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July 2025
Vol. 4, Issue 7

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully



Senior Farmers Market Vouchers: Gone in a Flash!

Well, that escalated quickly! The Senior Farmers Market Nutrition Program, distributed by senior centers statewide on behalf of the West Virginia Department of Agriculture, didn't just take off—it practically evaporated. At Kanawha Valley Senior Services, we handed out all 1,100 of our vouchers in just two weeks and that's before we even made it to some of the additional locations we had on our radar!

Each year, our rockstar team steps up with extra training to support this wildly popular program. At some sites, it took a full crew of five KVSS staff members just to keep up with the crowd and make sure our seniors weren't left waiting too long (because let's be honest—no one likes waiting, especially for fresh peaches).

In case you're not familiar, the Senior Farmers Market Nutrition Program is a federally funded initiative, administered locally by the WV Department of Agriculture. It helps eligible low-income seniors gain access to delicious, locally grown produce, herbs, and even honey—yes, honey! It also boosts the local ag economy by supporting farmers markets and roadside stands across the state.

The sign-up window runs from June through October, and vouchers can be used from June 1 to October 31, 2025. Just a heads-up: seniors must apply in the county where they reside, but the vouchers themselves can be used at any approved location throughout West Virginia. (Think of it as a produce passport—farm stand edition.)

And if you happen to know a farmer who'd like to join in the fun next year, have them contact the WV Department of Agriculture's Business Development team to request a 2026 application.

Thanks to everyone who helped make this year's program a success—and to our seniors, enjoy the fruits (and veggies) of your labor. See you all next year!



**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)



Medigap Policies



Medigaps are health insurance policies that offer standardized benefits to work with Original Medicare. They don't work with Medicare Advantage plans. Medigaps are sold by private insurance companies. If you have a Medigap, it pays part or all of the costs after Original Medicare pays first. Medigaps may also cover health care costs that Medicare does not cover at all—for example, care when traveling abroad.

Choosing a Medigap

Insurance companies may offer up to 10 different Medigap policies to choose from: A, B, C, D, F, G, K, L, M, and N. Each lettered policy is standardized. This means that all policies labeled with the same letter have the same benefits. Companies may sell the same Medigap for different prices, even though they have the same coverage. Note: Massachusetts, Minnesota, and Wisconsin have different Medigap plans.

Listed below are things you should consider when choosing a Medigap plan.

- Plan A offers the most basic coverage. It's often the least expensive.
- Plans F, C, and G are the most comprehensive Medigaps. They generally cost the most.
- Plans F and C are only available if you were eligible for Medicare before January 1, 2020.
- Medigap plans are guaranteed renewable. That means that as long as you pay the premium, you can keep your plan. However, premiums may change yearly.
- Shop around. Different insurance companies charge different premiums for the exact same policy.



Contact your State Health Insurance Assistance Program (SHIP) to learn when you can purchase a Medigap in your state.

Call 877-839-2675 or visit www.shiphelp.org to contact your local SHIP.

TOMATO TART

INGREDIENTS

- 12 sheets phyllo dough (14x9 inches)
- 2 tablespoons olive oil
- 2 tablespoons dry bread crumbs
- 2 tablespoons prepared pesto
- 3/4 cup crumbled feta cheese
- 1 medium tomato, cut into 1/4-inch slices
- 1 large yellow tomato, cut into 1/4-inch slices
- 1/4 teaspoon pepper
- 5 to 6 fresh basil leaves, thinly sliced



INSTRUCTIONS

- Preheat oven to 400°. Place 1 sheet of phyllo dough on a baking sheet lined with parchment. (Keep remaining phyllo covered with a damp towel to prevent it from drying out.) Brush with 1/2 teaspoon oil and sprinkle with 1/2 teaspoon bread crumbs. Repeat layers, being careful to brush oil all the way to edges.
- Fold each side 3/4 in. toward center to form a rim. Spread with pesto and sprinkle with half the feta cheese. Alternately arrange the red and yellow tomato slices over cheese. Sprinkle with pepper and remaining feta.
- Bake until crust is golden brown and crispy, 20-25 minutes. Cool on a wire rack for 5 minutes. Remove parchment before cutting. Garnish with basil.
- Substitute mozzarella cheese if preferred.



Wednesday, July 16th @ 11:00 AM

Sponsored By

Charleston Healthcare Center



Wednesday, July 30th @ 12:00 PM
WVATS



NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

\$150

CALL TODAY

304-348-0707



*****UPCOMING*****
Sternwheeler Boat Trip

Get ready for a scenic adventure! Enjoy a 90-minute sightseeing river cruise along the stunning Ohio and Muskingum Rivers

All this fun for just \$30, including transportation to Marietta, your delicious lunch, and a relaxing cruise.

