

1710 Pennsylvania Avenue
Charleston, WV 25302
Phone: 304-348-0707
Fax: 304-348-6432
E-mail: info@kvss.org



October 2024
Volume 2, Issue 10

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully



A week in the life of Our Place

In the first week of September, our friends set off on a Chair Travel Adventure, journeying across the vast ocean to four amazing countries! With their passports and first-class tickets ready, they navigated to the right gate and settled into their plush seats. After take-off, they arrived at their first stop: England! During their virtual exploration, they wandered through downtown London, marveling at iconic sites like the London Eye, Madame Tussauds, and Tower Bridge. After soaking in the sights, they returned to Our Place to savor a delightful treat of tea and crumpets.

Next, our friends soared to the thrilling outback of Australia. Once they arrived, they enjoyed a virtual tour of the Sydney Opera House and ventured into the wild, spotting kangaroos, wombats, and koalas. After their exciting escapade, they flew back to Our Place to indulge in some classic fish and chips to commemorate their Australian adventure.

Eager for more, they hurried through the gates to board their flight to Japan. Upon landing, they were captivated by the unique architecture. Their virtual journey included visits to Tokyo Tower, Osaka Castle, and a hike up the majestic Mount Fuji! After their hike, they returned to Our Place to enjoy a taste of Japan with pocky and tea.

To cap off their adventures, the group took one last trip across the ocean to Chile. Their virtual tour included the stunning Easter Islands, Los Glaciares National Park, and many other breathtaking locations. After concluding their exploration, they made their way back to Our Place one final time to enjoy some chips and salsa.

Stay tuned for the next exciting adventures that await us!



**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**

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

Find us on Facebook @
[KanawhaValleySeniorServices](https://www.facebook.com/KanawhaValleySeniorServices)



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

Chair Travel Adventures with Our Place







STATE HEALTH INSURANCE ASSISTANCE PROGRAM AND SENIOR MEDICARE PATROL

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.

Medicare's Open Enrollment Period



Medicare's Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Medicare's Open Enrollment to make sure your coverage will meet your needs in 2025.

Making changes during Medicare's Open Enrollment

The changes you can make include:

- ✓ Joining a new Medicare Advantage Plan or Part D prescription drug plan
- ✓ Switching from Original Medicare to Medicare Advantage
- ✓ Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

Call 1-800-MEDICARE (633-4227) or visit www.Medicare.gov to make changes.

Review your coverage for 2025

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will still be in the plan's network.



Original Medicare:

Visit www.Medicare.gov or read the 2025 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year.



Medicare Advantage or Part D plan:

Read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

RECIPE—CREAMY SAUSAGE KALE POTATO SOUP

Ingredients

- 8 oz (1/2 pound) Italian sausage removed from casing
- 1 teaspoon olive oil
- 1 /2 large onion, diced
- 1 parsnips, peeled and diced (optional)
- 1 carrots, peel and diced
- 1 stalks celery, diced
- 1/2 pound red skinned potatoes, diced
- 1/2 teaspoon dried oregano
- Dash of crushed red pepper flakes (optional)
- 1 bay leaf
- 4 cups chicken stock, low sodium
- 1/2 cup cream
- 2 cups leafy kale, chopped
- Salt, and pepper to taste

Instructions

1. Heat a Dutch oven or soup pot over medium high heat. Add the olive oil and brown the sausage, breaking it up into small bite sized bits with the back of a wooden spoon.
2. Stir in the onion, parsnips, carrots and celery. Cook, until tender, stirring occasionally, about 5-8 minutes.
3. Add the diced potatoes, oregano, red pepper flakes, fennel (if using), salt, pepper and bay leaf. Cook and stir for one minute until fragrant.
4. Add the chicken stock and bring the pot to a boil. Reduce the heat to a simmer and cook for 10-15 minutes or until the potatoes are tender.
5. Remove the tough stem from the kale and discard. Roughly chop the kale and add the greens to the soup. Cook for one minute until the kale wilts and stir in the heavy cream. Heat for another minute until the soup is hot. and ladle into bowls to serve.
6. Taste for seasonings and adjust as necessary. Ladle into bowls to serve.



Recipe adapted from—garlicandzest.com

“Crafts & Curiosities”

November 4-8

10 AM—2 PM

**1710 Pennsylvania Avenue
Charleston, WV 25302**



Vendors Application Forms Available Online

<https://kvss.org/wp-content/uploads/VENDOR-APPLICATION-FORM.pdf>

Request By Email

marketing@kvss.org or emartin@kvssmail.org

FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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

WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



**NEWSLETTER AD
SPACE
AVAILABLE!
SIZE 3 X 4**

CALL ERIN TODAY!

