

1710 Pennsylvania Avenue
Charleston, WV 25302
Phone: 304-348-0707
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November/December 2024
Volume 3, Issue 11

KANAWHA VALLEY SENIOR SERVICES

GIVING TUESDAY

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Over the past 11 years, this idea has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Kanawha Valley Senior Services (KVSS) is excited to participate in Giving Tuesday, the global day of unity and giving, coming up on December 3rd! As many of you know, KVSS is dedicated to serving those aged 60 and over in Kanawha County, and we provide a range of services to support health, wellness, and independence for our seniors.

One of our largest programs, home-delivered meals, ensures that seniors receive nutritious meals right to their doors. Did you know we also offer a variety of health and wellness classes, like Zumba, Tai Chi, Sit & Fit, and A Matter of Balance? These classes help keep our seniors active, engaged, and thriving!

One program especially close to our hearts is *Our Place*, an on-site respite program for families caring for loved ones with dementia. In addition, we provide essential transportation services for doctor appointments and pharmacy visits, and we offer caregiver support to those that need care at home. We can even help with Medicare Open Enrollment to make sure our seniors get the most out of their coverage!

We're all feeling the effects at the grocery store right now, and your support is more important than ever. Every donation, no matter the size, helps us continue our mission. Please consider sharing why you believe in what we do with your friends and family, and encourage them to support us, too. ***Together, we can make a difference in our community!*** ***Simply click on "Donate Here" to show your support directly.***

Donate
Here

Check out our website
at <https://kvss.org/>

Find us on Facebook @
[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

**KVSS participates in the
Fidelity Charitable Giving
Program**

<https://www.fidelitycharitable.org/giving-account/giving-account-details.html>

Medicare Preventive Care



Preventive care is the care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services with no cost-sharing, as long as you meet the eligibility requirements and follow the guidelines below.



Is the preventive care covered by Medicare?

Preventive services recommended by the U.S. Preventive Services Task Force are covered with zero cost-sharing, so you will not owe any deductible or coinsurance when you receive them. You can find a list of those services on Medicare.gov's page on [Preventive & Screening Services](#). You can also call 1-800-MEDICARE or read your *Medicare & You* handbook for a full list.



Do you meet the coverage criteria?

For many of the covered preventive services, you have to meet certain criteria based on your age, sex, or certain risk factors. Your health care provider should be able to tell if you qualify.



Are you seeing the right kind of provider?

- **Original Medicare:** To get preventive services with no cost-sharing, you should see a provider that accepts assignment, also known as a Medicare-participating provider. Many providers accept assignment, but you should ask your provider in advance if they accept assignment. If you see a non-participating or opt-out provider, you may be responsible for part or all of the cost of your service.
- **Medicare Advantage:** It is usually best to receive services from an in-network provider. Contact your provider to learn if they are in-network for your plan, or contact the plan to learn which providers are in-network. If you go out-of-network, you might be responsible for part or all of the cost of your preventive service.



Even if a preventive service is covered with no cost-sharing, you might be responsible for other costs. For example, you may have to pay a facility fee depending on where you get the service, and you may be charged for a doctor's visit if you meet with a physician before or after the service.

OPEN ENROLLMENT ENDS DECEMBER 5TH

Kanawha Valley Senior Services have trained SHIP and SMP Counselors on staff to help with Medicare enrollment, Medicare Savings Programs, Extra Help, fraud, drug & advantage plan comparisons. Call 304-348-0707 and ask for a Social Service Representative in your area.



November 20, 2024 @ Noon

December 18, 2024 @ Noon



Personal Emergency Response Systems



**American
Red Cross**



November 20, 2024 @ 10:30 AM
December 18, 2024 @ 10:30 AM

RECIPE

Green Beans with crispy shallots and bacon



Ingredients

- 3 Strips of Bacon Chopped
- 2 Medium Shallots Thinly Sliced
- 1 Tablespoon of Butter
- 1 Pound Green Beans (Fresh or Frozen Recommended)

Instructions

1. In a large skillet cook bacon pieces over medium high heat until crispy and stirring often about 5-7 minutes. Transfer to a paper towel and drain.
2. Fry shallots in bacon fat until golden and crispy about 10-12 minutes. Stir often and set aside with bacon.
3. Cook green beans until tender in small amount of butter until slightly browned.
4. Top green beans with the crispy shallots and bacon and serve immediately.

