

1710 Pennsylvania Avenue
Charleston, WV 25302
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March 2026
Vol. 5, Issue 1

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Attending a senior center can have a powerful and positive impact on the health and well-being of older adults. While centers are often known for offering meals, games, and social activities, their true value goes much deeper — supporting both physical and mental health in meaningful ways.

One of the most important benefits of senior center participation is increased social connection. As people age, they may face isolation due to retirement, loss of loved ones, or limited mobility. Regular interaction with peers helps reduce feelings of loneliness and depression, which are closely linked to declining health. Seniors who engage socially often report improved mood, reduced stress, and a stronger sense of purpose.

Senior centers also encourage physical activity through exercise classes, walking groups, or wellness programs. Even light movement can improve balance, flexibility, and strength — helping to prevent falls and maintain independence. Staying active is also associated with better management of chronic conditions such as arthritis, heart disease, and diabetes.

Nutrition is another key health factor. Many senior centers provide balanced meals that support proper dietary needs. Access to nutritious food helps seniors maintain energy, manage weight, and support immune function — especially important for those who may struggle to cook regularly at home.

Cognitive health also benefits from participation. Activities like games, crafts, educational workshops, and group discussions stimulate the mind and may help slow memory decline. Mental engagement plays an important role in reducing the risk of cognitive impairment and supporting overall brain health.

In short, senior centers are much more than social gathering places — they are hubs for helping seniors age successfully!

When you get an opportunity to talk to elected officials let them know how important senior centers are.



Please donate to KVSS
by using your Kroger
card!

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)



KVSS March Crafts

Friday, March 13, 10 am

Bowls in Bloom



Monday, March 23, 1:30pm



Neurographic Art

A meditative freeform art practice incorporating mindfulness and relaxation, no art experience or skills are required.

1710 Pennsylvania Avenue

***Enjoy lunch with us before or after
craft \$2.00 Suggested Donation***

Pistachio Bundt Cake



Cake

Nonstick Vegetable Oil Spray (such as Baker's Joy) or unsalted butter, room temperature (for pan)

1 ¼ cups (156 g) all-purpose flour

2 ¼ cups raw pistachios

1 ½ tsp. Diamond Crystal or 1 tsp. Morton kosher salt

¾ tsp. baking powder

¼ tsp. baking soda

6 large eggs

1¾ cups (350 g) granulated sugar

1 tsp. vanilla extract

½ tsp. almond extract

½ cup (1 stick) unsalted butter, melted, slightly cooled

⅓ cup vegetable oil

Glaze and Assembly

2 oz. cream cheese, room temperature

3¼ cups (358 g; or more) powdered sugar

¼ cup (or more) fresh lemon juice

Kosher salt

Coarsely chopped raw pistachios (for serving)

Step 1—Place a rack in middle of oven and preheat to 300°. Generously coat pan with nonstick vegetable oil spray or, using a pastry brush or paper towel, generously coat with room-temperature unsalted butter, making sure to cover every crevice. Place 1¼ cups all-purpose flour, 2¼ cups raw pistachios, 1½ tsp.

Diamond Crystal or 1 tsp. Morton kosher salt, ¾ tsp. baking powder, and ¼ tsp. baking soda in a blender in the order listed (this will help prevent the nuts from turning into butter) and pulse in 5-second bursts until pistachios are finely ground but not quite a paste. Transfer to a large bowl (some small pieces of pistachios may remain and that's okay).

Stream in ½ cup (1 stick) unsalted butter, melted, slightly cooled, and ⅓ cup vegetable oil and blend until emulsified and mixture is smooth, about 1 minute. Pour into bowl with pistachio mixture and whisk until smooth. Scrape batter into prepared pan and smooth surface.

Step 2—Blend 6 large eggs, 1¾ cups (350 g) granulated sugar, 1 tsp. vanilla extract, and ½ tsp. almond extract in blender (no need to rinse) on high until fluffy and pale, about 2 minutes. With machine running,

Step 3—Bake cake until top is barely golden and springs back when gently pressed, 60–70 minutes. Transfer pan to a wire rack and let cake cool in pan 10 minutes. Turn cake out onto rack, loosening with a small offset spatula if needed, and let cool completely.

Step 4—Vigorously whisk 2 oz. cream cheese, room temperature, 3¼ cups (358 g) powdered sugar, ¼ cup fresh lemon juice, and a large pinch of kosher salt in a medium bowl until smooth. Glaze will be very stiff at first but should loosen up as you whisk. It should be the texture of whisked yogurt and thick enough to coat a spoon. Adjust consistency with a little more lemon juice or powdered sugar if needed.

Step 5—Drizzle glaze over cooled cake, letting it run down sides. Top with coarsely chopped raw pistachios. Let cake sit until glaze is set, at least 30 minutes.

Medicare and Skilled Nursing Facility Care

“Skilled nursing facility” is often shortened to SNF—pronounced like “sniff.” SNF care is post-hospital inpatient care. SNFs can be their own facilities, or they can be part of nursing homes or hospitals.

Who is eligible?

Medicare Part A may cover your SNF stay if all apply to you:

- You were admitted as an inpatient to a hospital for at least three days in a row
- You enter a Medicare-certified SNF within 30 days of leaving the hospital
- You receive care for the same condition that you were treated for during your hospital stay
- You need skilled nursing care seven days per week, or you need skilled therapy services at least five days per week



What SNF care does Medicare cover?

