

1710 Pennsylvania Avenue
Charleston, WV 25302
Phone: 304-348-0707
Fax: 304-348-6432



June 2025
Vol. 4, Issue 6

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

IN THE SPOTLIGHT

Community Health Caregiving Programs offered by Kanawha Valley Senior Services encompass the Veteran's Administration, Medicaid Aged and Disabled Waiver, Personal Care, and Lighthouse. Each program has distinct medical and financial eligibility criteria, as well as varying levels of care, but they all aim to support individuals in their homes, promoting independence and dignity.

The Medicaid Aged and Disabled Waiver (ADW) Program provides in-home and community services to individuals 18 years of age and older who are medically and financially eligible. Medical eligibility is based on a Medical Necessity Evaluation Request (MNER) which must be completed by the applicant and the applicant's physician. Financial eligibility is determined by your local county Department of Health and Human Resources office.

Services in the ADW Program that are provided to recipients include Case Management, a Personal Attendant to help with activities of daily living, necessary transportation and an RN who completes assessments to ensure that the recipient's plan of care meets his/her needs

If you would like to learn more about how this program can make a difference for you, please call us at 304-348-0707 and ask to speak with one of our compassionate Registered Nurses.



**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)*



EAT WINGS RAISE FUNDS

KANAWHA VALLEY SENIOR SERVICES

Be sure to
tell your
server you
would like to
support
KVSS

Wednesday, June 18th
4:00 pm to 9:00 pm

2501 Mountaineer
Boulevard Location

Buffalo Wild Wings® will donate 15% of
your total bill (not including tax,
gratuity, alcohol or promotional
discounts) to our organization.

MACARONI SALAD

INGREDIENTS

2/3 cup low-fat sour cream
1/2 cup light mayonnaise
2 tablespoons chopped fresh parsley
2 TBSP sweet pickle relish
1 TBSP spicy brown mustard
1/2 TSP white pepper
4 cups cooked elbow macaroni (about 8 ounces uncooked pasta)
1 cup sliced green peas, thawed
3/4 (3 ounces) diced reduced fat sharp cheddar cheese
1/2 cup diced carrot
1/2 cup diced green bell pepper
1/2 cup diced celery
1/2 cup diced lean ham (2 ounces)



INSTRUCTIONS

- 1. Combine first 6 ingredients in a large bowl and stir well.**
- 2. Add macaroni and remaining ingredients.**
- 3. Toss well to coat.**
- 4. Cover and chill before serving.**

Recipe is taken from the 1999 Kanawha Valley Senior Services, Inc. "Heritage Camp" Cook Book that was submitted by our very own Mary Nicholas.

Medicare and Durable Medical Equipment

What kind of durable medical equipment (DME) does Medicare cover?

Medicare usually covers DME if:



It's **durable**, meaning
it can withstand
repeated use



It serves a
medical purpose



It's appropriate and
needed for use **in the
home**, although you
can also use it outside
the home



It's likely to
last for three years
or more

Examples of DME: Wheelchairs, walkers, hospital beds, power scooters, portable oxygen equipment, orthotics, catheters (if your need for them is permanent), prosthetics, certain diabetes supplies (including glucose monitors)

What kind of DME does Medicare not cover?

- Equipment to mainly help you outside the home
- Items intended only to make things more convenient or comfortable
- Items that you throw away after one use
- Items that you don't use with equipment
- Modifications to your home
- Equipment not for use in the home

For example: Air conditioners, incontinence pads, surgical facemasks, or oscillating beds.

Note: Some Medicare Advantage Plans may cover minor home modifications or other items as a supplemental benefit.