RECIPE

Christmas Salad with Citrus- Champagne Vinaigrette



Ingredients

SALAD:

- 5 ounces of salad greens (such as spring mix or sweet baby lettuce mix)
- 2 navel oranges (about 11-12 ounces each, or 4 smaller navel oranges, about 6 ounces each), peeled and cut into sections (see directions for how to supreme an orange in the post above)
- 4 ounces shelled, roasted and salted pistachios (about a scant cup)
- 4 ounces dried cranberries
- 2 ounces crumbled goat cheese or feta cheese (about a scant 1/2 cup)

DRESSING:

- 5 tablespoons fresh-squeezed orange juice (from about half a large navel orange)
- 4 teaspoons honey
- 3 1/2 teaspoons champagne vinegar
- 1 tablespoon canola oil
- 1/2 teaspoon smooth Dijon mustard
- 1/8 teaspoon kosher salt
- 1/16 teaspoon black pepper

Instructions

1. Place greens in a large serving bowl (or divide evenly among individual salad plates).
2. Arrange oranges, pistachios, and dried cranberries over top of greens. Sprinkle with cheese.

For dressing, whisk together orange juice, honey, champagne vinegar, canola oil, mustard, salt, and pepper until the salt has dissolved and the dressing is emulsified.

Dress salad just before serving, or pass the dressing at the table.

“Crafts & Curiosities”

November 4-8

10 AM—2 PM

1710 Pennsylvania Avenue
Charleston, WV 25302

Vendors

Appalachian Botanical Company—Marketing Sponsor



KVSS Senior Artists and Crafters

Dunbar Senior Center

Hep Catz Design

Willie's Candy

Wild'n'Wonderful Rolls

Upcycle Fabrics

Hilleary's Artwork & Framing

Rob Cleland's Art House Studios

Thanks to Sugar Bottom Farm for your generous donations!

For More Information Call 304-348-0707

NEWSLETTER AD SPACE

AVAILABLE!

SIZE 3 X 4

CALL ERIN TODAY!

Swing by and check out
our tree at “Holly Jolly
Brawley” Located at City
Center on November
29th!



KVSS is closed November 11, 28 & 29,
December 24 & 25

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



Thanksgiving

Word Search



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

Word List:

pumpkin	thankful	harvest	gobble
turkey	pie	apples	feast
gather	pilgrims	corn	family



Christmas Word Search

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

Decorations
Celebrate
Lights
Giving

Candy Canes
Ornament
Presents
Dinner

Christmas
Reindeer
Family
Wreath

Mistletoe
Cookies
Elves
Santa







Kanawha Valley Senior Services, Inc.
"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

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Spaghetti Side salad Garlic bread Applesauce
4 Chicken teriyaki Rice Broccoli Peaches	5 Bone in chicken Mashed potatoes Green beans Roll Pineapple	6 Chef salad Crackers Pea salad Pears with cottage cheese	7 Meat loaf Mashed potatoes Succotash Roll Mixed fruit	8 Chili Corn bread Greens Cooked apples
11 Closed Veterans Day	12 Chicken salad On romaine w/ crackers Pasta salad Beets peaches	13 Rib sandwich Sweet potato wedges Broccoli and cheese Mixed fruit	14 Navy beans with ham Greens Corn bread Potatoes O'Brian Cooked apples	15 Fish Stix Hush puppies Scalloped potatoes Peas Fresh Oranges
18 Country fried steak Mashed potatoes Cooked carrots Roll Pears	19 Roasted chicken breasts Garden rice Succotash Scalloped potatoes Fresh apples	20 Crabby cake sandwich Cole slaw Sweet potato fries Fruit cobbler	21 Italian chicken Rice Peas Peaches	22 Stuffed cabbage soup Biscuit Greens Applesauce
25 Corn dogs Baked beans Sweet potatoes Pineapples	26 Chicken noodle soup Roll Greens Cooked apples	27 Turkey with stuffing Mashed potatoes and gravy Green beans Roll Pumpkin pie	28 	29 Closed

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.



November 2024
Kanawha Valley Senior Services
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"




Monday	Tuesday	Wednesday	Thursday	Friday
DONATIONS ARE GREATLY APPRECIATED				1 11:45 Lunch
4 10-2 CRAFTS AND CURIOSITIES 10:00 Paint Class 11:45 Lunch	5 10-2 CRAFTS AND CURIOSITIES 11:45 Lunch NO TAI CHI	6 10-2 CRAFTS AND CURIOSITIES 11:45 Lunch NO ZUMBA	7 10-2 CRAFTS AND CURIOSITIES 11:45 Lunch NO TAI CHI	8 10-2 CRAFTS AND CURIOSITIES 11:45 Lunch
11 VETERANS DAY CLOSED	12 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	13 11:45 Lunch 1:30 Zumba	14 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	15 11:45 Lunch
18 10:00 Paint Class 11:45 Lunch	19 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	20 10:30 BINGO 11:45 Lunch 12:00 Lunch & Learn "The Button" 1:30 Zumba	21 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	22 11:45 Lunch
25 10:00 Paint Class 11:45 Lunch	26 11:45 Lunch NO TAI CHI	27 11:45 Lunch 1:30 Zumba	28 THANKSGIVING CLOSED	29 CLOSED



