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December 2023
Volume 1, Issue 15

KANAWHA VALLEY SENIOR SERVICES

"Helping Seniors Age Successfully"

The Reason for the Season



It is easy to get caught up in the hustle and bustle of a busy holiday season. There are so many things to do, tasks to accomplish and errands to run that the season of joy sometimes can become not so joyful! We tend to forget others who may be missing family and friends during this time while we are cyber shopping, tree trimming and running to events. We decided to ask our friends in the dementia day program what this time of year means to them! Here is what they said:

M.C. "A wonderful thing to me and my family, children, and grandchildren. We all have little things to unwrap, and we have nice things to eat! The kids are all happy, and I am happy too."

M.S. "The celebrating birth of Jesus. Giving presents to each other, communion at church and eating together. I also like the parades."

F.F. "Christmas means the best of my life. It means so much to me having the people in my life and celebrating my Lord. Church members, getting together, to celebrate. The Love of Christ and knowing that Christ was born for the people. People that come around me make me happy. I try to be the best I can be, giving gifts to show love, and I enjoy myself when I get to come here at the center."

R.N. "I get to see my whole family and open gifts from each other."

S.B. "I love to walk and see the beautiful sights and sounds at Christmas. I love the red things and the woods, I just love it! I love giving presents to people."

H. A. "Time of reunion for family, spiritual renewal, time to see my grandchildren, time to renew the meaning of the birth of Jesus, and time to eat!"

I.D. "Family is Christmas to me, something special! Celebrating the birth of Jesus and doing things for other people."

KVSS wishes you and yours a Merry Christmas, Seasons Greetings, Happy Hanukkah, Happy Kwanzaa, Happy Bodhi Day, and Happy Winter Solstice. Most of all we wish you all peace, health and joy!

Check out our website at www.kvss.org

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

KVSS—WG819





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— Part D (Prescription Drugs) Appeal

If your Part D plan denies coverage of your medication, you may appeal the decision. A Part D appeal is a formal request for review of a coverage decision made by your Part D plan.

The appeals process will be the same whether you get your drug coverage through a stand-alone Part D plan or as part of your Medicare Advantage Plan. There is more than one level of appeal, and you have the right to continue appealing if you aren't successful at the first level. Be aware that at each level of appeal, there's a separate timeframe for when you must file the appeal and when you will receive a decision.

If your pharmacist tells you that your plan will not pay for your prescription drug, the pharmacist should give you a notice titled Medicare Prescription Drug Coverage and Your Rights. First, call your plan to find out the reason it isn't covering your drug. There are various reasons why a plan might do this, and knowing the reason is very important to your appeal. Here are a few examples of reasons why a Part D plan may deny coverage:

- The drug isn't on the plan's list of covered drugs.
- You need to request approval from the plan before it will cover that drug. This is called prior authorization.
- Your plan requires that you try a different, usually less expensive drug first. This is called step therapy.
- Your drug has been prescribed for off-label use. This means that your doctor has prescribed the drug for a reason other than the uses approved by the FDA.

Once you know why your drug wasn't covered at the pharmacy, speak to your prescribing provider about your options. For example, you may be able to try a comparable drug that your plan does cover. If switching to another drug isn't an option, you'll need to file an exception request with your plan. This is a formal request for your plan to cover your drug. Contact your plan to learn how to file one. Ask your doctor to provide a letter of support that directly addresses the denial reason. If your request is approved, your drug will be covered. If it's denied, your plan will send you a Notice of Denial of Medicare Prescription Drug Coverage. This is your formal denial notice from the plan, and now you can begin a formal appeal.

You have 60 days from the date listed on this notice to file an appeal. Directions on how to appeal are on your denial notice. Your provider may appeal on your behalf or help you with the appeal process, but they aren't required to do so. If a doctor is not appealing on your behalf, you should ask them to write a letter of support addressing the plan's reasons for not covering your drug. If your plan approves your appeal, your drug will be covered. If your appeal is denied, you can choose to move to the next level of appeal. There are four levels of appeal after this first step. At each level, if you are denied, follow the instructions on the denial notice to submit your next appeal. Follow all deadlines carefully. If your appeal is approved at any point, your Part D plan should cover your drug until the end of the calendar year. Be sure to ask your plan if they will continue to cover the drug after the year ends. If they will not, you can appeal again next year, or consider switching Part D plans during Medicare's Open Enrollment Period to a plan that does cover your drug.



RECIPE—PERSIMMON BREAD

Ingredients

- 2 eggs
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 1/2 cup vegetable oil
- 1 tsp ground cinnamon
- 1 cup persimmon pulp
- 1/2 cup chopped walnuts
- 1 tsp baking soda
- 1/2 cup raisins



Instructions

1. Gather ingredients. Preheat oven to 325 degrees F. Oil a 9 x 4 inch pan.
2. In a small bowl, combine flour, cinnamon, salt, nuts, and raisins. Fold in flour mixture. Pour batter into prepared pan.
3. Bake for 60 to 75 minutes, or until tester inserted in the center comes out clean.

