Phone: 304-348-0707 Fax: 304-348-6432 E-mail: info@kvss.org



April 2023 Volume 1, Issue 6



KANAWHA VALLEY SENIOR SERIVCES



Fresh air, warmer weather and blooming flowers. What's not to love about spring? The sight of robins and the evening sounds of peepers are a sure sign that spring has sprung!

Not so long ago there were a few things to celebrate like Easter, April Fools Day, Earth Day and Administrative Professionals Day. For some reason, the world decided to add something special for almost everyday of the year. In April we now have First Contact Day (Trekkie), National Teflon Day, National Cheese Fondue Day, National Pretzel Day, Peanut Butter and Jelly Day (YUM) and even National Cheeseball Day! Depending on the source, there are so many things to celebrate during the month, you could easily get stressed about missing just one!

Here at Kanawha Valley Senior Services we thought it was time to celebrate our seniors! With help from our Board and Kingery and Associates we developed a plan, collected data, and analyzed the data using a Community Needs Assessment. From that sprung a three year Strategic Plan that identified a few areas of focus for the seniors we serve. We have already dived into the changes and are moving forward. It will take time but we have direction and we are excited!

We are thrilled to finally have KVSS under one roof at "1710" and invite you to join us for lunch or activities. The pandemic changed many things but not our enthusiasm to serve seniors!

Check out our website at <u>www.kvss.org</u>

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 the organization you choose.

KVSS—WG819









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 and general questions about Medicare. Call and ask for a Social Service Representative in your area!

304-348-0707

Medicare Notes

If you are newly eligible for Medicare because you turn 65 you can join a Medicare Advantage Plan (with or without drug coverage) or a Medicare only drug plan. Eligibility starts during the 7-month period that begins 3 months before the month you turn 65, including the month you turn 65 and ends 3 months after the month you turn 65.



Senior Farmers Market Nutrition Program 2023

The benefit amount will go from \$30.00 to \$50.00 per eligible senior! Each senior will receive five (5) \$10.00 vouchers.

Preparations are being made to get the program started on or around June 1, 2023 and is set to tentatively run from June 1, 2023-October 31, 2023.

Senior Farmers' Market Income Guidelines 2023

To be eligible to receive Senior Farmers' Market Nutrition Program coupons, your income may not exceed:

Household Size	Weekly	Bi-Weekly	Twice- Monthly	Monthly	Annual
1	\$519	\$1,038	\$1,124	\$2,248	\$26,973
2	\$702	\$1,404	\$1,520	\$3,040	\$36,482
3	\$884	\$1,768	\$1,917	\$3,833	\$45,991
4	\$1,067	\$2,134	\$2,313	\$4,625	\$55,500
5	\$1,250	\$2,500	\$2,709	\$5,417	\$65,009



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C J	EGGS DAFFODIL CARROT JELLYBEANS CHOCOLATE EGG				NEST SUNDAY SPRING GRASS BUNNY			DYE HAPPY HOP BONNET CROSS			LAMB DECORATE CHURCH EGG HUNT APRIL					



KVSS Activities

Craft Class Every 2nd Friday of the month 10:30 am

Bingo



Every 3rd Wednesday of the month 10:30 am

Tai Chi for Arthritis

1:30 pm Advanced Tuesdays and Thursdays

2:45 pm Beginners Tuesdays and Thursdays **NEW BEGINNERS CLASS STARTS MAY 2**



ZUMBA FOR SENIORS

No Charge 1:30 pm Wednesdays and Fridays

Income

\$0-\$600

\$601-\$800

\$801-\$1000

Donate

\$2.00

\$2.50

\$3.00

Sites

CANS

Chesapeake

Clendenin

Phone 304-342-4476

304-949-5797

304-548-4192



April 2023 Kanawha Valley Senior Services, Inc.

KVSS Nutriti	ion Si	te Meals Will Be Served With Milk	or Wat	er		\$1001-\$1200 \$1201-\$1400 Over \$1400	\$4.00 \$5.00 \$6.30	Elk River Hansford Nitro West Sattes Rand	304-965-3175 304-722-6949 304-721-8465 304-925-9200	
Monday	Tuesday		Wednesday		Thursday		Friday			
Tuna Salad on Wheat Bun 3 bean Salad Cottage Cheese Pineapple	3	Spaghetti w/meat sauce Green Beans Pears Garlic Bread	4	Biscuits & Gravy Scrambled Eggs Potatoes O'Brian Apple Sauce	5	Italian Chicken Whole Grain Rice Brussel Sprouts Peaches	6	Sweet Potato Green Beans Whole Grain Apple Crisp		7
Potato Soup Corn Bread Asparagus Apple Sauce	10	Boneless Pork Chop Mac & Cheese Broccoli Orange	11	Cheeseburger w/lettuce, tomato & onior Fries Cucumber- Onion Salad Mixed Fruit	12 1	COOK'S CHOICE	13	Country Fried w/ Gravy Mashed Pota Carrots Corn		14
Chicken Tenders Scalloped Potatoes Brussel Sprouts Mandarin Oranges	17	Salisbury Steak W/Gravy Mashed Potatoes Cauliflower Roll Pineapples	18	Chef Salad w/cheese Roll Cottage Cheese Peaches	19	Fish Sticks Hush Puppies California Blend Pears	20	BBQ Chicken Scalloped Pota Whole Wheat Pudding		21
Chicken Noodle Soup Whole Wheat Roll Brussel Sprouts Spiced Peaches	24	Sauerkraut & Kielbasa Potatoes O'Brian Broccoli Applesauce	25	Pinto Beans Corn Bread Mixed Greens Fruit Cocktail	26	Shepherd's Pie Asparagus Cooked Apples Whole Wheat Roll	27	Scalloped Pot Corn Whole Whea		28
		Donations Ove oppreciateol						Lunc	eston Site h Served 5 – 12:45	

