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February 2024
Volume 2, Issue 2

KANAWHA VALLEY SENIOR SERVICES



A Matter of Balance

A Matter of Balance is a nationally recognized evidence-based program designed to benefit older adults who may have a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults.

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve



Check out our website at <https://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— Your Medicare coverage and costs can change each year, so it's important to understand and review your benefits.

Know your Medicare Part A and B costs in 2024.

Medicare Part A covers inpatient hospital services, skilled nursing facility services, home health care, and hospice. Most people don't owe a premium for Part A, but if neither you nor your spouse have 10 years of Social Security work credits, you may owe a monthly premium. If you're admitted to the hospital as an inpatient, you'll owe a deductible of \$1,632 at the beginning of your stay. If you have multiple hospitalizations, you may owe the deductible more than once. After you meet your deductible, your first 60 days in the hospital and your first 20 days in a skilled nursing facility cost you nothing. After that, you owe an out-of-pocket cost each day for your continued stay.

Medicare Part B covers outpatient costs, such as doctor visits and lab tests. In 2024, the standard Part B premium is \$174.70. If your income is above \$103,000 as a single person or \$206,000 as a married couple, you may pay a higher premium. Keep in mind that if you have a Medicare Advantage Plan, you may also pay an additional monthly premium for being enrolled in that plan. If you have Original Medicare, you'll owe a Part B deductible of \$240 in 2024. You'll continue to owe a 20% coinsurance for most services covered by Part B.

Know your prescription drug coverage costs in 2024.

Medicare Part D covers outpatient prescription drugs. In 2024, the national average premium for the Part D basic benefit is around \$30 per month. Your premium and drug costs vary based on your plan and your prescription drug needs. If your Part D plan has an annual deductible, it can be no higher than \$545 in 2024. If you reach the catastrophic coverage phase in 2024, you then won't owe any of the cost of your covered drugs. This is a new change and means that your Part D out-of-pocket spending will be capped at \$8,000. This cap will be further lowered to \$2,000 in 2025. If your income is limited, you may qualify for help with your Medicare costs. Contact your State Health Insurance Assistance Program, or SHIP, to see if you're eligible. One of these cost-saving programs is called Extra Help. In 2024, full Extra Help will be expanded so that even more people are eligible.

Know your opportunities to change your coverage in 2024.

Many people have to wait until Medicare's Open Enrollment Period to change their coverage if they aren't happy with it. You may have the opportunity to change your coverage earlier in 2024, though, depending on your circumstances.

- If you have a Medicare Advantage Plan, you may be able to use the Medicare Advantage Open Enrollment Period, also known as the MA OEP. You can use this period to switch from your Medicare Advantage Plan to another Medicare Advantage Plan, or to Original Medicare with or without a prescription drug plan. The MA OEP is each year from January 1 through March 31.

Recipe—Garlic Roasted Okra

Ingredients

- 1 lb. okra
- 1 tsp. paprika
- 1 tsp. garlic powder
- ½ tsp. sea salt
- 1 ½ tbsp. melted butter



Directions

- Rinse the okra and dry it with a paper towel. Trim away the stem ends, and then cut it into ½ to ¾-inch pieces. Place the okra into a medium-sized mixing bowl.
- In a small dish, mix together the paprika, garlic powder, and salt.
- Sprinkle the seasoning mix over the okra and add the melted butter. Mix everything well.
- Transfer the okra to a large parchment paper-lined baking sheet and spread them out evenly.
- Bake the okra for about 15 minutes at 450°F. Serve.

Recipe Adapted From: <https://eatsomethingvegan.com/garlic-roasted-okra/>

Okra, also called gumbo or Lady's finger, is believed to be originated around Ethiopia. Okra is related to cotton, hibiscus, and hollyhock. It grows on an annual plant that is about six feet tall. Okra is a tropical plant that grows best in warm climates. It is available all year round but its peak season is the summer months. The plant grows heart shaped leaves and flowers that look similar to hibiscus. The edible okra pods grow between three and ten inches long. Okra is most commonly known for its green variety and can also be cultivated in a red variety.



VALENTINE'S WORD SEARCH FUN!



