

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



March 2025  
Vol. 4, Issue 3

## KANAWHA VALLEY SENIOR SERVICES

*Helping Seniors Age Successfully*

A **Community Champion** who supports seniors is an individual or group dedicated to improving the quality of life for older members of their community. These champions often work tirelessly to provide assistance, and advocate for the needs of seniors, helping them remain active, engaged, and have the resources they need to live independently. Their efforts not only enrich the lives of older adults but also strengthen the fabric of the entire community, promoting mutual care across generations.

The success of senior services and programs relies not only on the efforts of organizations and government agencies but also on the active participation of the broader community. When individuals, local businesses, volunteer groups, and government entities collaborate to support the older population, they contribute to a society that values and nurtures its aging members. Through healthcare assistance, social opportunities, lifelong learning, and advocacy, community support helps seniors live fulfilling lives while ensuring they are not left behind. In a world where community means everything, building stronger networks for seniors benefits everyone.

Many employees, individuals and organizations contribute to the success of Kanawha Valley Senior Services in our mission to "Help Seniors Age Successfully." In March, we would like to take the opportunity to acknowledge the **Kanawha County Commission** for its unwavering support year after year in the vital work we do. We deeply appreciate your contributions!



**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

**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)





**WEST VIRGINIA STATE UNIVERSITY**  
Extension Service

# COOKING FOR ONE



Kanawha Valley Senior Services, in partnership with West Virginia State University Extension Service, will be offering a Cooking for One program March 7-28. Classes will be held on Fridays 1:30 pm-2:30 pm at 1710 Pennsylvania Avenue in Charleston.

There are 25 spaces available on a first come, first serve basis. Contact the front desk or call (304)348-0707 to register.

KANAWHA VALLEY SENIOR SERVICES

WEST VIRGINIA STATE UNIVERSITY



**\*\*NEW CLASS\*\***  
**Begins March 11**  
**Strength Training**  
**Tuesdays @ 11 AM**

# Chicken and Spinach Casserole



## Ingredients

- Cooking spray
- 3 tablespoons unsalted butter
- 1 ½ cups chopped yellow onion
- 6 medium cloves garlic, thinly sliced
- 2 teaspoons dried Italian seasoning
- ¼ teaspoon crushed red pepper
- 1 ¾ teaspoons kosher salt
- 3 tablespoons all purpose flour
- 2½ cups whole milk
- 4 ounces chive and onion cream cheese
- 4 cups shredded rotisserie chicken
- 3 cups cooked long-grain white rice
- 2 (10-ounce) packages frozen chopped spinach, thawed and squeezed dry
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 8 ounces part-skim mozzarella cheese, shredded
- ¼ cup grated parmesan cheese

## Instructions

1. Preheat the oven to 350 degrees F . Coat a 9x13-inch baking dish with cooking spray.
2. Melt butter in a large nonstick skillet over medium heat. Add onion, garlic, Italian seasoning, crushed red pepper, and ¾ teaspoon of salt; cook, stirring often, until onions are softened and translucent, about 4 minutes.
3. Stir in flour and cook, stirring constantly, for 1 minute. Gradually add milk, and cook, stirring constantly, until slightly thickened, about 3 minutes.
4. Add cream cheese, and remaining 1 teaspoon salt; cook, stirring constantly, until fully combined. Remove from heat and stir in shredded chicken, cooked rice, spinach, lemon juice, and lemon zest until fully combined.
5. Transfer mixture to prepared baking dish and spread in an even layer. Sprinkle evenly with mozzarella and Parmesan.
6. Bake in the preheated oven until cheese is melted, about 15 minutes. Turn on the broiler and broil until cheese is browned, 2 to 3 minutes.

## Premium-related Appeals and Troubleshooting

### Identify billing errors

Health care providers and their billing departments sometimes make billing errors or honest mistakes. If you think your doctor or their billing department made an error or mistake, contact them directly to resolve the issue. They should correct these errors if you tell them.



You can spot these errors by keeping an appointment calendar or using a My Health Care Tracker to keep track of your medical appointments and services. You can call your local Senior Medicare Patrol (SMP) for a My Health Care Tracker if you don't already use one. The tracker can help you compare your appointments, services, and notes to your Medicare statements.

If something does not seem right on your Medicare statement, remember to first call your provider. Here are just a couple examples of potential errors:



Your provider billed Medicare for an office visit on a day when you did not see them.



Your provider billed you for a service that was different than what you received.

If your provider does not resolve the issue, or if you notice a pattern of errors, contact your local Senior Medicare Patrol (SMP). They can assist to try to resolve the error. Your SMP can also help you identify Medicare potential fraud, or abuse, and can help you report it to CMS and the correct authorities.

#### Medicare statements:

- If you have Original Medicare, you should receive a Medicare Summary Notice (MSN).
- If you have a Medicare Advantage Plan and/or Part D plan, you should receive an Explanation of Benefits (EOB).



These statements are not bills. MSNs and EOBs summarize the health care services and items you have recently received. They include the charges billed to Medicare and the amount you owe. Read these carefully to spot any potential billing errors.

