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Charleston, WV 25302
Phone: 304-348-0707
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E-mail: info@kvss.org



July 2024
Volume 2, Issue 7

KANAWHA VALLEY SENIOR SERVICES

HAPPY 4TH OF JULY

FOURTH OF JULY TRIVIA

Which country did the Colonies officially declare their independence from on July 4, 1776? (Great Britain)

How many people were estimated to be living in the Colonies when they gained independence? (2.5million)

Which city hosted the first official Independence Day? (Philadelphia)

How many hot dogs do Americans consume on July 4th each year? (155 Million)

Which three presidents died on July 4th? (John Adams, Thomas Jefferson and James Monroe)

The First American Flag had how many stars? (Thirteen)

What was the first state to declare the 4th of July a state holiday? (Massachusetts)

How many times does the Liberty Bell ring on each Independence Day? (Thirteen)

Who was the first person to sign the Declaration of Independence? (John Hancock)

Which president was born on the 4th of July? (Calvin Coolidge)

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





Preventing Medicare Fraud

STATE HEALTH INSURANCE ASSISTANCE PROGRAM AND SENIOR MEDICARE PATROL

Kanawha Valley Senior Services has trained SHIP and SMP Counselors on staff to help with Medicare enrollment, Medicare Savings Programs, Extra Help, fraud, drug & advantage plan comparisons and general questions about Medicare. Call 304-348-0707 and ask for a Social Service Representative in your area.

Medicare Notes: Medicare Cost Assistance Programs

Below is information on programs that can help you save on your Medicare costs. To learn more about these programs and receive help with applications, contact your State Health Insurance Assistance Program (SHIP) at 877-2675 or KVSS at 304-348-0707.

What is the Medicare Savings Programs?

Medicare Savings Programs (MSPs) are state programs that help cover your Medicare costs. To qualify for a MSP, you must meet your state's income and asset limits. Below are the baseline federal income and asset limits for each MSP. Most states use these limits, but some states have different guidelines, such as different income limits or not imposing asset limits. You should consider applying for the MSP even if you are over the limits, because some income and assets are not counted toward the limits. There are three main programs, each with different benefits and eligibility requirements:

Qualified Medicare Beneficiary (QMB)	- Pays Part A and B premiums - Eliminates cost-sharing for Medicare-covered services	Individual: \$1,275 Couple: \$1,724	Individual: \$9,430 Couple: \$14,130
Specified Low-income Medicare Beneficiary (SLMB)	- Pays Part B premium	Individual: \$1,526 Couple: \$2,064	Individual: \$9,430 Couple: \$14,130
Qualifying Individual (QI)	- Pays Part B premium	Individual: \$1,715	Individual: \$9,430



In Memoriam: Benjamin Blackwell

We are deeply saddened to announce the passing of Benjamin Blackwell, a cherished board member and past Board President of Kanawha Valley Senior Services, on Friday, June 21st. Ben retired from the human resource field and offered invaluable leadership and advice to us over the years.

At our April board meeting, Ben proudly announced, “You all know that I am turning 90 soon!” His wisdom and dedication have left a lasting impact on our organization and all who had the privilege of working with him. Rest in peace.

 **WEST VIRGINIA STATE UNIVERSITY**
Extension Service

COOKING FOR ONE 

Beginning July 19th, 2024 Kanawha Valley Senior Services, in partnership with West Virginia State University Extension Service, will be offering a Cooking for One program. Classes will be on Fridays at 12:30pm at 1710 Pennsylvania Avenue in Charleston.

There are 25 spaces available on a first come, first serve basis. Contact Erin Martin at (304)348-0707 to register.

KANAWHA VALLEY SENIOR SERVICES

USDA Farmer’s Market Vouchers (AKA Veggie Vouchers)

As it is now July and KVSS has some veggie vouchers left we will be taking applications at 1710 Pennsylvania Avenue **every Wednesday (except July 17) between the hours of 10:00 AM – 1:00 PM**. Please be aware this program is for ages 60 and up and a valid photo ID is required. Income guidelines do apply and to receive a voucher from KVSS you must reside in Kanawha County.