- A semi-private room and meals
- Skilled nursing care by nursing staff
- Therapy, like physical therapy, speech therapy, and occupational therapy
- Medical social services and dietary counseling
- Medications
- Medical equipment and supplies
- Ambulance transportation to the nearest provider of needed services, in some cases



TOOTH TALK

MARCH 9TH 12:30PM

BridgeValley Dental Hygiene students will be hosting an oral health workshop at the KVSS Charleston location.

Toothbrushes and denture brushes will be given out!

Topics expected:

- **Oral/Denture care**
- **Dry mouth**
- **Activities with prizes**
- **Free services provided at BridgeValley**

Dental Hygiene Clinic

**Questions?
Contact Stevie Shamlbin
304-348-0707 ext203**



2026 Robert W. Jackson Senior Summit Event Registration

"Stay Strong. Live Long."

Dates: May 19-21, 2026

Location: Cedar Lakes Conference Center

Make checks payable to your local senior center prior to April 15, 2026

Pre-registration is required. You may register at your local senior center.

KVSS will have some transportation available on a first come first serve basis for May 20th.

BINGO

Wednesday, March 20th and 27th @ 10:30 AM



Tooth Talk

with Bridge Valley

Monday, March 9th @ 12:30 PM

NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

\$150

CALL TODAY

304-348-0707



**KVSS is closed on
Wednesday, March 11th
All Staff Training
Grab and Go Lunch Available**

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
10:30 am

Tai Chi for Arthritis

1:30 pm Advanced Tuesdays and Thursdays
2:45 pm Beginners Tuesdays and Thursdays

ZUMBA FOR SENIORS

10:00 am Wednesdays

St. Patrick's Day Wordsearch

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

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes



March 2026
Kanawha Valley Senior Services
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 ZUMBA 11:45 Lunch 2:00 Qigong	10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 Trip WV State Museum & Dancing Dog Ice Cream 11:45 Lunch 2:00 Qigong
10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch 12:30 Tooth Talk With Bridge Valley	10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	Center CLOSED for Training Grab & Go meals will be available for pick up!!	10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 Crafts -Bowls in Bloom!! 11:45 Lunch 2:00 Qigong
10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	Happy St. Patrick's Day 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 ZUMBA 11:45 Lunch 2:00 Qigong	11:00 Sitting Fit 1:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:30 BINGO 11:45 Lunch 2:00 Qigong
10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch 1:30 Craft Class- Neurographic Art	10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 ZUMBA 11:45 Lunch 2:00 Qigong	11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:30 BINGO 11:45 Lunch 2:00 Qigong
10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi			\$2.00 suggested donation for meals to "Help Bridge the Gap"



March 2026

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 Sattles Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders Scalloped Potatoes Green Beans Whole Grain Roll Mixed Fruit	Potato Crusted Pollock Broccoli Carrots Roll Mandarin Oranges	Hot Dogs w/chili Coleslaw Baked Beans Sweet Potato Wedges Bananas	White Chicken Chili Corn Bread Spinach Potatoes O'Brien Applesauce	Spaghetti Side salad Garlic Bread Cooked Apples
Meat Loaf Mashed Potatoes Peas and Carrots Roll Tropical Fruit	Italian Chicken Rice California Veggies Spinach Peaches	Pork BBQ w/slaw Chips Pasta Salad Applesauce Cookie GRAB & GO ONLY	Omelet Sausage Patty Potatoes O'Brien Biscuit & Gravy Mandarin Oranges	Herb Roasted Chicken Stuffing Mashed Potatoes & Gravy Brussel Sprouts Pears
Chicken Teriyaki Rice Broccoli Carrots Pineapples	Salisbury Steak Mashed Potatoes & Gravy Cooked Cabbage Roll St. Patty's Green Ambrosia St. Patrick's Day	Taco's Rice Refried Beans Fresh Carrot sticks Mandarin Oranges	Fish Sticks Scalloped Potatoes Succotash Roll Fresh Oranges	Pinto Beans Corn Bread Potatoes O'Brien Mixed Greens Cooked Apples
Cook Choice!!	Bone in Chicken Mashed Potatoes & Gravy Peas Roll Pears	Roast Beef & Swiss on Ciabatta Pasta Salad Celery Sticks Cottage Cheese with Peaches	Beef Stew Crackers Side Salad Mixed Fruit	Ham Sweet Potatoes Green Beans Roll Pineapple
BBQ Chicken Breast Scalloped Potatoes Baked Beans Roll Tropical Fruit	Country Fried Steak Mashed Potatoes & Gravy Spinach Roll Peaches			

PHONE: 304-348-0707

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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

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 and Stevie Shamblin, Executive Assistant*

KVSS Board Members: *Steve Dale-President, Betty Ireland-Vice President, Bill Coyle-Treasurer, Kay Goodwin-Secretary*

Mike Adkins, Susannah Carpenter, Sam Cipoletti, Jill Dunn, Jeff Fleck, Dan Foster, Patti Hamilton, Brenda Nichols-Harper, Barry Holstein, Jorea Marple, Joesph Price, Chris Rawlings and Rick Staton

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