Kanawha Valley Senior Services, Inc.
Senior Nutrition Program
"Helping Seniors Age Successfully"
 1710 Pennsylvania Avenue
 Charleston, WV 25302

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\$801-\$1000	\$3.00	Clendenin	304-548-4192
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\$1201-\$1400	\$5.00	Hansford	304-722-6949
Over \$1400	\$6.00	West Sattles Rand	304-721-8465 304-925-9200

DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese omelet 2 Bacon Potatoes O'Brian Biscuit with gravy Apple sauce	Spaghetti 3 Garlic bread Side salad Cooked apples	Crabby cake sandwich 4 Sweet potato fries Peas Spiced peaches	Chicken teriyaki 5 Rice Broccoli Pineapples	White chicken chili 6 Whole grain roll Brussel sprouts Mixed fruit
Roasted chicken breast 9 Garden rice Green beans Roasted cauliflower Mixed fruit	Bone-in chicken 10 Scalloped potatoes Peas and carrots Whole grain roll Pears	Chef salad 11 Crackers Pea salad Peaches & cottage cheese	Meat loaf 12 Whole grain roll Mashed potatoes Broccoli Mixed fruit	Cowboy beans 13 Potatoes O'Brian Greens Cornbread Oranges
Chicken rice casserole 16 Mixed greens Carrots Fresh apples	Salisbury steak 17 Mashed potatoes California blend vegetables Whole grain roll Pineapple	Bacon cheeseburger 18 w/ romaine, onion, tomato Baked beans Potato wedges Pears	Navy beans with ham 19 Potatoes O'Brian Corn bread Mixed greens Peaches	Ham 20 Sweet potatoes Brussel sprouts Roll Apple pie
Corn dogs 23 Sweet potato wedges Pea salad Spiced peaches	CLOSED 24 CHRISTMAS EVE	CLOSED 25 CHRISTMAS	Country fried steak 26 Mashed potatoes Brussel sprouts Whole grain roll Pears	Chili 27 Whole grain crackers Spinach Applesauce
Pork chop 30 Scalloped potatoes Peas & carrots Whole grain roll Pineapple	Stuffed cabbage soup 31 Biscuit Potatoes O'Brian Greens Mixed fruit			

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December 2024
Kanawha Valley Senior Services
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"



Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	3 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	4 11:45 Lunch 1:30 Zumba	5 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	6 11:45 Lunch
9 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	10 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11 11:45 Lunch 1:30 Zumba	12 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	13 10:00 Craft Class 11:45 Lunch
16 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	17 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	18 10:30 BINGO 11:45 Lunch 12:00 Lunch & Learn Red Cross 1:30 Zumba	19 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	20 11:45 Lunch
23 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	24 CHRISTMAS EVE CLOSED	25 CHRISTMAS DAY CLOSED	26 11:00 Sitting Fit 11:45 Lunch NO TAI CHI	27 11:45 Lunch
30 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	31 11:45 Lunch NO TAI CHI		DONATIONS ARE GREATLY APPRECIATED	



KANAWHA PLACE

699 S Park Road
Charleston, WV 25304

AN **INSPIRIT**
SENIOR LIVING
COMMUNITY

SPAGHETTI DINNER FUNDRAISER

\$10

NOVEMBER 20TH

**3PM-5PM DINE IN AVAILABLE
LOCAL DELIVERY AVAILABLE 11 AM- 2PM
GRAB AND GO AVAILABLE ALL DAY**

SPAGHETTI-SALAD-BREAD



**CALL TO
ORDER!**
304-925-4663

All Proceeds go directly to KVSS

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 Many Areas

Ask about sign on bonus

KVSS Management Team: *Melanie Hirst, Executive Director, Vicki Stanley, Finance Manager and Executive Assistant, Erin Martin*

KVSS Board Members: *Steve Dale-President, Bill Coyle-Vice President, Oretta Keeney-Secretary, Chris Rawlings-Treasurer, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Jeff Fleck, Dianna Graves, Patti Hamilton, Barry Harrison, Oretta Keeney, Angie O'Dell, Bill Coyle, Mike Adkins, Kay Goodwin, Susannah Carpenter and Arla Ralston.*

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