304-348-0707

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



OCTOBER 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spaghetti Garlic bread Side salad Cooked apples	2 Crabby cake sandwich Sweet potato fries Coleslaw Spiced peaches	3 Chicken teriyaki Rice Broccoli Pineapples	4 White chicken chili Whole grain roll Brussel sprouts Mixed fruit
7 Rib sandwich Sweet potatoes Broccoli Applesauce	8 Bone-in chicken Scalloped potatoes Green beans Whole grain roll Pears	9 Chef salad Crackers Pea salad Peaches & cottage cheese	10 Meat loaf Whole grain roll Mashed potatoes Corn Mixed fruit	11 Cowboy beans Potatoes O'Brian Greens Cornbread Oranges
14 COLUMBUS DAY CLOSED	15 Salisbury steak Mashed potatoes California blend vegetables Whole grain roll Pineapple	16 Bacon cheeseburger w/ romaine, onion, tomato Baked beans Potato wedges Pears	17 Roasted chicken breast Garden rice Green beans Roasted cauliflower Mixed fruit	18 Chili Whole grain crackers Spinach Applesauce
21 Corn dogs Sweet potato wedges Pea salad Spiced peaches	22 Country fried steak Mashed potatoes Brussel sprouts Whole grain roll pears	23 Tuna salad on romaine Whole grain crackers Three bean salad Beets Oranges	24 Italian chicken Rice Broccoli Cooked apples	25 Spooky Witch Brew (Beef Stew) Greens Whole grain roll Apple pie
28 Ham Scalloped potatoes Peas & carrots Whole grain roll Pineapple	29 COOKS CHOICE	30 Chicken salad sandwich Pasta salad Beets Peaches	31 Navy beans w/ ham Potatoes O'Brian Coleslaw Mixed Fruit	

**Suggested Donation
\$2.00**

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.



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



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES	10:00 Matter of Balance 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	11:00 Sitting Fit 11:45 Lunch NO TAI CHI	11:45 Lunch NO ZUMBA
7	8	9	10	11
10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	10:00 Matter of Balance 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 12:30 Lunch & Learn Caption Call 1:30 Zumba	11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 Craft 11:45 Lunch NO ZUMBA
14	15	16	17	18
CLOSED	10:00 Matter of Balance 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:30 BINGO w/ The Besties 11:45 Lunch 12:00 Lunch & Learn Martin Rhodes Ins. NO ZUMBA	11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch NO ZUMBA
21	22	23	24	25
10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10:00 – 1:00 HALLOWEEN PARTY 11:45 Lunch NO ZUMBA
28	29	30	31	
10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	DONATIONS ARE GREATLY APPRECIATED



BINGO w Besties

Wednesday, October 16 @
10:30 AM



Craft Class
Fall Luminary
Friday, October 11
@ 10 AM



Wednesday, October 9
@12:30 PM
Caption Call



Wednesday, October 16
@ Noon
Martin Rhodes
Insurance Co.

Kanawha Valley Senior Services Newsletter Advertising Sale

"Helping Seniors Age Successfully"

Kanawha Valley Senior Services

1710 Pennsylvania
Avenue

Charleston, WV
25302-3934

T: 304-348-0707

F: 304-348-6432



KVSS is a non-profit 501(c)3 organization created to provide programs of service to individuals age 60 and up in Kanawha County, West Virginia. The mission of KVSS is "Helping Seniors Age Successfully."

Programs range from assisting seniors and veterans in their home, to home delivered meals, congregate meals, Adult Day Respite Center, in home respite services, transportation, socialization and an ever-growing array of senior activities such as Tai Chi, Zumba, Sitting Fit, painting, and Lunch and Leams.

KVSS coordinates and cooperates with federal, state and county agencies to assure that health, educational, recreational, intergenerational and economic benefit's are readily available to seniors.

PRICING

**BLACK AND WHITE AD PRINT
ELECTRONIC APPEARS IN COLOR**

FULL PAGE	11 X 10	\$1000
HALF PAGE	11 X 5	\$500
1/4 PAGE	5.5 X 5	\$300
1/8 PAGE	2.75 X 5	\$150

Please Contact Erin Martin at: emartin@kvssmail.org



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

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.*

Kanawha Valley Senior Services, Inc.

1710 Pennsylvania Avenue
Charleston, WV 25302
Phone: 304-348-0707
Fax: 304-348-6432
E-mail: info@kvss.org

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