# Join the celebration!



THE CITY OF CHARLESTON OFFICE OF PUBLIC  
ART AND KANAWHA VALLEY SENIOR SERVICES

***INVITE YOU TO A SPECIAL UNVEILING OF A  
NEW PUBLIC ART INSTALLATION***

KVSS OUTDOOR PUBLIC ART UNVEILING  
1710 PENNSYLVANIA AVENUE  
WEDNESDAY, APRIL 2, 3:00 PM

**Indoor reception to follow ceremony**



OFFICE OF **PUBLIC ART**  
CHARLESTON, WEST VIRGINIA



# SAVE THE DATE

## Robert W. Jackson Senior Summit

May 20 – 22, 2025

Cedar Lakes Conference Center  
Ripley, WV



# BINGO

Wednesday, March 19th @ 10:30 AM



*Andy Richardson*

*Estate Planning*

*Wednesday, March 19th @ Noon*

## **NEWSLETTER AD SPACE**

**AVAILABLE!**

**SIZE 3 X 4**

**\$150**

**CALL TODAY**

**304-348-0707**



**KVSS is closed on  
Wednesday, March 5th  
All Staff Training**

### **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

# 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  
 S E A N T F I E T A R B E L E C L A  
 T S E I F H I E C B R U S U G K H Y  
 U O I O X M K H A J K M A C E R N U  
 M A R C H F Y A E P O I U K Y S T S  
 I W T S L R P B L A R N E Y Q T O H  
 R T A E W O X N I R O P A T N O C I  
 E I C W C E V R N A M T U E C N I L  
 L R G T S E N E M D Y A O N I D O L  
 A E I L O D L A R E M E N P D H N E  
 N B Y H E N T Y A S C N I L Y A E L  
 D L O G E T K D A I R C N L S E U A  
 O G T R A I N B O W A S E P V P O G  
 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 2025**  
**Kanawha Valley Senior Services**  
**Senior Center Monthly Schedule**  
*"Helping Seniors Age Successfully"*



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	4 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	5 <b>Center Closed for Staff Training</b>	6 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	7 11:45 Lunch 1:00 Cooking for One
10 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	11 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	12 11:45 Lunch 1:30 ZUMBA Students	13 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	14 10:00 Craft Class 11:45 Lunch 12:30 Tobacco Education Workshop 1:00 Cooking for One
17 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch <i>Happy St. Patrick's Day</i>	18 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	19 10:30 BINGO With Greg 11:45 Lunch 12:00 Lunch & Learn Estate Planning <b>NO ZUMBA</b>	20 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	21 11:45 Lunch 1:00 Cooking for One
24 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	25 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	26 11:45 Lunch 12:15 Caption Call Demo <b>NO ZUMBA</b>	27 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	28 11:45 Lunch 1:00 Cooking for One
31 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch				



**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

**MARCH 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Goulash Greens Corn Garlic Bread Mandarin oranges	4 Corn Dogs Potato wedges Peas Roll Mixed fruit	5 <b>ALL KVSS CENTERS CLOSED</b> <b>Mandatory Staff Training</b>  Ash Wednesday	6 Italian Chicken Rice California blend vegetables Peaches	7 Chicken Tenders Scalloped potatoes Peas and carrots Peaches
10 Salisbury Steak Mashed potatoes and gravy Greens Roll Pears	11 Chicken Teriyaki Rice California blend vegetables Pineapples	12 Country Fried Steak Mashed potatoes Succotash Roll Fresh Oranges	13 Fish Sticks Broccoli Carrots Cooked apples	14 Bone in chicken Baked beans Sweet potatoes Roll Mandarin oranges
17 Kraut and Kielbasa Corn Scalloped potatoes Biscuit Green Applesauce <i>Happy St. Patrick's Day!!</i>	18 Navy Beans and Ham Potatoes O'Brien Mixed Greens Cornbread Cooked Apples	19 Crabby Cake sandwich Sweet potato fries Peas Peaches	20 Spaghetti Side salad Garlic bread Applesauce	21 Ham Sweet potatoes Greens Roll Pineapples
24 Roasted chicken Broccoli Mashed potatoes and gravy Roll Pears	25 Hot Dogs Broccoli and cheese Sweet Potato Fries Mixed fruit	26 <b>COOKS CHOICE</b>	27 Cowboy Beans Greens Potatoes O'Brien Peaches Corn Bread	28 Pork Chop Scalloped Potatoes Peas and carrots Roll Pineapple
31 Omelet Sausage Potatoes O'Brien Biscuit and gravy Applesauce				

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.

## What is Assistive Technology?

- Assistive technology (AT), or assistive tools, are any device or service used to perform tasks that would otherwise be difficult or impossible.
- AT can help people live, work, learn and play independently.

 West Virginia University  
CENTER FOR EXCELLENCE IN DISABILITIES  
WEST VIRGINIA ASSISTIVE TECHNOLOGY SYSTEM



## Spring Excursion to the Trans-Allegheny Lunatic Asylum Friday April 18th



Trip includes transport, historic tour, and a **FREE** KVSS t-shirt!

Lunch at the Thyme Bistro will follow, please be prepared to cover your own meal cost. Choice of tours. Date and time TBA. Call 304-348-0707 for more information.

PHONE: 304-348-0707

FAX: 304-348-6432

E-MAIL: [INFO@KVSS.ORG](mailto: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 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, Jeff Fleck, Patti Hamilton, Barry Harrison, Oretta Keeney, Angie O'Dell, Bill Coyle, Mike Adkins, Kay Goodwin, and Susannah Carpenter*

**Kanawha Valley Senior Services, Inc.**

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

E-mail: [info@kvss.org](mailto:info@kvss.org)

**NONPROFIT ORG.  
US POSTAGE PAID  
CHARLESTON WV  
PERMIT NO. 13**

