

1710 Pennsylvania Avenue
Charleston, WV 25302
Phone: 304-348-0707
Fax: 304-348-6432
E-mail: info@kvss.org



January 2024
Volume 2, Issue 1

KANAWHA VALLEY SENIOR SERVICES

The West Virginia Division of Rehabilitation Services visited KVSS recently to let us know about the VISIONS Program. VISIONS stands for Visually Impaired Seniors In-Home Outreach and Networking Services.

If you, or someone you know, are age 55 or older and have a permanent, visual impairment that makes daily living activities difficult please call them! To contact VISIONS call 1-800-642-3021.

Our home delivered meal participants will soon receive a survey with eight questions about how this program is helping improve health and well-being! If you receive a survey please be sure to return it to your driver or call our office at 304-348-0707 and simply give your answers over the phone.

Do you know where the song “Auld Lang Syne” comes from? It is the title of a 1788 Scottish poem by Robert “Rabbie” Burns, typically sung on New Year’s Eve around the world. The phrase “auld lang syne,” which literally translates to “old long since,” basically means “days gone by” in the Scots language. Or, as *Merriam-Webster* explains, “the good old times.”

The nostalgic phrase “auld lang syne” appeared in Scottish song as early as 1588, but it was Burns who gave us the version we prefer to butcher every Dec. 31.

When Burns turned in the manuscript of his poem “Auld Lang Syne” in 1788, he was quick to cite the Scottish oral tradition as his muse. “The following song, an old song, of the olden times,” he’s said to have remarked, “has never been in print, nor even in manuscript until I took it down from an old man.”

As Scots immigrated around the world, they took the song with them. Eventually, North American English speakers translated it into the common lyrics we know today, made famous in part by Guy Lombardo and his band, the Royal Canadians. The group performed the song on New Year’s Eve from 1929 until about 1977. It’s this version that plays every year after the ball drops in Times Square.

(“Auld Lang Syne” taken from Readers Digest Updated: Dec. 28, 2023 By Brandon Specktor)

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
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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— Expansion of Full Extra Help

Extra Help is a federal cost assistance program that helps with the cost of Medicare Part D, the prescription drug benefit. Before 2024, Extra Help had full and partial eligibility levels, and an individual received a different level of cost assistance depending on their level of Extra Help. The income limit for full Extra Help was up to 135% of the federal poverty level (FPL), and the income limit for partial Extra Help was more than 135% and up to 150% FPL. In 2024, income eligibility for full Extra Help is expanded to 150% FPL. Partial Extra Help will be eliminated, and anyone currently eligible for partial Extra Help will be entitled to the full benefit.

The 2024 FPL is not available yet. The 2024 resource limits (including burial funds) are \$17,010 for a single person and \$33,950 for a couple. In 2024, those with Extra Help will owe a \$4.50 copay for generic drugs and an \$11.20 copay for brand name drugs. If someone has Medicaid, Extra Help, and an income below 100% FPL, their copays are lower. They owe \$1.55 for generic drugs and \$4.60 for brand name drugs.

RECIPE— Potato Soup in a Mug

Servings: 1



Ingredients

1 large size mug
3/4 cup water (6oz)
3 tablespoons potatoes (small cubes)
1 tablespoon white onion (chopped) or onion flakes
2 tablespoons cheddar cheese
1 tablespoon cooked bacon (or real bacon bits)
2 teaspoons cornstarch or flour
1/2 cup chicken stock (4 oz)
1/4 cup milk (2 oz)
salt and pepper
sour cream, chives and or green onions for optional garnish

Instructions

1. Add potatoes and water into a large microwavable mug. Microwave for 3-4 minutes or until potatoes are tender. Stir halfway through.
2. Once cooked drain away cooking water.
3. Stir bacon, cheese, onions and cornstarch into the potatoes.
4. Stir in the chicken stock and milk. Add salt and pepper to taste.
5. Microwave for 2-3 minutes or until it thickens and all ingredients are hot. Keep a close eye on your mug while microwaving so it does not over flow.
6. Serve topped with sour cream, bacon and chives.

January Word Search Puzzle

Cold Hat
Ice
Snow Wind
Winter
Coat Frosty
Skiing
Icicle Scarf
Sled
Gloves Mitten
Toboggan
Sledge Hibernate

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



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.

