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August 2023
Volume 1, Issue 10

KANAWHA VALLEY SENIOR SERVICES

"Helping Seniors Age Successfully"

"The Man With The Sunny Disposition"

By Osagie Ayanru, KVSS Nutrition Driver

A rewarding aspect of working for Kanawha Valley Senior Services (KVSS) is the opportunity to interact with people in the community. Delivering meals to seniors and other citizens offers rewards far beyond monetary gains. The glow and glint of expectation as meals are delivered to seniors never fail to gladden one's heart. Despite the struggle by some to even get to the door for their meals, they still manage to show their appreciation with a smile.

Mr. Howard Justice, Sr. sat outside his open garage in his electric wheelchair. The garage was set up in a dazzling display of lights and sound systems which he proudly showed us. The sitting arrangement could conveniently accommodate an audience of approximately fifty guests. Anyone could easily be impressed by his enthusiasm and zest for living despite his age and physical challenges. Mr. Justice was hosting a karaoke show that evening! On the wall was an acoustic guitar, which he used to play in a band. There was a small stage with microphones and karaoke machines. Mr. Justice took us on a quick musical journey as time allowed. Displayed on the wall were photographs of past karaoke performers which was more like a wall of fame for those who have performed in his shows.

According to Justice, KVSS has been incredibly good to him. He went on to say, "Y'all are polite, and I appreciate what you are doing, helping the elderly out." Justice was born in 1947 in South Charleston. Waxing nostalgic, Justice said he used to be a drummer in a country and western band. The 76-year-old also played bluegrass and gospel music. The elderly musician revealed that he delivered meals at Hansford School many years back. "I drove and delivered meals, all over the place." He was elated when informed that we would like to share his story with others.

After departing there was a palpable sense of satisfaction while reliving the brief encounter with Howard Justice, Sr. It was satisfying to know that so many people availed of our services, like Justice, and are happier because of what we do. To be able and willing to make someone's day, in the true sense of it, translates into happiness for all involved.

KVSS provides nutrition and other services made available to the elderly and home-bound citizens in Kanawha County.

The services KVSS offers foster a sense of appreciation for life. Indeed, a sense of satisfaction fills your being as happiness and companionship--though brief and fleeting--are brought to somebody whose day is brightened and enhanced by our services.



**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 www.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 and ask for a Social Service Representative in your area!

304-348-0707

Medicare Notes— Ambulance Fraud and Abuse

Here are just a few potential examples:

An ambulance was ordered for you, even though one was not medically necessary, and a wheelchair van or other automobile could have transported you safely.

You were transported in an unapproved ambulance like a taxi or rideshare.

Your ambulance was not properly staffed. This usually means that it was not staffed by two emergency medical technicians (EMTs).

You see on your Medicare statements that the ambulance company billed for more mileage than the actual distance traveled in your ambulance trip.

You were transported from your house to a non-covered destination like your doctor's office, a community mental health center, a psychiatric facility (outside of a hospital), or an independent lab not connected with a hospital or SNF.

If you suspect you have experienced potential ambulance fraud, errors, or abuse, you should report it to your local Senior Medicare Patrol (SMP).

Kanawha Valley Senior Services provides congregate meals throughout Kanawha County and for those that are homebound, a home delivered meal. Although there is not a charge for meals we do appreciate and need donations as the reimbursements do not cover the cost of the meals.



Monthly Income

\$0-\$600
\$601-\$800
\$801-\$1000
\$1001-\$1200
\$1201-\$1400
Over \$1400

Suggested Donation

\$2.00
\$2.50
\$3.00
\$4.00
\$5.00
\$6.30

Sites

Charleston
Chesapeake Community Center
Clendenin Community Center
Elk River Community Center
St. Albans Hansford Center
Nitro West Sattes School

Phone

304-348-0707
304-949-5797
304-548-4192
304-965-3175
304-722-4621
304-721-8465



PEACH OATMEAL

Ingredients

- 2 cups old fashioned oats
- 1 1/2- 2 cups milk
- 1 tbsp brown sugar or honey
- 3/4 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 cup peach slices
- 1/4 cup granola for garnish (optional)



Overnight Oats Method—Divide oats into 2 mason jars. Add 1 cup of milk to each mason jar. Then add each of the spices and sweetener. You can add the peaches now or wait until the morning. Wait to add granola right before you get ready to eat it. Give the oats a splash of milk in the morning, if needed. Enjoy! You can use any sweetener you prefer. Feel free to replace brown sugar with maple syrup or honey.

Directions

1. In a medium bowl, stir together oats and milk.
2. Microwave for about an 1 minute and a half or until the oats are soft. If you want to cook the oats longer, you'll need to add 1/4 cup more milk at a time to your liking. The longer the oats cook, the more milk it will need (up to 2 cups).
3. Next add the sugar or honey, cinnamon, nutmeg and vanilla. Stir together then fold in peaches
4. Add the oatmeal to 2 bowls then garnish with peach slices, drizzle with a little maple syrup and top with granola, serve and Enjoy!

Recipe received from: Peach Oatmeal - Grandbaby Cakes (grandbaby-cakes.com)



AUGUST

Word Search Puzzle



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

Find these words related to the month of August

BOAT
GARDEN
CAMPFIRE
BIKING
FLOATIE
FISHING
RIVER
AUGUST

KAYAK
BARBECUE
OCEAN
CANOE
PICNIC
BEACH
ICE (as in ice cream)



SUN
SHADE
VACATION
SWIMSUIT
SWIMMING
POPSICLES
READING


WARM
LAKE
TOWEL
POOL
PARK
CAMPING
SUNSET



The words may be hidden vertically, horizontally or diagonally.

