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September 2025  
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## KANAWHA VALLEY SENIOR SERVICES

*Helping Seniors Age Successfully*

### EMAIL SPAMMING - HOW SPAMMERS ARE GETTING RICH

Email Spam is basically unwanted email that is robotically sent to unsuspecting computer users. The methods a spammer uses have several variables.

How do they get your email? Spammers typically "Mine" the Internet for email addresses. Below are some of the resources they "Mine" for emails.

**Websites** such as Facebook, Twitter, YouTube, business sites, and other internet sources—anywhere an email address is likely to be found. Some of the scenarios include: "Registrations" - Anytime you register "To Win" or use "Free Software" your email address is exposed. "Friend's Messages" - many times friends will post email addresses in a social network environment. "Business sites" - some older websites will have email addresses posted of officers, volunteers, and other contacts.

**Group email messages:** Some email users choose to send an email message to several recipients. To make it easy they click on their address book and put everyone in the "TO" line.

Address Books can be hijacked. Many computer users neglect checking the operation of their "Anti-Virus" protection. A new computer often comes with a trial subscription to an Anti-Virus program. When the trial subscription expires, the user does not notice the expiration or chooses not to renew or find a good replacement. Spammers look for these exposed computers and immediately copy the address book.

#### How to protect yourself?

First, create a second email address that is used strictly for social media, registrations, and use of free software. Gmail, Yahoo, and [Outlook.com](https://outlook.com) are all good resources.

Avoid putting several email addresses in a group email. Rather put your email in the "TO" line and then put the recipient's email addresses in the "BCC" box. The result will be that each person will receive the mail with only your email address in the message.

Keep your Anti-Virus program current. For a few pennies a day the knowledge that your computer and email are secure is priceless. Many times a computer that has been compromised will need trashed or reformatted.

**NEVER CLICK A LINK IN AN EMAIL THAT YOU DO NOT RECOGNIZE** OR MAY BE EXPECTING. Spammers are smart! They can make a message appear to be from the utility company, financial institution, or credit card company. Always look at the address the email is being sent from. If it appears suspicious, it probably is.



**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://](https://www.fidelitycharitable.org/giving-account/giving-account-details.html)**

**[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)



## Choosing Between Original Medicare and Medicare Advantage

You have two options for how to get your Medicare coverage. Here's a look at the two options:

### Original Medicare

The traditional program offered directly through the federal government.



- Includes Part A (inpatient coverage) and Part B (outpatient coverage)
- Red, white, and blue insurance card to show your providers
- Taken by most doctors in the country
- Limits on how much doctors can charge if they accept Original Medicare

### Medicare Advantage

Private plans that contract with and receive payment from the federal government to provide Medicare benefits.



- Also called MA plans, Medicare private health plans, or Part C
- Insurance card from the specific plan's company to show providers
- Must provide same benefits as Original Medicare, but can have different rules (like provider networks), costs, and restrictions
- Can cover benefits that Original Medicare cannot



You may choose one option and later decide to try the other. Be aware that there are limitations on when you can make these changes. Your Medigap (supplement to Original Medicare) options may be more limited outside of the first 6 months that you're enrolled in Medicare after the age of 65.

## BAKED CINNAMON APPLES (NO ADDED SUGAR)

### INGREDIENTS (SERVES 2–3):

- 2 medium apples (Granny Smith or Honeycrisp work well)
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg (optional)
- 1 tsp vanilla extract
- 1 tbsp chopped walnuts or pecans (optional, adds crunch and healthy fats)
- 1–2 tbsp water
- A small squeeze of lemon juice (to prevent browning)

### DIRECTIONS:

#### Microwave Method (Quick & Easy):

1. Peel (optional) and slice apples thinly.
2. Place slices in a microwave-safe dish.
3. Sprinkle with cinnamon, nutmeg, vanilla, lemon juice, and water.
4. Cover loosely with a microwave-safe lid or wrap.
5. Microwave on high for 3–4 minutes, until apples are soft.
6. Sprinkle with nuts if using, and enjoy warm.

#### Oven Method (For deeper flavor):

1. Preheat oven to 350°F (175°C).
2. Place prepared apple slices in a small baking dish.
3. Add cinnamon, nutmeg, vanilla, lemon juice, and water.
4. Cover with foil and bake for 25–30 minutes, or until tender.
5. Top with nuts before serving, if desired.



