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June 2024
Volume 2, Issue 6

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Medicare Fraud Prevention Week

June 3—7

Medicare Fraud Prevention Week focuses on the actions everyone can take to prevent Medicare fraud, errors, and abuse. We are highlighting Medicare Fraud Prevention Week because most people become eligible for Medicare when they turn 65. Medicare Fraud Prevention Week is hosted by the Administration for Community Living and the Senior Medicare Patrol, known as the SMP. KVSS has SMP Counselors available to help!

The SMP is a national program to educate Medicare beneficiaries about Medicare fraud, errors, and abuse. Learn how you can protect yourself and your loved ones from Medicare fraud by joining us every day of Medicare Fraud Prevention Week from 6/3 through 6/9 for a different message on our Facebook page.

WHY IS THIS WEEK IMPORTANT?

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse, though that number is impossible to measure. Every day, issues related to these problems affect people across the country, often costing them time, money, and well-being.

Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, repeated errors by a doctor or provider could be considered a red flag of potential fraud or abuse if not corrected. Some common examples of fraud, errors, or abuse could include:

- Charging for services or supplies that were not provided
- Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment
- Prescribing or providing excessive or unnecessary tests and services

Falling prey to consumer scams or health care fraud may mean that your Medicare number has been "compromised" as a result of medical identity theft. Stealing from Medicare leaves less available funds for those needing services now as well as those needing Medicare in the future.

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





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: Stop Medicare Fraud

[Protect your number](#)

- Never give your Medicare number to anyone you don't know.
- Don't carry your Medicare card with you unless you are going to the doctor.
- Treat your Medicare card like a credit card.
- Beware of offers for free services in exchange for your Medicare number such as braces, genetic testing/cancer screenings including testing screenings before getting a COVID booster, and COVID unsolicited services such as testing, vaccines, or supplies!
- Beware of callers saying they are with Medicare, Medicare doesn't call you except in very limited circumstances!

[Detect Medicare fraud, errors & abuse](#)

- Record doctors visits, tests and prescriptions in a health care journal or calendar.
- Review your Medicare Summary Notice and compare it to your records. Look for double billing, services not provided by your doctor, doctors you don't know, items you do not use such as catheters!
- Set up a personal account at www.medicare.gov to view your Medicare records online 24/7.

[Report so that nobody has to lose a chunk of change.](#)

- Call your provider or insurance plan and ask for an explanation.
- If you aren't happy with their answer or aren't comfortable contacting them, call the Senior Medicare Patrol at 1-855-254-1720 or contact KVSS at 304-348-0707.

RECIPE—FRESH PINEAPPLE SALSA

Ingredients

- 1 cup finely chopped fresh pineapple
- 1/4 cup finely chopped red onion
- 1/4 cup red bell pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 1 tablespoon fine chopped fresh cilantro
- 1 tablespoon lime juice
- 1 clove garlic, minced
- 1/2 teaspoon white sugar
- 1/2 teaspoon salt



Recipe Received From: [Fresh Pineapple Salsa Recipe \(allrecipes.com\)](http://allrecipes.com)

Instructions:

Mix pineapple, red onion, bell pepper, jalapeño, cilantro, lime juice, garlic, sugar, and salt together in a bowl until combined; cover and refrigerate for 1 hour so flavors can meld



**KANAWHA VALLEY SENIOR SERVICES
SENIORS FARMERS MARKET VOUCHER DISTRIBUTION 2024**



This program is for seniors aged 60 and older ONLY. Vouchers are \$50.00. A valid photo ID IS REQUIRED.

HOUSEHOLD INCOME GUIDELINES

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

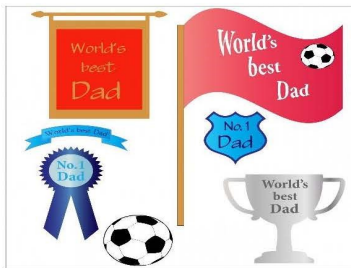
****A PROXY MAY PICK UP A VOUCHER BOOKLET FOR THREE (3) SENIORS ONLY**
IF PICKING UP MUST HAVE SENIORS PHOTO ID, ADDRESS, PHONE NUMBER, INCOME AND A SIGNED
NOTE ALLOWING FOR PICKUP.**

- | | | |
|---|---------------------------|---------------------------|
| Clendenin Community Center
41 st Street Clendenin, WV | Tuesday, June 4 | 9:00 AM – 11:30 AM |
| Elk River Community Center
1058 Main Street Elkview, WV | Tuesday, June 4 | 12:30 PM – 2:30 PM |
| Kanawha Valley Senior Services (CANS)
1710 Pennsylvania Avenue Charleston, WV | Wednesday, June 5 | 10:00 AM – 1:00 PM |
| Capitol Market
800 Smith Street Charleston, WV | Wednesday, June 12 | 10:00 AM – 1:00 PM |
| Rand Community Center
5701 Church Drive Rand, WV | Friday, June 14 | 1:30 PM – 4:00 PM |
| Dunbar Senior Center
210 12 th Street Dunbar, WV | Monday, June 17 | 9:00 AM – 11:30 AM |
| So. Charleston Community Center
601 Jefferson Road So. Charleston, WV | Monday, June 17 | 12:30 PM – 2:30 PM |
| Hansford Senior Center
500 Washington Street St. Albans, WV | Wednesday, June 26 | 9:00 AM – 11:30 AM |
| Nitro West Sattes
234 Lee Avenue Nitro, WV | Wednesday, June 26 | 12:30 PM – 2:30 PM |

WHILE SUPPLIES LAST every Wednesday in July vouchers may be picked up at Kanawha Valley Senior Services in Charleston between the hours of 10:00 AM – 1:00 PM. Parking is available across the street or behind the building.