While it is not possible to reach every town in Kanawha County we have a mighty staff of social service representatives and a couple of volunteers that try their best even reaching out to multiple senior high-rises. During this time our staff also continues to juggle multiple responsibilities including Medicare counseling and wellness activities! Thank you Amy, Cindy, Janet and Jennifer for all you do when this time rolls around every year. This team completes training and reporting through the USDA every year to qualify to distribute vouchers. Many thanks to Capitol Market for providing a great location to accept applications and distribute vouchers.

Household Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	\$536	\$1,072	\$1,161	\$2,322	\$27,861
2	\$728	\$1,455	\$1,576	\$3,152	\$37,814
3	\$919	\$1,838	\$1,991	\$3,981	\$47,767
4	\$1,110	\$2,220	\$2,405	\$4,810	\$57,720



VEGGIE MARKET LOCATIONS IN KANAWHA COUNTY

Capitol Market
800 Smith Street, Charleston
Monday – Saturday 9a-5p

St. Albans Farmers Market
First Presby Church Parking Lot
201 Kanawha Terrace
Saturdays 9:30a-12p
Closed after September

DNS Farms
Park & Ride, Elkview
Monday – Saturday 9a-5p
Sundays 12P-5p

DNS Farms
St. Albans Welcome Sign
Thursdays, Fridays & Saturdays 10a-6p

DNS Farms
Smithers in front of Valley School
Tuesday – Saturday 10a-5p

Gritt’s Farm
St. Albans Roadside Gateway Plaza
Monday – Saturday 9a-5p

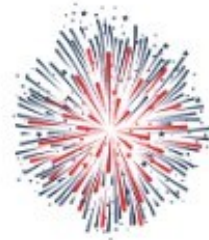
Stinger Produce Market
16 Archibald Dr, Institute
Thursday and Friday 10a-6p
Sundays 12p-5p



4th of July Word Search



D P
 E F
 D C R O
 K L E F
 N R A V T G
 W C R O V I



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

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 NATION
 INDEPENDENCE

FIREWORKS
 LIBERTY
 DECLARATION
 PATRIOTIC
 JULY

FLAG
 STARS
 JULY
 COLONIES
 STATES

I T



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

NEWSLETTER SPACE

AVAILABLE!

SIZE 3 X 4

CALL ERIN TODAY!

304-348-0707



July 2024

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

<u>Income</u>	<u>Donate</u>	<u>Sites</u>	<u>Phone</u>
\$0-\$600	\$2.00	CANS	304-342-4476
\$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	\$6.30	Nitro West Sattes Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork BBQ w/ Coleslaw Baked Beans Cali Veggies Peach Cobbler	2 Butter Beans Mixed Greens Corn Bread Potatoes O'Brian Apple Sauce	3 Tuna Salad on Wheat Bun 3 Bean Salad Carrots Fresh Oranges	4 	5 Goulash Broccoli Pears Roll
8 Meat Loaf Mashed Potatoes w/ Gravy Peas and Carrots Peaches Roll	9 Sloppy Joe Broccoli and Cheese Corn Pears	10 COOK'S CHOICE	11 Italian Chicken Long Grain Rice California Vegetables Applesauce	12 Pork Chop Mashed Potatoes w/ Gravy Mixed Greens Peaches Roll
15 Chicken Tenders Scalloped Potatoes Green Beans Pineapples	16 Cowboy Beans Potatoes O'Brian Corn Bread Apple Crisp	17 Soft Tacos Rice Refried Beans Fresh Fruit	18 Country Fried Steak Mashed Potatoes Peas Roll Mixed Fruit	19 Chicken Teriyaki with peppers, onions long grain rice Carrots Peaches
22 Biscuit and Gravy Potatoes O'Brian Scrambled Eggs w/ Cheese Oranges	23 Ham Carrots Scalloped potatoes Roll Pineapple	24 Chicken Salad on Wheat Pea Salad Beets Pears	25 Spaghetti with Meat Sauce Broccoli Apple Sauce Garlic Bread	26 Bone In BBQ Chicken Scalloped Potatoes Succotash Roll Birthday Cobbler
29 BBQ chicken California vegetables Sweet potatoes Pineapple Roll	30 Potato Crusted Pollock Brussel Sprouts Mashed potatoes Peaches Roll	31 Hot Dogs w/ chili Coleslaw Baked beans Sweet potato fries Mixed fruit	Charleston Site Lunch Served 11:45 – 12:45	

KVSS nutrition site meals are served with milk or water. 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 to participate in this meal program. If you have any questions please call 304-348-0707.



