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June 2023
Volume 1, Issue 8

KANAWHA VALLEY SENIOR SERVICES

"Helping Seniors Age Successfully"

June is Alzheimer's and Brain Health Awareness month. We had the pleasure of attending the Alzheimer's Association "Reason to Hope" Breakfast at Capitol Market. The Keynote Speaker, Dr. Adel Aziz from CAMC Neurology discussed new treatments and research. Dan Miller also talked about new clinical trials and we listened to Delegate Walter Hall discuss advocacy and public policy.

There is a pharmaceutical company that has just completed its Phase 3 studies with their Alzheimer drug that showed a 35% slowing in decline compared to participants who were given a placebo. This information will be presented in July at the Alzheimer's Association International Conference and submitted for publication in a peer-reviewed scientific journal.

Kanawha Valley Senior Services provides home delivered meals and a well check to many seniors with some form of dementia and we are committed to continuing this valuable service!

June also brings us Medicare Fraud Prevention week so please be sure to check out our social media posts all this month on tips to prevent fraud.

Finally, much gratitude and thanks to our employees for never giving up during the pandemic, especially all of our drivers! We are thankful to be moving forward and working on planning activities and events for our seniors. Please come out and join us for a meal and become a part of the community we call KVSS!

Check out our website at www.kvss.org



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—What is the Extra Help Program

The Extra Help program			
If your income is:	And your assets are:	You can get:	Your 2023 copays are:
Up to \$1,843 per month for individuals Up to \$2,485 per month for couples	Up to \$16,660 for individuals Up to \$33,240 for couples	Partial Extra Help	15% coinsurance or the plan copay (whichever is less) After reaching catastrophic coverage, \$4.15 per generic and \$10.35 per brand-name (or 5% of the drug cost, whichever is greater)
Up to \$1,660 per month for individuals Up to \$2,239 per month for couples	Up to \$10,590 for individuals Up to \$16,630 for couples	Full Extra Help	\$4.15 generic copay \$10.35 brand-name copay No copay after reaching catastrophic coverage

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

CANS
Chesapeake
Clendenin
Elk River
Hansford
Nitro West Sattes School

Phone

304-342-4476
304-949-5797
304-548-4192
304-965-3175
304-722-6949
304-721-8465



Hospice, Palliative Care and Grief Support...
 (304) 768-8523 or (800) 560-8523 www.hospicecarewv.org

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

MEDICARE FRAUD PREVENTION WEEK

JUNE 5–9



Medicare Fraud Prevention Week: **COMMUNITY**

Help protect your
neighbors by sharing
information about
scams and ways they
can protect themselves
from falling victim.

SUPPORTED BY GRANT # 90MPRC0002 FROM ACL



Don't play games with your credit

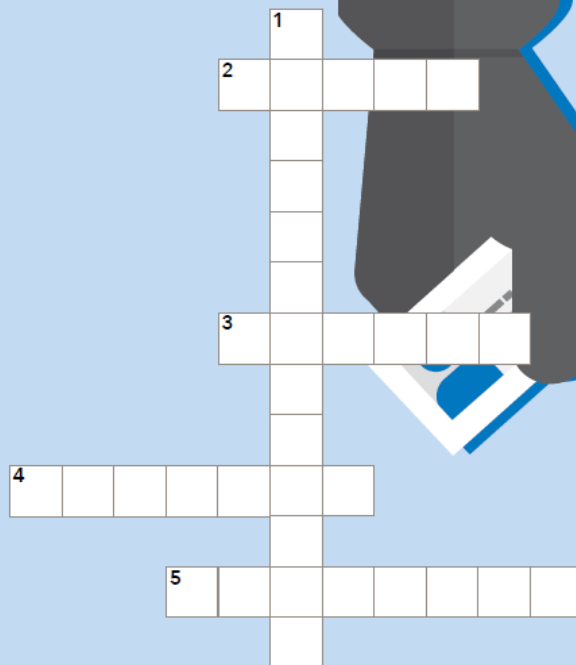
You spend your life building your credit. Now protect it.
Complete the crossword puzzle below.

Vertical

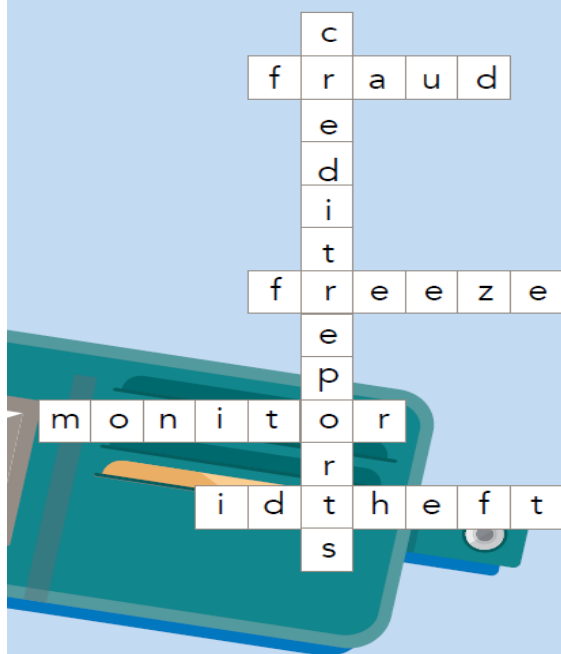
- 1 You can get free _____ each year from annualcreditreport.com.

Horizontal

- 2 Place a _____ alert with the credit reporting companies if someone uses your personal information to open a new account.
- 3 If your personal information was exposed in a data breach, you may want to place a security _____ on your credit report.
- 4 Regularly _____ your bank and credit card statements for fraud and mistakes.
- 5 _____ includes when someone uses your personal information to open new accounts in your name.



