

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



April 2024
Volume 2, Issue 4

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Since April 24th is Administrative Professional's Day, we'd like to take this opportunity to recognize and thank our dedicated office staff who spend their days *helping seniors age successfully*. If you see any of these fine folks out and about, please make sure to thank them for everything they do!

Joanie Maloney – Family Caregiver Program Manager



Tammy Crawford – Life Enrichment Coordinator



Angie Rogers – Transportation Coordinator

Hanna Morris-Turley – Community Health Programs Administrative Assistant

Missy Malvas –
Community Health Programs
Coordinator



Jamie Finney, RN –
Community Health Programs

Martha Canterbury, RN – Community Health Programs Manager

Harry Myers – Nutrition Manager



Amy Atkinson – Social Service Coordinator

Cindy Adkins – Social Service Representative

Janet Mitchell – Social Service Representative



Jennifer Parsons – Social Service Representative

Vicki Stanley – Finance Manager



April Bradley – Bookkeeper



Karen Gandee – Accountant

Mary Nicholas – Administrative Assistant

Erin Martin – Executive Assistant



Melanie Hirst – Executive Director



**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

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

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





Preventing Medicare Fraud

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 Notes: Medicare for Federal Employees and Retirees

Who to contact for more information:

Contact your **State Health Insurance Assistance Program (SHIP)** if you want to discuss your Medicare enrollment options with a Medicare counselor.

Contact your **Senior Medicare Patrol (SMP)** if you may have experienced Medicare fraud, errors, or abuse.

Contact the **U.S. Office of Personnel Management (OPM)** if you're a federal employee or retiree and want to learn more about FEHB. You can call 317-212-0454 or visit www.opm.gov/healthcare-insurance.

Contact **United States Postal Service (USPS)** if you are a USPS employee, retiree, or eligible family member and need more information on PSHB. Current employees can visit www.liteblue.usps.gov and retirees can visit www.keepingposted.org

RECIPE—UPSIDE DOWN PLUM YOGURT CAKE

Recipe Received and Adapted From: *Upside Down Plum Cake - The Café Sucre Farine (thecafesucrefarine.com)*

Ingredients

For the cake:

- 1/2 cup plain or Greek yogurt
- 1 cup granulated sugar
- 3 large eggs
- 1 tsp vanilla
- 2 tsps. Baking powder
- 1/2 tsp salt

For the plum topping:

- 3 Tbsps. butter
- 1/2 cup light brown sugar
- 1/4 tsp ground cinnamon
- 1 tsp milk
- 1/2 cup canola oil
- 1 1/2 cup all-purpose flour



Instructions

Preheat the oven to 350°F. Spray a 9-inch round cake pan (with at least 2-inch tall sides) with baking spray. Line bottom of the pan with parchment paper and spray parchment paper lightly. Set aside.

For the plum topping

1. Place the butter in a medium-size microwave-safe bowl or cup. Cover with a slightly damp paper towel and cook for 30-45 seconds or until melted. Add the brown sugar and cinnamon and stir until well combined.
2. Microwave for another 30 seconds then add the milk or cream and stir well. Pour the mixture into the prepared cake pan, spreading to cover the bottom of the pan.
3. Slice the plums in half and twist to separate. You might need a small sharp knife to remove the stone. Slice each half into thin, 1/8-1/4-inch slices.
4. Working from the center of the pan in, place the plum wedges (slightly over-lapping) in a circular pattern over the brown sugar mixture. You could also randomly cover the bottom of the pan with the plums. Just make sure all of the caramel is covered.

For the cake

1. In a large bowl, combine the yogurt, sugar, eggs and vanilla, stirring until well blended. Add the baking powder and salt. Stir well to combine. Add the all-purpose flour. Stir to combine.
2. Add the oil and stir well. At first, it may seem to separate, but keep stirring till nice and smooth.
3. Pour the batter into prepared pan. Bake for 35-40 minutes, until the cake feels springy to the touch in the center and a toothpick or cake tester inserted into the center comes out clean. Cover loosely with foil if getting too brown near the end and cake is still not done. The best way to test if a cake is done is to use an instant thermometer. The internal temp should be 205-210°F
4. Cool for 10 minutes in the pan, then invert the pan onto a plate or platter. Give the pan a firm little shake. You should hear the cake drop onto the plate. Slowly and carefully lift the pan off of the cake.
5. This part is optional but I like to do it. Use a pastry brush to brush any extra sauce that's left in the pan (or that drips down the sides of the cake) around the edges of the cake. Serve warm or at room temperature with a dollop of whipped cream, if desired.

SPRING WORD SEARCH

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



BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM





Meal in a Mug classes have begun and will run through Friday, April 26th. There are still a few spaces open so if you are interested be sure to call and sign-up.



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults.

