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Charleston, WV 25302
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September 2024
Volume 2, Issue 9

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

National Senior Center Month Fall Prevention Week September 23—27, 2024

September is National Senior Center Month! This year's theme is "Powering Connections." Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, and how vital they are to the health and well-being of our community. Kanawha Valley Senior Services provides support and encouragement to older adults and offers a place to discover their unique interests, talents, and aspirations. Senior centers such as KVSS are a trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

KVSS powers even more connections through our partnership with WVSVU Extension Services. We are always looking for ways to broaden our community connections to provide our older adults more opportunities. If your organization would like to connect call us!

During the month of September we also focus on falls prevention as this is a serious problem facing many older adults. Falls can be from slips or trips over obstacles in the environment, illness, balance issues or vision problems. This can have a serious impact on health and reduce the ability to remain independent. Many falls are preventable! One proven way to mitigate the risk of falling is to participate in a prevention program such as "A Matter of Balance." The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, and a few homework assignments. Our Master Trainer will provide this evidenced based training at different times throughout the year.

If you would like more information on how to fall proof your home check out <https://www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room> or if you are interested in enrolling in "A Matter of Balance," please call us at 304-348-0707.



**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!

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

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





STATE HEALTH INSURANCE ASSISTANCE PROGRAM AND SENIOR MEDICARE PATROL

Kanawha Valley Senior Services has trained SHIP and SMP Counselors on staff to help with Medicare enrollment, Medicare Savings Programs, Extra Help, fraud, drug & advantage plan comparisons and general questions about Medicare. 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).

Banana Fig Bread

INGREDIENTS

- 2 medium bananas (200-210 g) mashed
- ½ cup unsalted butter (113 g) melted and cooled
- 2 large eggs, room temp
- 1 teaspoon pure vanilla extract
- ¾ cup brown sugar (150 g), packed
- 1 ½ cup all-purpose flour (195 g)
- 1 teaspoon baking soda
- ¾ teaspoon kosher salt
- ½ teaspoon ground cinnamon
- 1 ½ cup chopped fresh figs
- sliced figs, to garnish top



INSTRUCTIONS

1. Preheat oven to 350 F. Grease 9 x 5 loaf pan and line with parchment paper.
2. In a large bowl, mash bananas with a fork until puree-like. Stir in melted butter until incorporated. Add in eggs and vanilla. Stir until well combined. Add brown sugar and mix until dissolved.
3. In a small bowl, whisk together flour, baking soda, salt and cinnamon. Add to wet mixture. Fold to combine until there are no longer any dry streaks of flour.
4. Fold in chopped figs until well distributed. Transfer batter to prepared loaf pan. Arrange sliced figs on top.
5. Bake for 55-60 minutes until toothpick inserted in center of bread comes out clean. Allow bread to cool in pan for 10 minutes before unmolding. Transfer to rack to cool.

