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March 2024  
Volume 2, Issue 3

## KANAWHA VALLEY SENIOR SERVICES

*Helping Seniors Age Successfully*

"Little Wind Blows Big Gust of Love"

*Submitted by: Osagie Ayanru*

Jeanette Egan a full-blooded Cherokee, was born and raised in Walpole Native American Reservation off the coast of Heron near Detroit, Michigan. Since her youth, Egan, or Little Wind dreamed of reaching out to people with love. In fact, her grandfather encouraged and taught her to love and inspire people to be involved in their communities.

When asked about her relationship with Kanawha Valley Senior Services (KVSS) Egan said, "For me, it has been a blessing. I know that I am going to receive lunch. If I have any questions, I can call them. They set me up with medical people that I could contact if I needed them. They also set me up with the power company, and gas company so that I could lower my bills. KVSS has been a real blessing to me. I say a big thank you to KVSS. It warms my heart when I get that knock on my door and they are there, unfailingly."

In her first marriage, Little Wind suffered broken bones from an abusive husband. She finally broke free from her first marriage when she met Larry Rigby, an Air Force veteran who moved her to West Virginia. Little Wind and Larry started knitting and making hats together. They spent 21 blissful years before Rigby passed away.

Little Wind's hats are available to seniors at KVSS and other places such as Nitro Food Pantry and VA centers around the state. Her labor of love was introduced to KVSS by Jennifer Parsons. "Jennifer showed up here delivering meals. I asked if they could use some hats and she said, sure! I started making hand warmers and that is basically where everything went."

When the pandemic hit, the "Elderly Angel," as Little Wind is fondly called in her community, started making masks to give away. According to Nitro City Recorder, Rita Cox, "When the pandemic hit, she made masks for everyone. She likes to be busy, and I still have some of the masks she made." The City of Nitro honored her in 2022 with a Citizen of the Month award.

Little Wind's love for children is also remarkable, and there is a tree at Nitro Elementary School where hats are hung for any child in need. Little Wind is involved in a campaign against bullying in schools. "We are going to do hats in blue for the kids at school and give them to those that want to stop bullying." She is seeking donations of blue yarn for this campaign and volunteers are welcome as she would gladly teach those who want to learn the art of knitting.

In conclusion, this remarkable woman's goals in life are encapsulated in these words, "Everything I do is God's work. We are here to help God's children. That is exactly what I am doing. I am carrying on with what Larry and I started. I made him a promise that I would not let it go and I have kept it going for 29 years."

Donations can be dropped off at Kanawha Valley Senior Services office located at 1710 Pennsylvania Avenue in Charleston.

Check out our website at <https://kvss.org/>

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



Jeanette Egan "Little Wind"





Preventing Medicare Fraud

## 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 304-348-0707 and ask for a Social Service Representative in your area.

### Medicare Notes: Understanding Your Right to Appeal.

If you're receiving care in a hospital or non-hospital setting, you may be told that your Medicare will no longer pay for your care and that you'll be discharged. You have the right to file a fast appeal if you feel that continued care is medically necessary. There are separate processes for hospital and non-hospital appeals. Non-hospital care includes care from a skilled nursing facility, Comprehensive Outpatient Rehabilitation Facility, hospice, or home health agency. Be aware that at each level of appeal there is a separate timeframe for when you must file the appeal and when you'll receive a decision. Make sure to file each appeal in a timely manner or your appeal may not be considered.

#### How To Begin the process of appealing.

If you disagree with your facility's decision to end your care, start an appeal by contacting your Beneficiary and Family Centered Care Quality Improvement Organization, or BFCC-QIO for short. In today's talk we'll refer to it more simply as the QIO. The notices you receive in a hospital or non-hospital setting provide information about how to appeal if you think your care is ending too soon.

**If you are a hospital inpatient**, you should receive a notice titled **Important Message from Medicare** within two days of being admitted. This notice explains your patient rights, and you'll be asked to sign it. If your inpatient hospital stay lasts three days or longer, you should receive another copy of the same notice up to two days, and no later than four hours, before you are discharged. If you think you're being discharged too soon, follow instructions on the notice to file an expedited appeal to the QIO. Contact the QIO by midnight of the day of your discharge. Once you file the appeal, the hospital must give you a Detailed Notice of Discharge, which explains in writing why your hospital care is ending. The QIO should call you with its decision within 24 hours of receiving all the information it needs. If the QIO decides your care should end, you'll be responsible for paying for any care you receive after noon of the day after the QIO makes its decision.