Answers



Report identity theft to police and to the FTC at ftc.gov/complaint and to each of the three largest credit reporting companies.

Equifax

Security Freeze (800) 685-1111

Place a fraud alert (888) 766-0008

Experian

Security Freeze (888) 397-3742

Place a fraud alert (888) 397-3742

TransUnion

Security Freeze (800) 680-7289

Place a fraud alert (888) 909-8872

This and That...

HAPPY FATHER'S DAY
JUNE 18TH

Kanawha Valley Senior Services will be closed on June 19 and June 20. Tai Chi will be cancelled on June 13, 15 and 20.

KANAWHA VALLEY SENIOR
SERVICES WILL BE
CLOSED TUESDAY, JULY 4

June 2 is National
Donut Day

ZUMBA CANCELLED THE WEEK OF JUNE 5—9 AND JUNE 23 AND 26. CONGRATUATIONS TO DEBRA ON THE BIRTH OF HER GRANDCHILD AND MANY THANKS FOR PROVIDING OUR SENIORS WITH SUCH A WONDERFUL EXERCISE CLASS!

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



ZUMBA FOR SENIORS

No Charge

1:30 pm Wednesdays and Fridays



June 2023

Kanawha Valley Senior Services, Inc.

Income	Donate	Sites	Phone
\$0-\$600	\$2.00	CANS	304-342-4476
\$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	\$6.30	Nitro West Sattes Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
Charleston Site Lunch Served 11:45 – 12:45			Sloppy Joe on wheat bun 1 Broccoli Carrots Pears	Butter Beans 2 Mixed Greens Potatoes O'Brian Corn Bread Apple Sauce
Potato Crusted Pollock 5 Brussel Sprouts Corn Wheat Roll Peaches	Italian Chicken 6 With peppers & onions Long Grain Rice California Veggies Cooked Apples	Soft Tacos w/lettuce 7 Tomato, Onion and cheese Rice Refried Beans Fresh Fruit	Meat Loaf 8 Mashed Potatoes Peas & Carrots Peaches Wheat Roll	Chicken Noodle Soup 9 Broccoli Applesauce Wheat Roll
Chicken Tenders 12 Spinach Brussel Sprouts Pineapple	Pinto Beans W/Onions 13 Potatoes O'Brian Corn Bread Cooked Apples	Cheeseburger w/lettuce 14 Tomato & Onion Baked Beans Pasta Salad Orange	Country Fried Steak 15 Mashed Potatoes w/Gravy Broccoli Wheat Roll Pears	Bone in BBQ Chicken 16 Scalloped Potatoes Mixed Greens Wheat Roll Mixed Fruit
CENTERS CLOSED 19 HAPPY JUNETEENTH!	CENTERS CLOSED 20 WV DAY 	Biscuit w/Gravy 21 Potatoes O'Brian Scrambled Eggs Applesauce	Chicken Salad / Wheat Bun 2 3 Bean Salad Baby Carrots Pears	Chicken Teriyaki Rice 23 w/Peppers & Onions Peas Pineapple
Spaghetti w/Meat Sauce 26 Greens Beans Garlic Bread Applesauce	Vegetable Beef Soup 27 Spinach Wheat Roll Peaches	Tuna Salad on Wheat Bun 28 3 Bean Salad Coleslaw Pears	Salisbury Steak 29 Mashed Potatoes w/Gravy California Veggies Wheat Roll Orange	Ham 30 Sweet Potatoes Broccoli Wheat Roll Pineapple Birthday Cake

KVSS Nutrition Site Meals Will Be Served with Milk or Water. The Senior Nutritional Program is operated under a Federal Grant for persons over the age of 60. You will meet wonderful people while enjoying a fantastic meal prepared by our staff. If you have any questions regarding the program, please call 304-348-0707.



Senior Farmers' Market 2023 Vouchers



Only One \$50.00 Coupon Book per Household.

***Must be Age 60 or Older & Must bring VALID Photo I.D. ***

Household Income must be Below:

1 Person \$: 2248.00/Month or \$26,973.00/Year

2 People \$: 3041.00/Month or \$36,482.00/Year

*You may pick up vouchers for 3 seniors only. We must have each senior's 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.

10:00 AM - 1:00PM
Tuesday, June 13th
Capitol Market
800 Smith St.
Charleston, WV

10:00 AM - 1:00 PM
Wednesday, June 14th
Capitol Market
800 Smith St.
Charleston, WV

10:00 AM - 1:00 PM
Wednesday, June 21st
KVSS
1710 Pennsylvania Ave.
Charleston, WV

9:00 AM - 11:30 AM
Thursday, June 22nd
Hansford Senior Center
500 Washington St.
St. Albans, WV

9:00AM - 11:30AM
Friday, June 23rd
West Sattes Center
234 Lee Ave.
Nitro, WV

9:00 AM - 11:30 AM
Tuesday, June 27th
Elk River Community Center
902 Main St.
Elkview, WV

9:00AM - 11:30AM
Thursday, June 29th
So. Charleston Recreation Ctr.
601 Jefferson Rd.
South Charleston, WV

UPCOMING VEGGIE VOUCHER DATES FOR JULY:

DUNBAR SENIOR CENTER JULY 11
9:00 AM—11:30 AM

CLENDENIN COMMUNITY CENTER JULY 13
9:00 AM—11:30 AM

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 DEPARTMENT TO BE PUT ON OUR LIST FOR AN UPCOMING TRIP.

SUGGESTED DONATION IS \$5.00 ROUNDTrip.

KVSS JOB OPENINGS

Transportation Coordinator—Full Time Position

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,
Inc.

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