JOIN US FOR LUNCH AND LEARN HOW TO IDENTIFY AND AVOID FRAUD

When Tuesday, June 3rd

Time 12:15pm

Where 1710 Pennsylvania Ave, Charleston

- Recognize the warning signs of fraud
- What to do if you become a victim of fraud
- How your bank can play a role in helping to avoid and deal with financial fraud

City
NATIONAL BANK

KANAWHA COUNTY SENIOR FARMERS MARKET VOUCHER

PARTICIPATING LOCATIONS

- 1. Capitol Market**
800 Smith Street
Charleston
Monday—Saturday 9 AM—5 PM
Sundays 12 PM—5 PM
- 2. DNS Farms**
St. Albans Welcome Sign
Thursday, Friday, & Saturday 10 AM—6 PM
- 3. Gritt's Farm**
Roadside Gateway Plaza
St. Albans
Monday—Saturday 9 AM—5 PM
Sundays 12 PM—5 PM
- 4. Marmet Farmers Market**
8505 MacCorkle Avenue
Marmet
Saturdays 8 AM—12 PM
- 5. St. Albans Farmers Market**
First Presbyterian Church Parking Lot Kanawha Terrace
St. Albans
Saturdays 9:30 AM—12 PM Closes in September
- 6. South Charleston Farmers Market**
4006 MacCorkle Avenue SW
South Charleston
Monday—Saturday 9:00 AM—7:00 PM
Sundays 1:00 PM—5:00 PM



Market locations are an agreement between the farmers market and the United States Department of Agriculture. The number of vouchers allocated to senior centers are determined by the USDA.



KANAWHA VALLEY SENIOR SERVICES
SENIORS FARMERS MARKET VOUCHER DISTRIBUTION 2025
*****KANAWHA COUNTY RESIDENTS ONLY*****



This program is for seniors aged 60 and older ONLY. Vouchers are \$30.00. A valid photo ID IS REQUIRED.

HOUSEHOLD INCOME GUIDELINES

Household Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	\$557	\$1,114	\$1,207	\$2,413	\$28,953
2	\$753	\$1,505	\$1,631	\$3,261	\$39,128
3	\$949	\$1,897	\$2,055	\$4,109	\$49,303
4	\$1,144	\$2,288	\$2,479	\$4,957	\$59,478

****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.

<u>LOCATION</u>	<u>DATE</u>	<u>TIME</u>
Kanawha Valley Senior Services 1710 Pennsylvania Avenue Charleston, WV	Wednesday, June 4	10:00 AM – 1:00 PM
Hansford Senior Center 500 Washington Street St. Albans, WV	Thursday, June 5	8:30 AM – 11:30 AM
Nitro West Sattes 234 Lee Avenue Nitro, WV	Thursday, June 5	1:00 PM – 3:00 PM
Elk River Community Center 1058 Main Street Elkview, WV	Wednesday June 11	9:00 AM – 11:30 AM
Clendenin Community Center 101 1 st Street Clendenin, WV	Monday, June 16	9:00 AM – 11:30 AM
Capitol Market 800 Smith Street Charleston, WV	Wednesday, June 18	10:00 AM – 1:00 PM
Dunbar Senior Center 210 12 th Street Dunbar, WV	Monday, June 23	8:30 AM – 11:30 AM
So. Charleston Community Center 601 Jefferson Road So. Charleston, WV	Monday, June 23	1:00 PM – 3:00 PM
Rand Community Center 5701 Church Drive Rand, WV	Wednesday June 25	10:00 AM – 12:30 PM

WHILE SUPPLIES LAST every Wednesday in July vouchers may be picked up at Kanawha Valley Senior Services 1710 Pennsylvania Avenue in Charleston between the hours of 10:00 AM – 1:00 PM. Parking is available across the street or behind the building.



Wednesday, June 18th @ 11:00 AM



Wednesday, June 3rd @ 12:15 PM
City National Bank Identify and Avoid Fraud

Wednesday, June 18th @ Noon
ADT Medical Alert

NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

\$150

CALL TODAY

304-348-0707

*****UPCOMING*****

Important
Dates

JQ Dickinson Salt Works Senior Trip

Friday June 6th. Registration Required

KVSS will be closed June 19th and 20th

Buffalo Wild Wings Fundraiser

Mountaineer Blvd. Southridge

June 18th 4 PM—9 PM

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



SUMMER WORD SEARCH



Instructions - Find and circle the Summer words or phrases. The most circled words wins!