Recipe Received From: allrecipies.com

CHRISTMAS WORD FIND

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

CHRISTMAS	STOCKING
HOLLY	JOY
ORNAMENT	MERRY
MISTLETOE	CARD
GREEN	PRESENT
RED	BOW
SILVER	SNOWFLAKE
BELLS	TREE
JINGLE	GINGERBREAD
HOOHO	WREATH
STAR	SNOWMAN
SANTA	CANDLE
HOLIDAY	



KVSS WILL CLOSE ON WEDNESDAY, DECEMBER 6TH BETWEEN 1:30 PM —3:30 PM FOR EMPLOYEE APPRECIATION AND SAFETY TRAINING. THANK YOU FOR YOUR UNDERSTANDING.



K
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N



Join us on Friday, December 15th for our Christmas Lunch and sing a long beginning at 11:45 AM! Menu includes Ham, Sweet Potatoes, Green Bens, Roll and Apple Crisp!

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



Join us for Cornhole every Friday!

ZUMBA FOR SENIORS

No Charge


1:30 pm Wednesdays and Fridays



December 2023

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	Nitro West Sattles Rand	304-721-8465 304-925-9200


Monday	Tuesday	Wednesday	Thursday	Friday
	Charleston Senior Center Lunch Served 11:45 – 12:45			Italian Chicken 1 With Rice Broccoli Applesauce
Biscuits n' Gravy 4 Eggs Potatoes O'Brian Apples	Salisbury Steak 5 Mashed Potatoes n' Gravy Peas Roll Orange	Chicken Salad 6 On Wheat Bun Beets 3 Bean Salad Pineapple	Chicken Teriyaki w/Rice 7 Brussel Sprouts Peaches	Butter Beans 8 Corn Bread Potatoes O'Brian Greens Pears
Country Fried Steak 11 Mashed Potatoes n' Gravy Greens Mixed Fruit	Pinto Beans 12 Corn Bread Spinach Potatoes O'Brian	Tuna Salad on 13 Wheat Bun Salad Beet's Pineapple	Chicken Tenders 14 Scalloped Potatoes Succotash Roll Mixed Fruit	Ham 15 Sweet Potatoes Green Beans Roll Apple Crisp Christmas Lunch
Potato Crusted Pollock 18 Scalloped Potatoes Peas n' Carrots Pears	COOK'S CHOICE 19	Chef Salad 20 Beet's Cottage Cheese & Peaches Roll	Shepherd's Pie 21 Broccoli Roll Applesauce	CENTERS CLOSED 22
CENTERS CLOSED Merry Christmas! 25	Chili 26 Greens Corn Bread Applesauce	Tacos 27 Rice Refried Beans Oranges	Chicken Noodle Soup 28 Broccoli Roll Applesauce	BBQ Bone in Chicken 29 Scalloped Potatoes Peas Roll Mixed Fruit

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.



December 2023
KANAWHA VALLEY SENIOR SERVICES
1710 PENNSYLVANIA AVENUE
SENIOR CENTER MONTHLY SCHEDULE



Monday		Tuesday		Wednesday		Thursday		Friday	
		PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES				DONATIONS ARE GREATLY APPRECIATED		11:45 Lunch 1	
10:00 Paint Class 11:45 Lunch	4	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	5	11:45 Lunch 1:30 No Zumba 1:30 – 3:30 CLOSED	6	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	7	10:30 Craft Wire Snowmen Ornaments 11:45 Lunch 1:30 Zumba	8
10:00 Paint Class 11:45 Lunch	11	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	12	11:45 Lunch 1:30 Zumba	13	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	14	11:45 Christmas Lunch & Special Music 1:30 Zumba	15
10:00 Paint Class 11:45 Lunch	18	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	19	10:30 BINGO w/Greg 11:45 Lunch 12:00 L&L VISIONS Services 1:30 Zumba	20	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	21	CENTER'S CLOSED CHRISTMAS EVE	22
CENTER'S CLOSED 		11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	26	11:45 Lunch 1:30 Zumba	27	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	28	11:45 Lunch 1:30 Zumba	29

BINGO with GREG

Wednesday, December 20th starting at 10:30 AM



B	I	N	G	O
2	12	23	31	42
9	18	20	38	44
5	11		36	50
1	14	28	30	47
3	16	25	33	41



LUNCH & LEARN

Wednesday, December 20th starting @ Noon

WV Division of Rehabilitation Services VISIONS program is a statewide independent living program for seniors with vision loss.

Christmas Eve
Friday, December 22nd.
KVSS CLOSED



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

Christmas Day
Monday, December 25th.
KVSS CLOSED



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

KVSS JOB OPENINGS

**In-Home Caregivers VA and Lighthouse Programs
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

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Inc.**

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