

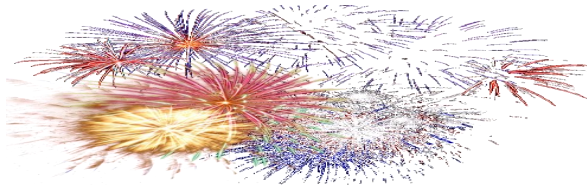
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July 2023  
Volume 1, Issue 9

## KANAWHA VALLEY SENIOR SERVICES

"Helping Seniors Age Successfully"



Happy 4th of July and we hope if you are looking for a exceptional lunch on Monday, July 3rd you will join us here at the center. We serve lunch from 11:45 AM -12:45 PM. The center will be closed on Tuesday, July 4th.

There is a very important day coming up on July 7th. World chocolate day! Chocolate has a rich and fascinating history that dates back to the ancient civilizations of the Mayans and Aztecs. The Mayans used it in religious ceremonies and as a form of currency. The Aztecs also revered chocolate, using it as a drink during ceremonies and as a source of energy for their soldiers.

When the Spanish Conquistadors arrived in the Americas in the 16th century, they brought chocolate back to Europe, where it quickly became popular. Chocolate was initially consumed as a drink, and it wasn't until the 19th century that solid chocolate was created.

Cocoa, the key ingredient in chocolate, is a powerful antioxidant that can help improve heart health and reduce the risk of certain diseases. While chocolate is often seen as a guilty pleasure, it actually has a number of health benefits. Chocolate is made from cocoa beans, which are rich in flavonoids and antioxidants which can help protect the body against damage from free radicals. Flavonoids are known to improve heart health, reduce inflammation, and lower blood pressure. Additionally, dark chocolate has been found to be effective in improving brain function. What's not to like!

Check out our website at [www.kvss.org](http://www.kvss.org)



Find us on Facebook @  
**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— Medicare and Transportation

#### Medicare covers emergency ambulance services if:

- You are on the way to or back from receiving Medicare-covered care
- You are transported to and from certain places, like your home or the hospital
- The transportation meets Medicare's ambulance requirements

#### Medicare covers non-emergency ambulance rides ordered by a doctor if:

- If you are confined to a bed
- Or, if you need vital medical services during your trip that are only available in an ambulance

#### Part B covers 80% of the cost of ambulance services.

You usually pay a 20% coinsurance after meeting your Part B deductible for the year.

For example, if your ambulance ride is \$1,000, Medicare would pay \$800, and you would owe \$200. If you have a Medicare Advantage Plan, costs will depend on your exact plan.

**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



# 4<sup>TH</sup> OF JULY

## WORD SEARCH


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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	



# July 2023

## KANAWHA VALLEY SENIOR SERVICES ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10:00 Paint Class 11:45 Lunch	4 <b>HOLIDAY CLOSED</b> 	5 11:45 Lunch	6 11:45 Lunch 1:30 Veggie Vouchers Rand Community Ctr.	7 11:45 Lunch 12:15 Cornhole	8
9	10 10:00 Paint Class 11:45 Lunch	11 9:00 Veggie Voucher Dunbar Senior Center 11:45 Lunch	12 11:45 Lunch	13 9:00 Veggie Vouchers Clendenin Community 11:45 Lunch	14 10:30 CRAFT COLORFUL CLAY 11:45 Lunch 12:15 Cornhole	15
16	17 10:00 Paint Class 11:45 Lunch & LIVE MUSIC	18 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	19 10:30 BINGO 11:45 Lunch 1:30 ZUMBA	20 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	21 11:45 Lunch 12:15 Cornhole 1:30 ZUMBA	22
23	24 10:00 Paint Class 11:45 Lunch	25 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	26 11:45 Lunch 1:30 ZUMBA	27 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	28 11:45 Lunch 12:15 Cornhole 1:30 ZUMBA	29
30	31 10:00 Paint Class 11:45 Lunch					SENIOR CENTER HOURS 10-2



**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](http://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



**ZUMBA FOR SENIORS RESUMES JULY 19th**

**No Charge**

**1:30 pm Wednesdays and Fridays**



**July 2023**

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

<u>Income</u>	<u>Suggested Donate</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	Nitro West Sattes Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork BBQ with coleslaw Baked Beans California Veggies Peach Cobbler <b>HANSFORD SITE CLOSED</b> <b>NITRO SITE CLOSED</b>	 <b>CLOSED JULY 4</b>	5 Butter Beans Mixed Greens Corn Bread Potatoes O'Brian Apple Sauce	6 Potato Crusted Pollock Brussel Sprouts Corn Peaches Roll	7 Chicken Noodle Soup Broccoli Applesauce Roll
10 Meat Loaf Mashed Potatoes with Gravy Peas and carrots Peaches Roll	11 Sloppy Joe Broccoli and cheese Corn Pears	12 <b>COOKS CHOICE</b>	13 Italian Chicken Long Grain Rice California Veggies Applesauce	14 Pork Chop Mashed Potatoes with gravy Mixed Greens Peaches Roll
17 Chicken Tenders Scalloped Potatoes Green Beans Pineapples	18 Pinto Beans Potatoes O'Brian Corn Bread Apple Crisp	19 Soft Tacos Rice Refried Beans Fresh Fruit	20 Country Fried Steak Mashed Potatoes Peas Mixed Fruit Roll	21 Chicken Teriyaki with peppers and onions Long grain rice Carrots Peaches
24 Biscuit and gravy Potatoes O'Brian Scrambled Eggs with Cheese Oranges	25 Chicken Salad on Wheat Bun Pea Salad Carrots Pears	26 Vegetable Beef Soup Spinach Peaches Roll	27 Spaghetti with Meat Sauce Broccoli Apple Sauce Garlic Bread	28 Bone In BBQ Chicken Scalloped Potatoes Green Beans & Roll Fruit Cobbler
31 Tuna Salad on Wheat Bun 3 Bean Salad Carrots Fresh Apples		<b>Charleston Senior Center</b> <b>Lunch Served</b> <b>11:45 – 12:45</b>		

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.

# SENIOR FARMERS MARKET VOUCHERS

JULY 2023



Only One \$50.00 Coupon Book per Household. \*Must be Age 60 or Older & Must bring VALID Photo I.D. \*\*You may pick up vouchers for 3 seniors only. We photo I.D., address, phone number, income, and a signed note granting permission for you to pick up the voucher for them. We must see VALID ID.

Household	Weekly	Bi-Weekly	Twice-	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

**1:30 PM — 4:00 PM**  
**Thursday, July 6th**  
**Rand Community Center**  
**5701 Church Dr.**  
**Rand, WV**

**9:00 AM — 11:30 AM**  
**Tuesday, July 11**  
**Dunbar Senior Center**  
**210 12th Street**  
**Dunbar, WV**

**9:00 AM — 11:30 AM**  
**Thursday, July 13**  
**Clendenin Community Center**  
**41st Street**  
**Clendenin, WV**

PHONE: 304-348-0707

FAX: 304-348-6432

E-MAIL: [INFO@KVSS.ORG](mailto: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

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

*KVSS Management Team: Interim Executive Director, Melanie Hirst, Interim Comptroller 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*

Kanawha Valley Senior Services,  
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