Community Champions Week!

Kanawha Valley Senior Services celebrated March for Meals 2023 with Community Champion Mayor Amy Shuler Goodwin lending a hand to deliver meals in the Charleston area. This annual celebration highlights the importance of our home delivered meal

program. With the support of Community Champions like the Kanawha County Commission we have been able to reach 500 seniors in Kanawha County!





COME AND JOIN US FOR BINGO AND A SPECIAL EASTER MEAL!

> BINGO 10:30 AM LUNCH 11:45 AM



FRIDAY, APRIL 7 TH HAM SWEET POTATO CASSEROLE GREEN BEANS ROLL APPLE CRISP



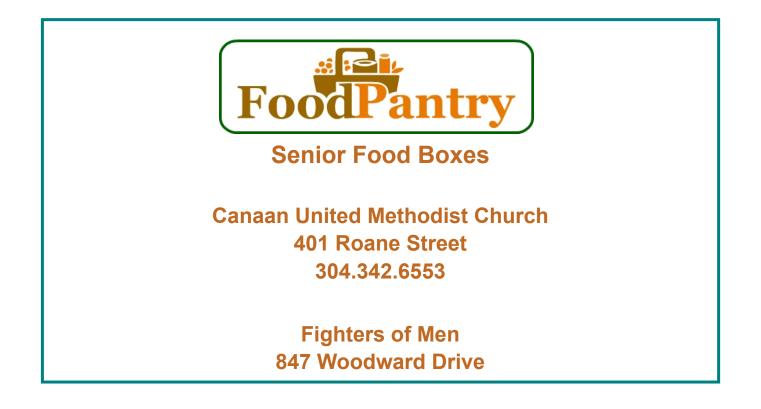


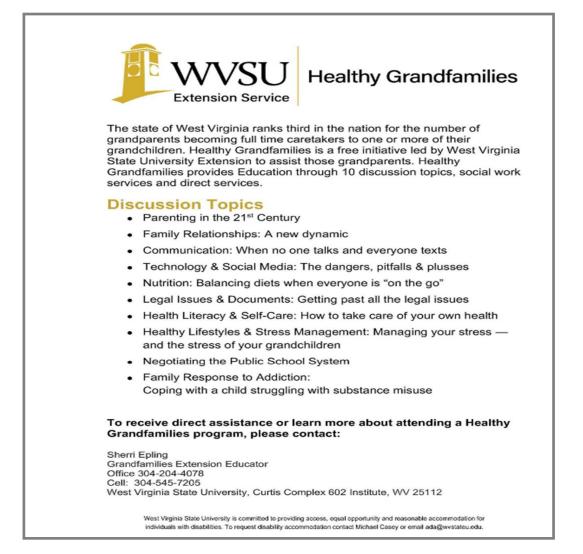
JOIN US FOR A MOVIE AND POPCORN

APRIL 28TH @ 10:30 AM FEEL FREE TO BRING YOUR FAVORITE LAWNCHAIR AND A BLANKET











800.234.1706

Administration for Community Living (Senior Modifications)

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
- Alzheimer/Dementia respite in center and in home
- Home delivered meals for homebound
- In home care
- Social service assistance and referrals

Potassium is an essential mineral that is needed by all tissues in the body. It is sometimes referred to as an electrolyte because it carries a small electrical charge that activates various cell and nerve functions. Potassium is found naturally in many foods and as a supplement. Sodium, its counterpart, maintains normal fluid levels outside of the cells. Potassium also helps muscles to contract and supports normal blood pressure.

Source: https://www.hsph.harvard.edu/nutritionsource/

KVSS JOB OPENINGS

In-Home Caregiver Charleston, Clendenin, Cross Lanes, Elkview, and Teays Valley Areas

KVSS Management Team: Vicky Foster-CEO and Melanie Hirst-COO

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, Patricia O'Reilly, Kay Goodwin and Bill Coyle

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