

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



April 2023
Volume 1, Issue 6

KANAWHA VALLEY SENIOR SERVICES



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 (Trekki), 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 www.kvss.org



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



Hospice, Palliative Care and Grief Support...

(304) 768-8523 or (800) 560-8523 www.hospicecarewv.org



HospiceCare
for body mind and spirit

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

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



Easter

Word Search

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

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





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.larrylrowe.com

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




April 2023

Kanawha Valley Senior Services, Inc.

KVSS Nutrition Site Meals Will Be Served With Milk or Water

Income	Donate	Sites	Phone
\$0-\$600	\$2.00	CANS	304-342-4476
\$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	\$6.30	Nitro West Sattes	304-721-8465
		Rand	304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Salad on Wheat Bun 3 3 bean Salad Cottage Cheese Pineapple	Spaghetti w/meat sauce 4 Green Beans Pears Garlic Bread	Biscuits & Gravy 5 Scrambled Eggs Potatoes O'Brian Apple Sauce	Italian Chicken 6 Whole Grain Rice Brussel Sprouts Peaches	Ham 7 Sweet Potato Casserole Green Beans Whole Grain Roll Apple Crisp EASTER DINNER
Potato Soup 10 Corn Bread Asparagus Apple Sauce	Boneless Pork Chop 11 Mac & Cheese Broccoli Orange	Cheeseburger 12 w/ lettuce, tomato & onion Fries Cucumber- Onion Salad Mixed Fruit	COOK'S CHOICE 13	Country Fried Steak 14 w/ Gravy Mashed Potatoes Carrots Corn
Chicken Tenders 17 Scalloped Potatoes Brussel Sprouts Mandarin Oranges	Salisbury Steak W/Gravy 18 Mashed Potatoes Cauliflower Roll Pineapples	Chef Salad w/cheese 19 Roll Cottage Cheese Peaches	Fish Sticks 20 Hush Puppies California Blend Pears	BBQ Chicken 21 Scalloped Potatoes Whole Wheat Roll Pudding
Chicken Noodle Soup 24 Whole Wheat Roll Brussel Sprouts Spiced Peaches	Sauerkraut & Kielbasa 25 Potatoes O'Brian Broccoli Applesauce	Pinto Beans 26 Corn Bread Mixed Greens Fruit Cocktail	Shepherd's Pie 27 Asparagus Cooked Apples Whole Wheat Roll	Meatloaf 28 Scalloped Potatoes Corn Whole Wheat Roll BIRTHDAY CAKE
	Donations are appreciated			Charleston Site Lunch Served 11:45 – 12:45

The Senior Nutritional Program is operated under a Federal Grant for persons over the age of 60. You will meet some wonderful people while enjoying a fantastic meal prepared by our staff. If you have any questions regarding the program, please call 304-348-0707.

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**



Seniors & Caregivers

**3**
April

Savvy Social Security Strategies

Dunbar Branch Library

6
April

5 Wishes Workshop

Elk Valley Branch Library



ALL EVENTS 6:00 - 7:00 PM

WWW.KCPLS.ORG/BBTV
FoodPantry**Senior Food Boxes**

Canaan United Methodist Church
401 Roane Street
304.342.6553

Fighters of Men
847 Woodward Drive



WVSU
Extension Service

Healthy Grandfamilies

The state of West Virginia ranks third in the nation for the number of grandparents becoming full time caretakers to one or more of their grandchildren. Healthy Grandfamilies is a free initiative led by West Virginia State University Extension to assist those grandparents. Healthy Grandfamilies provides Education through 10 discussion topics, social work services and direct services.

Discussion Topics

- Parenting in the 21st Century
- Family Relationships: A new dynamic
- Communication: When no one talks and everyone texts
- Technology & Social Media: The dangers, pitfalls & plusses
- Nutrition: Balancing diets when everyone is "on the go"
- Legal Issues & Documents: Getting past all the legal issues
- Health Literacy & Self-Care: How to take care of your own health
- Healthy Lifestyles & Stress Management: Managing your stress — and the stress of your grandchildren
- Negotiating the Public School System
- Family Response to Addiction: Coping with a child struggling with substance misuse

To receive direct assistance or learn more about attending a Healthy Grandfamilies program, please contact:

Sherri Epling
Grandfamilies Extension Educator
Office 304-204-4078
Cell: 304-545-7205
West Virginia State University, Curtis Complex 602 Institute, WV 25112

West Virginia State University is committed to providing access, equal opportunity and reasonable accommodation for individuals with disabilities. To request disability accommodation contact Michael Casey or email ada@wvstateu.edu.



Appalachian Service Project (General Repair)

asphome.org

423.854.8800

Coalfield Cap (CCAP) (Weatherization)

coalfieldcap.org

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

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

