

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



May 2025
Vol. 4, Issue 5

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

IN THE SPOTLIGHT

Community Health Programs offered by Kanawha Valley Senior Services encompass the Veteran's Administration, Medicaid Aged and Disabled Waiver, Personal Care, and Lighthouse caregiving. 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 Lighthouse Program, initiated in 2007 through legislation by former Governor Manchin, is funded by the State of West Virginia, with recipients contributing to costs according to a sliding fee scale. This program is specifically tailored to assist seniors with functional needs at home, providing personal assistance for activities such as walking, eating, dressing, and bathing for up to 60 hours per month. To determine eligibility for the Lighthouse Program, a Registered Nurse from our agency will conduct a home visit to evaluate the necessary support, explain the program details, and review income for the sliding fee scale.

The Lighthouse Program is truly special—it allows a family member to become the caregiver, offering a meaningful way to support and care for an elderly loved one. If you'd like to learn more about how this program can make a difference for your family, 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)*



Kanawha Valley Senior Services

1710 Pennsylvania Avenue
Charleston, WV 25302

Swinging With

ELVIS

Featuring Lee Dean

"All Shook Up"
"Love Me Tender"
"Burning Love"
"Can't Help Falling In Love With You"

& More!!!

*Donations
Appreciated!*



Lee Dean
Sings

304-972-1119
FB: "Lee Dean Sings"
www.leedeansings.com

Mother's Day Lunch
May 9th @ 11:30 AM
Free Event

Reservations Required
Call 304-348-0707

MINI FRITTATAS

INGREDIENTS

- 8 eggs
- 1/4 cup milk
- 1 1/2 teaspoons Italian Seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon Ground Pepper
- 1 cup crumbled cooked bacon
- 1 medium onion, finely chopped
- 1 medium zucchini, finely chopped



INSTRUCTIONS

Preheat oven to 350°F.

Beat eggs, milk, Italian seasoning, salt and pepper in medium bowl until well blended.

Add bacon, onion, zucchini and 1/2 cup of the cheese; mix well.

Spray 1 (12-cup) muffin tin generously with no stick cooking spray.

Spoon about 1/4 cup egg mixture into each cup. Sprinkle with remaining 1/2 cup cheese.

Bake 20 to 22 minutes or just until eggs are set.

Run small knife or spatula around each cup to loosen mini frittatas. Let stand 5 minutes before serving.



EAT WINGS, RAISE FUNDS™

Buffalo Wild Wings® strives to support our community and the organization and sports teams within it. Together we can make a positive impact and help keep our community working and playing together.

On the day of the event listed below, mention the fundraiser to your server and Buffalo Wild Wings will donate 15% of your total bill (not including tax, gratuity, alcohol or promotional discounts) to our organization.

Kanawha Valley Senior Services

June 18, 2025 // 4:00 pm to 9:00 pm

DINE IN OR TAKEOUT

*The 15% donation is contingent on the organization raising at least \$300 of pre-tax sales during the promotion (subject to change in our discretion). Other restrictions may apply. Please see participating location for details. ©2023 Buffalo Wild Wings, Inc.

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



Lowering Part D Costs

Apply for Extra Help

Extra Help is a federal program that helps pay for your out-of-pocket costs with Medicare prescription drug coverage. Your income and assets determine if you are eligible. The monthly income limit is around \$2,000 for individuals and around \$2,700 for couples. The asset limit is nearly \$17,000 for individuals and around \$33,000 for couples. Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help, because certain types of income and assets may not be counted. You automatically qualify for Extra Help if you have Medicaid, Supplemental Security Income, or a Medicare Savings Program.

The Extra Help program pays for your Part D premium for a basic Part D plan up to a state-specific benchmark amount. It also lowers the costs of your prescription drugs. People with Extra Help have more flexibility to change their Part D plans through Special Enrollment Periods throughout the year. Finally, if you delayed Part D enrollment and have a late enrollment penalty, Extra Help eliminates your Part D late enrollment penalty.

Remember that Extra Help is not a replacement for Part D or a plan on its own. You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan, you will in most cases be automatically enrolled in one.

In Full Circle Public Art Project



Transportation Available
with KVSS for May 21st



MUST contact
Allie to register.