August 2023

KANAWHA VALLEY SENIOR SERVICES ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	2 11:45 Lunch 1:30 ZUMBA	3 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	4 11:45 Lunch 12:15 Corn hole 1:30 ZUMBA	5
6	7 10:00 Paint Class 11:45 Lunch	8 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	9 11:45 Lunch 1:30 ZUMBA	10 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	11 10:30 Craft 11:45 Lunch 12:15 Corn hole 1:30 ZUMBA	12
13	14 10:00 Paint Class 11:45 Lunch	15 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	16 10:30 BINGO w/Greg 11:45 Lunch 12:00 Lunch & Learn 1:30 ZUMBA	17 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	18 11:45 Lunch 12:15 Corn hole 1:30 ZUMBA	19
20	21 10:00 Paint Class 11:45 Lunch National Seniors Day	22 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	23 11:45 Lunch 1:30 ZUMBA	24 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	25 11:45 Lunch 12:15 Corn hole 1:30 ZUMBA	26
27	28 10:00 Paint Class 11:45 Lunch	29 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	30 11:45 Lunch 1:30 ZUMBA	31 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi		
						SENIOR CENTER HOURS 10-2

Thank you Crumbl Cookies!
Our seniors enjoyed their
special treat



NATIONAL SENIORS DAY
MONDAY, AUGUST 21ST
BEAT THE HEAT WITH A
ICE CREAM CELEBRATION
FOLLOWING LUNCH

Coming in September! Fall Planting Flower
bulb fundraiser. Check for future updates
on our website and Facebook page





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

10:30 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



Join us for Cornhole every Friday!

ZUMBA FOR SENIORS

No Charge

1:30 pm Wednesdays and Fridays



August 2023

Kanawha Valley Senior Services, Inc.
1710 Pennsylvania Avenue
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	Nitro West Sattes Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
Charleston Senior Center @ 1710 Lunch Served 11:45 AM – 12:45 PM	Chicken Casserole 1 Asparagus Carrots Pears	Butter Beans 2 Corn Bread Potatoes O'Brian Mixed Greens Fresh Fruit	Chicken Noodle Soup 3 Broccoli Apple sauce Roll	Sheppard's Pie 4 Brussel Sprouts Roll Peaches
Chicken Salad on W/Bun 7 Baby Carrots 3 Bean Salad Peaches	Meat Loaf 8 Mashed Potatoes Peas Roll Peaches	Potato Crusted Pollock 9 California Veggies Mashed Potatoes Roll Pears	Biscuit & Gravy 10 Scrambled Eggs Potatoes O'Brian Applesauce	Chicken Tenders 11 Scalloped Potatoes Green Beans Fresh Fruit
Country Fried Steak 14 Mashed Potatoes w/Gravy Carrots Roll Mixed Fruit	Italian Chicken 15 Long Grain Rice Asparagus Pears	COOKS CHOICE 16	Bone in BBQ Chicken 17 Scalloped Potatoes Roll Brussel Sprouts Apple Sauce	Pinto Beans 18 Potatoes O'Brian Corn Bread Spinach Peaches
NATIONAL SENIORS DAY 21 BBQ Pork Sandwich W/Slaw Baked Beans Pears Special Dessert	Spaghetti w/Meat Sauce 22 Broccoli Garlic Bread Applesauce	Soft Tacos 23 Rice Refried Beans Fresh Fruit	Italian Chicken 24 Rice California Veggies Peaches	Pork Chop 25 Mashed Potatoes Greens Pears Roll BIRTHDAY CAKE
Salisbury Steak 28 Mashed Potatoes w/Gravy Carrots Roll Orange	Sloppy Joe on W/Bun 29 Broccoli & Cheese Corn Cooked Apples	Tuna Salad on w/Bun 30 Pasta Salad Carrots Cottage Cheese & Pears	Chicken Teriyaki 31 w/Pepper & Onions Rice Peas Pineapple	Donations are appreciated

KVSS nutrition site meals served with milk or water. 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 meal, so donations are appreciated. If you have any questions regarding the program, please call 304-348-0707.

SENIOR FARMERS MARKET VOUCHERS



Every Spring with great anticipation we get the projected date of when we will receive “veggie vouchers” from the USDA and then we begin setting up dates for distribution. This year the Senior Farmers Market Voucher program was a huge success and all 1600 vouchers were distributed! Our Social Service Representatives reached out to multiple locations in Kanawha County to provide this opportunity to as many as possible. This could not have been accomplished without them! This team provides support to seniors in so many ways. Thank you for all your effort!



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
- ◆ Alzheimer/Dementia respite in center and in home
- ◆ 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 ON OUR LIST FOR AN UPCOMING TRIP!

SUGGESTED DONATION IS \$5.00 ROUNDTrip.

KVSS JOB OPENINGS

Adult Day Center Program Manager

In-Home Caregivers—Charleston, Cross Lanes, Elkview, and St. Albans

KVSS Management Team: Interim Executive Director, Melanie Hirst, Interim 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, Patricia O'Reilly, Kay Goodwin and Bill Coyle

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