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KVSS



CHRISTMAS FUN





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helping people

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POWERS OF ATTORNEY

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- 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



January 2024

Kanawha Valley Senior Services, Inc.
1710 Pennsylvania Ave
Charleston, WV 25302


<u>Income</u>	<u>Suggested Donation</u>	<u>Sites</u>	<u>Phone</u>
\$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	304-721-8465

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED NEW YEARS DAY	2 Cabbage Rolls Scalloped Potatoes Succotash Applesauce	3 Vegetable Beef Stew Greens Roll Spiced Peaches	4 Chicken Tenders Carrots Mashed Potatoes Pears	5 Goulash Broccoli Corn Mandarin Oranges
8 Italian Chicken Rice Brussel Sprouts Cooked Apples	9 Salisbury Steak Mashed Potatoes w/Gravy Green Beans Pear Roll	10 Chef Salad 3 Bean Salad Beets Pineapples	11 Pinto Beans Greens Potatoes O'Brien Applesauce	12 Spaghetti Broccoli Garlic Bread Peaches
15 CLOSED	16 Chili Corn Bread Greens Applesauce	17 Chicken Noodle Soup Broccoli Mixed Fruit Roll	18 Chicken Teriyaki Rice Broccoli Pineapple	19 Potato Crusted Pollock Scalloped Potatoes Asparagus Pears Roll
22 Bone-In Chicken Mashed Potatoes Peas & Carrots Peaches Roll	23 Shepherd's Pie Brussel Sprouts Mixed Fruit Roll	24 Tuna Salad Beets Pasta Salad Fresh Fruit	25 Country Fried Steak Mashed Potatoes w/Gravy Green Beans Pears Roll	26 Biscuit & Gravy Potatoes Eggs Cooked Apples
29 Butter Beans Corn Bread Greens Potatoes O'Brien Applesauce	30 COOK'S CHOICE	31 Tacos Rice Refried Beans Mandarin Oranges		Charleston Senior Center Lunch Served 11:45 – 12:45

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.



January 2024
KANAWHA VALLEY SENIOR SERVICES
SENIOR CENTER MONTHLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<div>JANUARY 1, 2024</div> <div>CLOSED</div> <div>HAPPY NEW YEAR!!!</div>	11:45 Lunch 2 <div>NO TAI CHI</div>	11:45 Lunch 3 1:30 Zumba	11:45 Lunch 4 <div>NO TAI CHI</div>	11:45 Lunch 5 12:15 Corn Hole 1:30 Zumba
10:00 Paint Class 8 11:45 Lunch	11:45 Lunch 9 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 10 1:30 Zumba	11:45 Lunch 11 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	10:30 Craft 12 11:45 Lunch 12:15 Corn Hole 1:30 Zumba
<div>CLOSED</div> <div>MARTIN LUTHER KING JR. DAY</div> <div>15</div> 	11:45 Lunch 16 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	10:30 BINGO 17 11:45 Lunch 12:00 Lunch & Learn Quality Insights 1:30 Zumba	11:45 Lunch 18 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 19 12:15 Corn Hole 1:30 Zumba
10:00 Paint Class 22 11:45 Lunch	11:45 Lunch 23 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 24 1:30 Zumba	11:45 Lunch 25 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 26 12:15 Corn Hole 1:30 Zumba
10:00 Paint Class 29 11:45 Lunch	11:45 Lunch 30 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 31 1:30 Zumba	<div>PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES</div> <div>DONATIONS ARE GREATLY APPRECIATED</div>	



BINGO

Wednesday, January 17th
@ 10:30 AM



Wednesday, January 17th @
Noon
"Managing Blood Pressure"



KVSS CLOSED

**January 1,
2024
New Year's
Day**



Hospice, Palliative Care and Grief Support...

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Charleston, WV 25387-2536
(304) 768-8523 / (800) 560-8523
Lewisburg
1265 Maplewood Avenue
Lewisburg, WV 24901
(304) 645-2700 / (800) 237-0842

KVSS CLOSED

**January 15,
2024
Martin Luther
King, Jr. Day**

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
PART TIME NUTRITION SUBSTITUTE DRIVER**

In-Home Caregivers VA and Lighthouse Programs

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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