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

AIR CONDITIONER
LAWNMOWER
FIREWORKS
FESTIVALS
HUMIDITY

SUNBATHING
SUNSCREEN
CONCERTS
MAY
HIKING

SUMMER DAYS
BASEBALL
COOKOUT
POOL PARTY
JUNE

FLIP FLOPS
SWIMMING
PICNIC
POOL TOYS
JULY



June 2025
Kanawha Valley Senior Services
1710 Pennsylvania Avenue Charleston, WV 25302
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch Medicare Fraud Prevention Week	3 11:00 Streangth Training 11:45 Lunch 12:15 L&L- Fraud Prevention City National 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	4 10:00 – 1:00 Veggie Voucher Distribution 11:45 Lunch 12:30 WVSU Senior Listening Session NO ZUMBA	5 11:00 Sitting Fit 11:45 Lunch NO TAI CHI	6 11:45 Lunch Salt Works Tour Must Preregister
9 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	10 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11 10:00 ZUMBA 11:45 Lunch	12 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	13 10:00 Craft – Clay Flowers 11:45 Lunch
16 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	17 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	18 10:00 ZUMBA 11:00 BINGO 11:45 Lunch 12:00 Lunch & Learn - ADT Medical Alert Buffalo Wild Wings Fundraiser 4PM	19 CLOSED Happy Juneteenth	20 CLOSED Happy WV Day
23 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	24 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	25 11:45 Lunch NO ZUMBA	26 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	27 11:45 Lunch
30 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch		DONATIONS TO COVER THE COST OF A MEAL ARE GREATLY APPRECIATED		

**Be Sure to
Chime In!**



SENIOR LISTENING SESSION
JUNE 4, 2025 | 12:30 PM
1710 PENNSYLVANIA AVENUE
CHARLESTON, WV

**WHAT PROGRAMS WOULD YOU LIKE
TO SEE WVSU EXTENSION OFFER AT
KVSS?**




**Be Sure to
Chime In!**



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 Sattes Rand	304-721-8465 304-925-9200

JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Country Fried Steak 2 Mashed Potatoes & Gravy Corn Pears	Roasted chicken breast 3 Mashed Potatoes Broccoli Cooked Apples Roll	Cooks Choice 4	Vegetable Beef Soup 5 Side Salad Crackers Cottage Cheese and Pineapples	Biscuit and Gravy 6 Sausage Patty Cheese Omelet Potatoes O'Brien Applesauce
Chicken Teriyaki 9 Rice Brussel Sprouts Pineapple	Pinto Beans 10 Potatoes O'Brien Corn Bread Greens Pears	Tuna Salad Sandwich 11 Three Bean Salad Beets Peaches	Meat Loaf 12 Mashed Potatoes Green Beans Mixed Fruit Roll	Ham 13 Sweet Potatoes Peas Roll Mandarin Oranges
Cowboy Beans 16 Corn Bread Mixed Greens Potatoes O'Brien Peaches	Bone In Chicken 17 Scalloped Potatoes Succotash Roll Applesauce	Potato Crusted Pollock 18 Mashed Potatoes Carrots Roll Mixed Fruit	19 CLOSED JUNETEENTH	20 CLOSED WV DAY
Pork Chops 23 Sweet Potatoes Peas and carrots Roll Mixed Fruit	Italian Chicken Breast 24 Rice Spinach Pears	Sloppy Joe 25 Potato Wedges Cole Slaw Peach Cobbler	Chicken Tenders 26 Baked Beans Broccoli Apples	Chicken Burrito 27 W/ Peppers onions and cheese Yellow Rice Refried Beans Pineapple Upside Down Cake BIRTHDAYS CELEBRATION
Chicken Parmesan 30 Mixed Greens Side Salad Tropical Fruit				

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.



J.Q. Dickinson Salt Works Tour – Malden, WV June 6th

Please join KVSS as we tour J.Q. Dickinson Salt Works- a local hidden wonder!

Experience history as you tour the grounds of the once largest salt producing region in the United States. We will hand harvest our own natural salt to take home!

Following our activities, we will enjoy a cold lunch provided by KVSS on one of the patios located on the J.Q. Dickinson property. Before we depart, we will make a brief stop at the gift shop.

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



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 Susanah Carpenter*

**Kanawha Valley Senior
Services, Inc.**

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Fax: 304-348-6432

E-mail: info@kvss.org

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