*Upcoming November Event
"Crafts & Curiosities"*



*1710 Pennsylvania Avenue
Charleston, WV 25302*

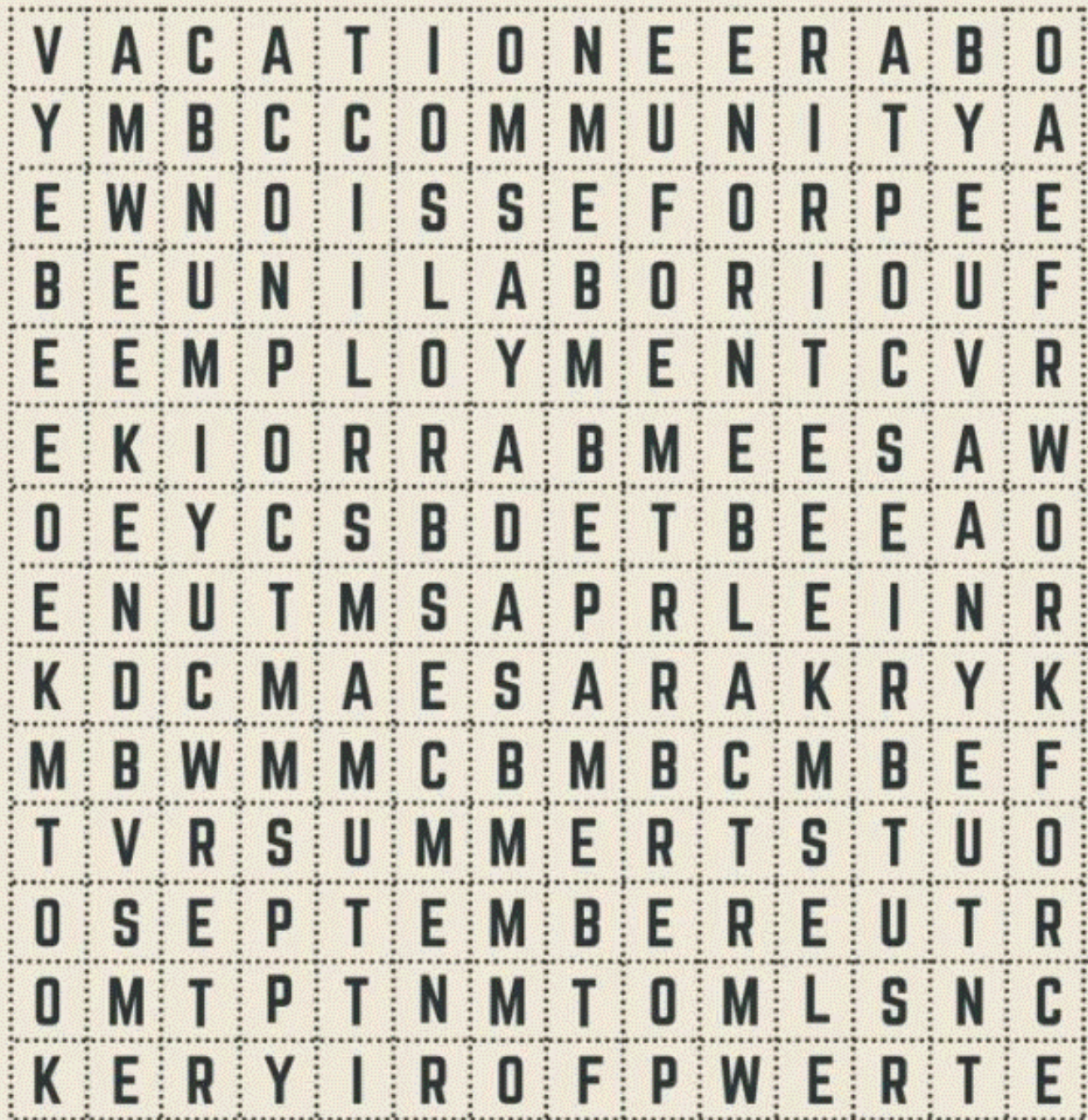


*Vendor Discovery Has Begun!
Vendors Application Forms Available By Emailing
marketing@kuss.org or emartin@kussmail.org*

For More Information Call 304-348-0707

LABOR DAY

Word Search



LABOR • COMMUNITY • WORKFORCE
SUMMER • EMPLOYMENT • VACATION • WEEKEND
PROFESSION • SEPTEMBER • BARBECUE

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



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

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 Chicken Teriyaki Rice Broccoli Mixed Fruit	4 Chef Salad 3 Bean Salad Beets Cottage Cheese w/Peaches	5 Navy Beans w/ Ham Potatoes O'Brian Corn Bread Cooked Apples	6 Crab Cake Sandwich Sweet Potato Fries Baked Beans Mixed Fruit
9 Country Fried Steaks Mashed Potatoes w/Gravy Peas & Carrots Peaches	10 Chicken Salad Sandwich Pea Salad Beets Oranges	11 Hot Dog w/ Chili & Slaw Baked Beans Broccoli & Cheese Pears	12 Chicken Tenders Scalloped Potatoes Spinach Mixed Fruit	13 Goulash Corn Peas & Carrots Pears
16 Cook's Choice	17 Pork chop Spinach Peas & Carrots Cooked Apples Roll	18 Bacon Cheeseburger Sweet Potato Fries Baked Beans Oranges	19 Bone-in Chicken Mashed Potatoes Broccoli Roll Pears	20 BBQ Pork Sandwich Cole Slaw Baked Beans Cooked Apples
23 Salisbury Steak Mashed Potatoes w/Gravy Succotash Mixed Fruit Roll	24 Spaghetti Garlic Bread Broccoli Pears	25 Tuna Salad Sandwich 3 Bean Salad Beets Pineapples	26 Cowboy Beans Mixed Greens Corn Bread Potatoes O'Brian Apples	27 Italian Chicken Rice Brussel Sprouts Cooked Apples
30 Meatloaf Mashed Potatoes Peas Pears Roll		KVSS Charleston Senior Center Lunch Served 11:45-12:45	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.



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



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY	3 10:00 Matter of Balance 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 NO ZUMBA
9 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	10 10:00 Matter of Balance 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 NO ZUMBA
16 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	17 10:00 Matter of Balance 11:45 Lunch NO TAI CHI	18 10:30 BINGO 11:45 Lunch 12:00 The Health Plan Lunch & Learn 1:30 Zumba	19 11:00 Sitting Fit 11:45 Lunch NO TAI CHI	20 11:45 Lunch NO ZUMBA
23 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	24 10:00 Matter of Balance 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	25 11:45 Lunch 1:30 Zumba	26 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	27 11:45 Lunch NO ZUMBA
30 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch		DONATIONS ARE GREATLY APPRECIATED		PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES



BINGO
 Wednesday, September 18
 @ 10:30 AM



Craft Class
Snowman
 Friday, September 13
 @ 10:00 AM



Wednesday,
 September 18
 @ Noon
 The Health
 Plan

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 benefits 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

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
- ◆ 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: Executive Director, Melanie Hirst, Finance Manager, Vicki Stanley and Executive Assistant, Erin Martin

KVSS Board Members: Jack Rogers-President, Steven Dale-Vice President, Harriet Nottingham-Secretary, Chris Rawlings-Treasurer, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Dianna Graves, Patti Hamilton, Oretta Keeney, Jorea Marple, Angie O'Dell, Bill Coyle, Mike Adkins, and Kay Goodwin

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