**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 Open Enrollment to make sure your coverage will meet your needs in 2026.**



*BINGO WILL BE HELD ON SEPTEMBER 19TH  
AT 10 AM LOCATED IN COONSKIN LODGE*

### **KVSS ACTIVITIES**

#### **Craft Class**

Every 2nd Friday of the month

10:00 am

#### **Bingo**

Every 3rd Wednesday of the month

11:00 am

#### **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

#### **QiGong (NEW CLASS)**

2:00 pm Wednesdays and Fridays



*Kanawha Valley Senior Services*  
*Picnic*

*in the*  
*Park*

FRIDAY, SEPTEMBER 19  
10AM - 2 PM

FREE  
EVENT

DJ  
CHILLY  
WILLY

Join us for a picnic in the park!  
**Our Theme is "Go Mountaineers"**  
**Feel Free to Wear Your WVU Gear**

Cookskin Park Lodge  
375 Henry C. Hoppy Shores Drive  
Charleston, WV 25302

# September

## WORD SEARCH



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



Acorn  
Apples  
Backpack  
Books  
Corn  
Fall  
Friends

Football  
Leaves  
School  
Pears  
Pencil  
Trees  
Yellow





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

**SEPTEMBER 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
1  LABOR DAY CLOSED	2 Chicken Tenders Scalloped Potatoes Peas n Carrots Peaches	3 Spaghetti Side Salad Garlic Bread Peas	4 Pork Chop Sweet Potatoes Broccoli Apple Sauce Roll	5 Oven Roasted Chicken Mashed Potatoes n Gravy Spinach Roll Mixed Fruit
8 Bone In Chicken Scalloped Potatoes Succotash Roll Apple Sauce	9 Ham Sweet Potatoes California Veggies Roll Pineapples	10 Tuna Salad Croissant Beets 3 Bean Salad Oranges	11 Pinto Beans Corn Bread Potatoes O'Brien Mixed Greens Cooked Apples	12 Hot Dogs with Chili Slaw Potatoes Wedges Pears
15 Italian Chicken with Peppers n Onions Rice Peaches	16 Salisbury Steak Mashed Potatoes n Gravy Carrots Roll Mandarin Oranges	17  Cooks Choice!	18 Italian Sausage with Tortellini in Tomato Sauce Side Salad Garlic Bread Apple Sauce	19 Pork BBQ with Slaw Pasta Salad Baked Beans Peaches <b>Picnic in the Park Coonskin!</b>
22 Potato Crusted Pollock Broccoli Mashed Potatoes Rolls Tropical Fruit	23 Country Fried Steak Mashed Potatoes n Gravy California Veggies Roll Pears	24 Chef Salad Crackers Beets Bananas	25 Navy Beans with Ham Corn Bread Fried Potatoes Greens Cooked Apples	26 Meatloaf Mashed Potatoes Peas Roll Pineapples
29 BBQ Chicken Sweet Potatoes Spinach Roll Peaches	30 Chicken Teriyaki with Peppers n Onions Rice Brussel Sprouts Pineapples			

**September 2025**  
**Kanawha Valley Senior Services**  
**Senior Center Monthly Schedule**  
*"Helping Seniors Age Successfully"*

Monday	Tuesday	Wednesday	Thursday	Friday
1  <b>CENTERS CLOSED LABOR DAY</b>	2 11:00 Strength Training 11:45 Lunch  <b>NO TAI CHI</b>	3 11:45 Lunch 2:00 Qi Gong	4 10:30 Sitting Fit 11:45 Lunch  <b>NO TAI CHI</b>	5 11:45 Lunch 2:00 Qi Gong
8 10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	9 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	10 10:00 Zumba 11:45 Lunch 2:00 Qi Gong	11 10:30 Sitting Fit 11:45 Lunch <b>NO TAI CHI</b>	12 10:00 Craft Class 11:45 Lunch 2:00 Qi Gong
15 10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	16 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	17 10:00 Zumba 11:45 Lunch 2:00 Qi Gong	18 10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	19 <b>Center Closed Senior Picnic 10 AM- 2 PM Coonskin Park Lodge</b>
22 10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	23 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	24 11:45 Lunch 2:00 Qi Gong	25 10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	26 11:45 Lunch 2:00 Qi Gong
29 10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	30 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi		<b>DONATIONS HELP TO COVER THE COST OF A MEAL</b>	<b>Grandparents Day Sept. 7th</b>

## **Blennerhassett Island Trip**

**Friday, October 4, 2025**

Step back in time and enjoy a delightful day with fellow seniors at Blennerhassett Island Historical State Park! Accessible by a scenic sternwheeler riverboat ride from Point Park in Parkersburg, this charming island getaway features a stunning replica Palladian mansion and a fascinating regional history museum. It's the perfect opportunity to have fun, relax, and make new friends in a beautiful, historic setting.

**Cost: \$35.00**

**Price transportation, lunch, sternwheeler,  
mansion and museum.**

**Reservation will be taken between September 6—20 by calling 304-348-0707**





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

**KVSS Management Team:** *Melanie Hirst, Executive Director, Vicki Stanley, Finance Manager, Martha Canterbury, RN Manager, Teresa J. Maloney, CHP Manager and Harry Myers, Nutrition Manager*

**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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## **DONATING TO KVSS IS EASY!**

**Curious about those QR codes? It's easy and fun! Just open your phone's camera and point it at the code on the right. Like magic, a link appears to tap and it takes you to a safe and secure site called Swipe Simple. You can quickly make a donation to support KVSS programs so give it a try and feel the joy of giving!**