Cedar Lakes Conference Center
Ripley, WV

BINGO

BINGO with GREG

Wednesday, May 14th @ 11:00 AM



Suicide Awareness

Wednesday, May 14th @ Noon

Elder Law

Attorney Rachael Carrico

Friday, May 30th @ Noon

NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

\$150

CALL TODAY

304-348-0707

*****UPCOMING*****

JQ Dickinson Salt Works Senior Trip
Friday June 6th. Registration Required

Buffalo Wild Wings Fundraiser

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

Flower Word Search



M C A R N A T I O N N T S T L W E S
 B U L A A E B N S A I S E E R F U A
 O A R F S B L L W H I R R L E T I J
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Amaryllis
 Anemone
 Aster
 Astilbe
 Begonia
 Bluebell
 Buttercup
 Carnation
 Columbine
 Cosmos
 Crocus
 Daffodil
 Dahlia

Echinacea
 Foxglove
 Freesia
 Gardenia
 Geranium
 Hibiscus
 Hyacinth
 Impatiens
 Iris
 Jasmine
 Jonquil
 Lavender
 Lily


Lotus
 Marigold
 Nasturtium
 Orchid
 Pansy
 Petunia
 Rose
 Snowdrop
 Tulip
 Violet
 Wisteria
 Yarrow
 Zinnia





May 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 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	2 11:45 Lunch
5 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch National Nurses Week	6 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	7 10:00 ZUMBA 11:45 Lunch	8 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	9 11:30 Mother's Day Lunch with Elvis Reservations Required KVSS BAKE SALE!!
12 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	13 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	14 10:00 ZUMBA 11:00 BINGO with Greg 11:45 Lunch 12:00 Lunch & Learn Suicide Awareness	15 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	16 11:45 Lunch
19 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	20 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	21 SENIOR SUMMIT TRIP 10:00 ZUMBA 11:45 Lunch	22 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	23 11:45 Lunch 12:00 Lunch & Learn Elder Law Month Attorney Rachael Carrico
26 CENTER CLOSED 	27 11:00 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	28 11:45 Lunch NO ZUMBA	29 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	30 11:45 Lunch

Harry's famous bread pudding available! Limited supply so come early.

BAKE SALE



Kanawha Valley Senior Services

Sweet Treats for a Sweet Cause

Come and support our Bake Sale on Friday, May 9th from 11 AM to 1 PM!

We will be set up inside the KVSS dining room. All proceeds go towards trips and activities for our seniors.



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

MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Teriyaki 1 Rice with peppers & onions Brussel Sprouts Pineapples	Country Fried Steak 2 Mashed Potatoes, Roll Peas & Carrots Cooked Apples
Chicken Fajitas 5 Spanish Rice & Beans Corn, mixed fruit Cinco de Mayo	Biscuit & Gravy 6 Sausage Patty & Omelet Fried Potatoes Applesauce	Crabby Cake Sandwich 7 Sweet potato fries Baked Beans Peaches	Bone in Chicken 8 Red Beans and Rice Mixed Greens & Roll Mandarin Oranges	Meat Loaf 9 Mashed Potatoes & Gravy Peas and carrots & Biscuit Banana
Spaghetti 12 Garlic Bread Broccoli Peaches	Pinto Beans 13 Potatoes O'Brien & greens Corn Bread Apple Sauce	14 Cooks Choice	Fish Sticks 15 Hushpuppies Potato wedges, Pea Salad Mixed Fruit	Pork Chop 16 Sweet Potatoes & Roll Succotash & Pears
Chicken Tenders 19 Scalloped potatoes Brussel sprouts & Peaches	Vegetable Beef Soup 20 Crackers Spinach Fresh Oranges	Chef Salad 21 Three Bean Salad Beets Cottage Cheese & Pineapple	BBQ Chicken 22 Mashed Potatoes Broccoli Fresh Oranges	Hot Dogs 23 Fries & coleslaw Baked Beans Apple Pie Memorial Day Lunch
Memorial Day 26 All Centers Closed 	Oven Roasted Chicken 27 Mashed Potatoes & Gravy Peas & Roll Pears	Salisbury Steak 28 Mashed Potatoes & Gravy California Blend Vegetables Mixed Fruit	Cowboy Beans 29 Potatoes O'Brien Corn Bread & Spinach Peaches	Goulash 30 Garlic Bread Green Beans & Carrots Cooked Apples

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.



****NEW CLASS****
Strength Training
Tuesdays @ 11 AM

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

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, 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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E-mail: info@kvss.org

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