Sign up with Frieda or Mary today by calling 304-348-0707!

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

ZUMBA FOR SENIORS (NEW TIME)

10:00 am Wednesdays 1st, 2nd, and 3rd of each month

4th of July Word Search

INDEPENDENCE
STARS
STRIPES
EAGLE
FREEDOM
PATRIOTIC
FIREWORKS
JULY
FLAG
AMERICA
PARADE
BELL
RED
WHITE
BLUE

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A	J	D	O	F	Z	I	C	B	J	W	H	I	T	E

KVSS is closed Friday, July 4th




July 2025

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

"Helping Seniors Age Successfully"

Income	Donate	Sites	Phone
\$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
	Butter Beans 1 Mixed Greens Corn Bread Potatoes O'Brian Apple Sauce	Fish Stix 2 Hushpuppies Sweet Potato wedges Corn Mandarin oranges	Spaghetti 3 Side Salad Pears Roll	 4
Pork BBQ w/ Coleslaw 7 Baked Beans Cali Veggies Peach Cobbler	Sloppy Joe 8 Broccoli and Cheese Corn Pears	COOK'S CHOICE 9	Italian Chicken 10 Long Grain Rice California Vegetables Applesauce	Pork Chop 11 Mashed Potatoes w/ Gravy Mixed Greens Peaches Roll
Chicken Tenders 14 Scalloped Potatoes Green Beans Pineapples	Cowboy Beans 15 Potatoes O'Brian Corn Bread Apple Crisp	Soft Tacos 16 Rice Refried Beans Fresh Fruit	Oven Roasted Chicken 17 Mashed Potatoes Peas Roll Mixed Fruit	Chicken Teriyaki 18 with peppers and onions long grain rice Carrots Peaches
Biscuit & Sausage Gravy 21 Potatoes O'Brian Scrambled Eggs w/ Cheese Applesauce	Ham 22 Carrots Scalloped potatoes Roll Pineapple	Chicken Salad on Wheat 23 Pea Salad Beets Pears	Salisbury Steak n gravy 24 Mashed potatoes Broccoli Apple Sauce Roll	Bone In Chicken 25 Scalloped Potatoes Succotash Roll Oranges Birthday Cake
BBQ chicken 28 California vegetables Sweet potatoes Pineapple Roll	Potato Crusted Pollock 29 Brussel Sprouts Mashed potatoes Peaches Roll	Hot Dogs w/ Chili 30 Coleslaw Baked beans Sweet potato fries Mixed fruit	Country Fried Steak 31 Mashed potatoes Peas n carrots Roll Banana	Charleston Site Lunch Served 11:45 – 12:45



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



Monday	Tuesday	Wednesday	Thursday	Friday
DONATIONS ARE GREATLY APPRECIATED	1 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	2 10:00 ZUMBA 11:45 Lunch 2pm-3pm Qigong	3 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	4 CLOSED HAPPY 4TH OF JULY
7 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	8 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	9 10:00 ZUMBA 11:45 Lunch 2pm-3pm Qigong	10 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11 10:00 Summer Craft 11:45 Lunch 2pm-3pm Qigong
14 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	15 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	16 10:00 ZUMBA 11:00 BINGO w/Charleston Healthcare Center 11:45 Lunch 2pm-3pm Qigong	17 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	18 11:45 Lunch 2pm-3pm Qigong
21 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	22 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	23 9:30am Sternwheeler Boat Trip *Must preregister for trip* 11:45 Lunch 2pm-3pm Qigong	24 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	25 11:45 Lunch 2pm-3pm Qigong
28 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	29 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	30 10:00 ZUMBA 11:45 Lunch 12:00 Lunch & Learn WVATS 2pm-3pm Qigong	31 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	



QIGONG BEGINS JULY 2

Study and Utilization of energy.

Qigong is the practice of developing greater awareness and control over the inner life energy for therapeutic and healing purposes. "Qi" is referred to as cultivating internal energy and "Gong" refers to the gradual accumulation of knowledge, skills and abilities.



CLASS WILL BE
HELD EVERY
WEDNESDAY AND
FRIDAY

2 PM - 3 PM

JOIN IN PRACTICING
TO CULTIVATE YOUR
INTERNAL ENERGY

LEAD BY
DIANE FIORENTINO

KANAWHA VALLEY SENIOR SERVICES

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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



KVSS JOB OPENING
Caregivers Kanawha County
Ask about sign on bonus

KVSS Executive Team: *Melanie Hirst, Executive Director, and Vicki Stanley, Finance Manager and Allie Aguiar, Executive Assistant*

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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