July 2024
Kanawha Valley Senior Services
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"



Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	2 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	3 11:45 Lunch 1:30 Zumba 10:00 – 1:00 Veggie Voucher Distribute	4 CLOSED HAPPY 4TH OF JULY	5 11:45 Lunch NO ZUMBA
8 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	9 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	10 11:45 Lunch NO ZUMBA 10:00 – 1:00 Veggie Voucher Distribute	11 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	12 10:00 Craft 11:45 Lunch NO ZUMBA
15 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	16 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	17 10:30 BINGO 11:45 Lunch 12:00 VA Lunch & Learn	18 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	19 11:45 Lunch 12:30 Cooking for One Registration Required NO ZUMBA
22 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	23 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	24 11:45 Lunch 1:30 Zumba 10:00 – 1:00 Veggie Voucher Distribute	25 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	26 11:45 Lunch 12:30 Cooking for One NO ZUMBA
29 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	30 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	31 11:45 Lunch 1:30 Zumba 10:00 – 1:00 Veggie Voucher Distribute	PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES	DONATIONS ARE GREATLY APPRECIATED



Wednesday, July 17 @
10:30 AM



Craft Class
Bird House



Wednesday, July 17 @ Noon
Hershel "Woody" Williams
VA Community Programs

Friday, July 12 @
10:00 AM



Hospice, Palliative Care and Grief Support...

(304) 768-8523 or (800) 560-8523 www.hospicecarewv.org



HospiceCare
for body mind and spirit

Charleston
1606 Kanawha Blvd., West
Charleston, WV 25387-2536
(304) 768-8523 / (800) 560-8523
Lewisburg
1265 Maplewood Avenue
Lewisburg, WV 24901
(304) 645-2700 / (800) 237-0842

Boone • Braxton • Clay • Fayette • Greenbrier • Jackson • Kanawha • Lincoln • Mason • Monroe • Nicholas • Pocahontas • Putnam • Roane • Summers • Webster

Kanawha Valley Senior Services Newsletter Advertising Sale

"Helping Seniors Age Successfully"

Kanawha Valley Senior Services

1710 Pennsylvania
Avenue

Charleston, WV
25302-3934

T: 304-348-0707

F: 304-348-6432



KVSS is a non-profit 501(c)3 organization created to provide programs of service to individuals in the scenic and historic Kanawha Valley of West Virginia.

The mission of KVSS is "Helping Seniors Age Successfully", and encompasses serving both well and frail individuals age 60 and up.

Programs range from assisting seniors and veterans in their home, to home delivered meals, congregate meals, Alzheimer Day Center, respite services, transportation, socialization and an ever-growing array of senior activities such as painting, exercise classes and lunch and learns.

KVSS coordinates and cooperates with federal, state and county agencies to assure that health, educational, recreational, intergenerational and economic benefit's are readily available to seniors.

Our success is possible because of past contributions, donations, grants, and fundraisers not to mention our wonderful staff and clients!

BLACK AND WHITE AD

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|-------------|----------|--------|
| • FULL PAGE | 11 X 10 | \$1000 |
| • HALF PAGE | 11 X 5 | \$750 |
| • 1/4 PAGE | 5.5 X 5 | \$500 |
| • 1/8 PAGE | 2.75 X 5 | \$300 |

KVSS CIRCULATES APPROXIMATELY 9000 NEWSLETTER COPIES
12 EDITIONS PER YEAR

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
- ◆ 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 City Area
Ask about sign on bonus

KVSS Management Team: Executive Director, Melanie Hirst, Finance Manager, Vicki Stanley and Executive Assistant, Erin Martin

KVSS Board Members: Jack Rogers-President, Steven Dale-Vice President, Harriet Nottingham-Secretary, Chris Rawlings-Treasurer, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Dianna Graves, Patti Hamilton, Oretta Keeney, Jorea Marple, Angie O'Dell, Bill Coyle, Mike Adkins, and Kay Goodwin

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