Father's Day Word Search

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



CARD	FATHER
CARING	GIFT
CELEBRATE	HOLIDAY
CHILDREN	JUNE
DAD	LOVING
FAMILY	PARENT



VEGGIE MARKET LOCATIONS IN KANAWHA COUNTY

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

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

Gritt's Farm
 St. Albans Roadside Gateway Plaza
 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
 Smithers in front of Valley School
 Tuesday – Saturday 10a-5p

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

NEWSLETTER SPACE

AVAILABLE!

SIZE 3 X 4

CALL ERIN TODAY!

304-348-0707

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

Cornhole and Board Games every Friday



June 2024

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

Charleston Senior Center

Lunch Served
11:45 – 12:45

Income

\$0-\$600
\$601-\$800
\$801-\$1000
\$1001-\$1200
\$1201-\$1400
Over \$1400

Suggested Donate

\$2.00
\$2.50
\$3.00
\$4.00
\$5.00
\$6.00

Sites

Charleston
Chesapeake
Clendenin
Elk River
Hansford
West Sattles
Rand

Phone

304-348-0707
304-949-5797
304-548-4192
304-965-3175
304-722-6949
304-721-8465
304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>COOKS CHOICE</p>	<p>4</p> <p>Goulash Corn Peas & Carrots Pears</p>	<p>5</p> <p>Chef Salad 3 Bean Salad Beets Pineapples Roll</p>	<p>6</p> <p>BBQ Chicken Sweet Potatoes Broccoli Apples Roll</p>	<p>7</p> <p>Vegetable Beef Soup Crackers Side Salad Cottage Cheese & Pineapples</p>
<p>10</p> <p>Biscuit N Gravy Potatoes O'Brian Cheese Omelet Apple Sauce</p>	<p>11</p> <p>Chicken Teriyaki Rice Broccoli Pineapples</p>	<p>12</p> <p>Tuna Salad Sandwich Pea Salad Beets Pears</p>	<p>13</p> <p>Butter Beans Corn Bread Greens Potatoes O'Brian Peaches</p>	<p>14</p> <p>Meat Loaf Mashed Potatoes Green Beans Mixed Fruit Roll</p>
<p>17</p> <p>Ham Sweet Potatoes Succotash Pears Roll</p>	<p>18</p> <p>Hot Dog w/ Chili & Slaw Baked Beans Potato Salad Apple Crisp</p>	<p>19</p> <p>JUNETEENTH CLOSED</p>	<p>20</p> <p>WV DAY CLOSED</p>	<p>21</p> <p>Bone-in Chicken Mashed Potatoes Peas & Carrots Peaches Roll</p>
<p>24</p> <p>Cowboy Beans Corn Bread Mixed Greens Potatoes O'Brian Applesauce</p>	<p>25</p> <p>Pork Chops Scalloped Potatoes Brussel Sprouts Pears Roll</p>	<p>26</p> <p>Sloppy Joe Cole Slaw Pasta Salad Apples Chocolate Pudding</p>	<p>27</p> <p>Chicken Tenders Baked Beans Sweet Potatoes Mandarin Oranges Roll</p>	<p>28</p> <p>Potato Crusted Pollock Mashed Potatoes Peas Peaches Roll</p>

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.



June 2024
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		
3 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	4 11:45 Lunch 12:00 L&L Medicare Fraud NO TAI CHI	5 10:00 Veggie Vouchers 11:45 Lunch NO ZUMBA	6 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	7 11:45 Lunch 12:15 Corn Hole 1:30 Zumba
10 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	11 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	12 10:30 BINGO 11:45 Lunch 12:00 Elder Abuse & Fraud Lunch & Learn Leann Pritt, Economic Crime Specialist	13 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	14 10:00 Craft 11:45 Lunch 12:15 Corn Hole 1:30 Zumba
17 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	18 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	19 CENTERS CLOSED	20 CENTERS CLOSED	21 11:45 Lunch 12:15 Corn Hole 1:30 Zumba
24 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	25 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	26 11:45 Lunch 1:30 Zumba	27 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	28 11:45 Lunch 12:15 Corn Hole 1:30 Zumba



Wednesday, June 12 @
10:30 AM



Craft Class
Ceramic Tiles
Friday, June 14 @
10:00 AM



Monday, June 3 @ Noon
Medicare Fraud

Wednesday, June 12 @ Noon
Elder Abuse & Fraud



Leann Pritt CFE,CECFE
Economic Crime Specialist
Training Instructor
 NW3C, Inc.
 5000 NASA Blvd., Suite 2100, Fairmont, WV 26554
 Phone: (304) 368-2362 | Email: lpritt@nw3c.org



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

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
Home Delivered Meal Driver
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, Ben Blackwell, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Dianna Graves, Patti Hamilton, Oretta Keeney, Jorea Marple, Angie O'Dell, Bill Coyle, Mike Adkins, and Kay Goodwin

Kanawha Valley Senior Services, Inc.

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