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

CANDY
CARD
FRIEND
HEART

HUGS
LOVE
NICE
PRETTY

SPECIAL
SWEET
VALENTINE



PART TIME SUBSTITUTE NUTRITION DRIVER

Are you retired and want to give back? This is a great opportunity to help others and make a little extra money.

Come by our office or give us call!



Coming up In March KVSS will be partnering with the West Virginia State University Extension Service to offer a Meal in a Mug program to seniors aged 60 and over at no charge. Be on the lookout for sign-ups!

After the Meal in a Mug program is complete we will move into the PreventT2 Program. This is a lifestyle change program that can help you make lasting changes to prevent Type 2 diabetes!

We are excited for this new collaboration with WVSU Extension Services and look forward to continuing to provide new and exciting opportunities together!



WEST VIRGINIA STATE
U N I V E R S I T Y

Extension Service

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.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



February 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 Sattles Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
	Charleston Senior Center Lunch Served 11:45 – 12:45		1 Goulash Broccoli Corn Orange	2 Vegetable Beef Soup Greens Peaches Roll
5 Meatloaf Mashed Potatoes Peas Mixed Fruit Roll	6 Chicken Tenders Scalloped Potatoes Carrots Pears	7 Chicken Salad Sandwich 3 Bean Salad Beets Pineapples	8 Potato Crusted Pollack Mashed Potatoes Green Beans Peaches Roll	9 Bone in Chicken Greens Corn Apple Sauce Roll
12 Salisbury Steak Mashed Potatoes w/Gravy Broccoli Peaches Roll	13 Pinto Beans Potatoes O'Brian Greens Cooked Apples Corn Bread	14 Roasted Chicken Breast Scalloped Potatoes Brussel Sprouts Roll Special Valentine Dessert	15 Spaghetti Side Salad Pears Garlic Bread	16 BBQ Pork Sandwich Cole Slaw Sweet Potatoes Apple Sauce
19 CLOSED PRESIDENTS' DAY	20 Chicken Teriyaki Rice Broccoli Pineapples	21 Hot Dog w/ Chili & Slaw Mac n/Cheese Baked Beans Pears	22 Biscuit n/Gravy Potatoes O'Brian Eggs Cooked Apples	23 Chili Corn Bread Greens Peaches
26 COOK'S CHOICE	27 Country Fried Steak Mashed Potatoes w/Gravy Pea's n/Carrots Mixed Fruit	28 Tuna Salad on W-Bun Pasta Salad Pineapple & Cottage Cheese	29 Italian Chicken Rice Brussel Sprouts Peaches	30 Butter Beans Potatoes O'Brian Greens Cooked Apples Corn Bread

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.



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



Monday	Tuesday	Wednesday	Thursday	Friday
PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES			11:45 Lunch 1 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 2 12:15 Corn Hole 1:30 Zumba
10:00 Paint Class 5 11:00 Sitting Fit 11:45 Lunch	11:45 Lunch 6 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 7 1:30 Zumba	11:00 Sitting Fit 8 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	10:30 Craft 9 11:45 Lunch 12:15 Corn Hole 1:30 Zumba
10:00 Paint Class 12 11:00 Sitting Fit 11:45 Lunch	11:45 Lunch 13 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 14 1:30 Zumba 12:00 Live Music <i>Valentine's Day</i>	11:00 Sitting Fit 15 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 16 12:15 Corn Hole 1:30 Zumba
PRESIDENT'S DAY CLOSED 19	11:45 Lunch 20 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	10:30 BINGO 21 11:45 Lunch 12:00 Lunch & Learn UC Heart Health 1:30 Zumba	11:00 Sitting Fit 22 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 23 12:15 Corn Hole NO ZUMBA
10:00 Paint Class 26 11:00 Sitting Fit 11:45 Lunch	11:45 Lunch 27 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 28 NO ZUMBA	11:00 Sitting Fit 29 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	DONATIONS ARE GREATLY APPRECIATED



Wednesday, February 21
 @ 10:30 AM

KVSS CLOSED
President's Day
Monday, February 19th



Wednesday, February 21 @
 Noon
 University of Charleston
 "Heart Health"



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

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 for all 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

Kanawha Valley Senior Services, Inc.

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