Sitting Fit Class
Group Chair Exercise
Mondays and Thursdays
11:00–11:30



LARRY L. ROWE
an attorney
helping people

WILLS
POWERS OF ATTORNEY

- STEP CHILDREN
- GUARDIANSHIP
- SIMPLE SPENDTHRIFT TRUSTS
- SPECIAL NEEDS TRUSTS
- TRUSTS FOR PET CARE
- UNMARRIED PARTNERS
- SPECIAL USE OF RESIDENCE
- GIFTS TO CHARITIES
- EXCLUSION OF SOME HEIRS
- MARRIED COUPLES
- DISABLED ADULT HEIRS

(304)925-1333
4200 Malden Drive
Charleston, WV 25306
PERSONAL INJURY
www.larryrowe.com

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
3:00 pm Beginners Tuesdays and Thursdays

ZUMBA FOR SENIORS

1:30 pm Wednesdays and Fridays

Cornhole and Board Games every Friday

APRIL IS NATIONAL PECAN
MONTH



April 2024

Kanawha Valley Senior Services, Inc.
1710 Pennsylvania Ave
Charleston, WV 25302

Income	Suggested Donate	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
Happy Easter! Ham 1 Sweet Potatoes Green Beans Roll Apple Crisp	Chicken Teriyaki 2 Rice Broccoli Mixed Fruit	Chef Salad 3 3 Bean Salad Beets Cottage Cheese w/Peaches	Butter Beans 4 Potatoes O'Brian Corn Bread Cooked Apples	Goulash 5 Corn Peas Pears
Country Fried Steaks 8 Mashed Potatoes w/Gravy Peas & Carrots Peaches	Chicken Salad Sandwich 9 Pea Salad Beets Oranges	Hot Dog w/Chili & Slaw 10 Baked Beans Broccoli & Cheese Pears	Chicken Tenders 11 Scalloped Potatoes Spinach Mixed Fruit	Vegetable Beef Soup 12 Crackers Side Salad Peach Cobbler
Potato Crusted Pollock 15 Scalloped Potatoes Greens Peaches	Beef Stroganoff 16 Spinach Peas & Carrots Cooked Apples Roll	COOK'S CHOICE 17	Bone in Chicken 18 Mashed Potatoes Broccoli Roll Pears	BBQ Pork Sandwich 19 Cole Slaw Baked Beans Cooked Apples
Salisbury Steak 22 Mashed Potatoes w/Gravy Succotash Mixed Fruit Roll	Spaghetti 23 Garlic Bread Broccoli Pears	Tuna Salad Sandwich 24 3 Bean Salad Beets Pineapples	Pork Chops 25 Sweet Potatoes Greens Peaches Roll	Italian Chicken 26 Rice Brussel Sprouts Cooked Apples
Meatloaf 29 Mashed Potatoes Peas Pears Roll	Cowboy Beans 30 Mixed Greens Corn Bread Apples		Charleston Senior Center Lunch Served 11:45 – 12:45	

KVSS nutrition site meals will be served with milk or water. The Senior Nutrition Program is operated under a Federal Grant for persons over the age of 60. This grant does not cover the cost of the meal. If you have any questions regarding the program, please call 304-348-0707.

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	2 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	3 11:45 Lunch 1:30 Zumba	4 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	5 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug 1:30 Zumba
8 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	9 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	10 11:45 Lunch 1:30 Zumba	11 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	12 10:30 Craft 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug 1:30 Zumba
15 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	16 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	17 NO ZUMBA 10:30 BINGO 11:45 Lunch 12:00 Lunch & Learn Retirement Planning with Banker's Life	18 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	15 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug 1:30 Zumba
22 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	23 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	24 11:45 Lunch 1:30 Zumba	25 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	26 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug 1:30 Zumba
29 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	30 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi		PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES	DONATIONS ARE GREATLY APPRECIATED



Wednesday, April 17 @
 10:30 AM
 Sponsored by Banker's Life



Get Crafty
 Friday, April 12
 @ 10:30



Wednesday, April 17 @ Noon
 Banker's Life
 "Planning for Retirement"



Hospice, Palliative Care and Grief Support...
 (304) 768-8523 or (800) 560-8523 www.hospicecarewv.org

HospiceCare
 for body mind and spirit

Boone • Braxton • Clay • Fayette • Greenbrier • Jackson • Kanawha • Lincoln • Mason • Monroe • Nicholas • Pocahontas • Putnam • Roane • Summers • Webster

Charleston
 1606 Kanawha Blvd., West
 Charleston, WV 25387-2536
 (304) 768-8523 / (800) 560-8523

Lewisburg
 1265 Maplewood Avenue
 Lewisburg, WV 24901
 (304) 645-2700 / (800) 237-0842

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
Home Delivered Meal Driver
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, Ben Blackwell, Sam Cipoletti, Brian Cunningham, Shirley Cunningham, Dianna Graves, Patti Hamilton, Oretta Keeney, Jorea Marple, Angie O'Dell, Bill Coyle, Mike Adkins, and Kay Goodwin

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

