ZUMBA

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*

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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