**If your non-hospital care is ending**, you should receive a notice titled **Notice of Medicare Non-Coverage** no later than two days before your care is set to end. If you receive home health care, you should receive the notice on your second-to-last care visit. This notice tells you when your care is ending and explains how to appeal. If you think your care is ending too soon, file an expedited appeal with the QIO by noon of the day before your care is set to end. Once you file the appeal, your provider should give you a Detailed Explanation of Non-Coverage, which explains in writing why your care is ending. The QIO should make a decision no later than two days after your care was set to end. If the QIO decides your care should end, you'll be responsible for paying for any care you receive after the end date on the Notice of Medicare Non-Coverage.

#### Understand your right to continue appealing.

If your appeal to the QIO is successful, your care will continue to be covered. If your appeal is denied at this first level, you can continue to appeal by following instructions on the denial notices you receive. There are five levels of appeal in total, and you have the right to continue appealing if you're not successful. Be aware that there are timeframes for when you must file the appeal and when you will receive a decision. Make sure to file each appeal in a timely manner. If you are unable to appeal, a family member or other representative can appeal for you.

## Recipe—Creamed Spinach

*Recipe Received and Adapted From: Creamed Spinach (eatingwell.com)*

### Ingredients

- 1/4 cup half-and-half
- 1/4 tsp salt
- 1/4 tsp ground nutmeg
- Dash ground white pepper
- 1 tsp cornstarch dissolved in 1 tablespoon cold water
- 1 tsp unsalted butter
- 1/8 cup grated sweet yellow onion
- 1 (16 ounce) package frozen chopped spinach, thawed and squeezed dry
- 2 tbsp water
- 2 tbsp sour cream
- 2 tbsp whole milk plain yogurt
- 2 tbsp grated Parmesan cheese

### Instructions

1. Heat half-and-half in a medium saucepan over medium-high heat until small bubbles form around the edge of the pan. Add salt, nutmeg and pepper; bring to a simmer. Stir in cornstarch slurry and bring to a gentle boil. Cook, whisking constantly, until the mixture is thick and smooth, about 30 seconds. Remove from heat and set aside.
2. Melt butter in a large saucepan over medium heat until the foaming subsides. Add onion; cook, stirring, until translucent, 2 to 3 minutes. Add spinach and water; reduce heat to medium-low, cover and cook, stirring frequently, until the spinach is heated through, about 5 minutes. Add the reserved sauce, sour cream, yogurt and Parmesan. Stir well and cook, stirring frequently, until completely blended and heated through, about 2 minutes more.







# ST. PATRICK'S DAY WORD SEARCH



c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish  
Emerald  
Clover  
Lucky'  
Ireland

Parade  
Leprechaun  
Patrick  
Gold  
Rainbow

Pot  
Shamrock  
Green  
Saint  
March



West Virginia State University Extension Services in partnership with KVSS are excited to offer the Meal in a Mug program to seniors aged 60 and over at no charge. Classes will begin on Friday, March 1st from 12:30-2:00 and run for a total of eight weeks. There are still a few spaces open so if you are interested be sure to call and sign-up.

We are so thankful that Dr. Donte Pennington approached KVSS with this program as well as some others we will offer in the near future!



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**





Respite Caregiver needed for the Cabin Creek area. Part-time position. Monday afternoons are a must. No weekends or overnights. Sign on bonus after three months. Please call Joanie at 304-348-0707 x 305.

## KVSS ACTIVITIES

### Craft Class

Every 2nd Friday of the month  
10:00 am



### Bingo

Every 3rd Wednesday of the month  
10:30 am



### Tai Chi for Arthritis

1:30 pm Advanced Tuesdays and Thursdays

3:00 pm Beginners Tuesdays and Thursdays



### ZUMBA FOR SENIORS

No Charge

1:30 pm Wednesdays and Fridays

Cornhole and Games every Friday



**March 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	304-721-8465
		Rand	304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Charleston Senior Center Lunch Served 11:45 – 12:45</b>			<b>1</b>  <b>COOK'S CHOICE</b>
<b>4</b> Cow-Boy Beans Corn Bread Greens Peaches	<b>5</b> Spaghetti Broccoli Garlic Bread Mixed Fruit	<b>6</b> Tuna Salad 3 Bean Salad Beets Applesauce	<b>7</b> Butter Beans Corn Bread Potatoes O'Brian Greens Pineapples	<b>8</b> Potato Crusted Pollock Scalloped Potatoes Asparagus Pears
<b>11</b> Biscuit N' Gravy Potatoes O'Brian Eggs Applesauce	<b>12</b> Chicken Teriyaki Rice Broccoli Mixed Fruit	<b>13</b> <b>CENTERS CLOSED MANDATORY STAFF TRAINING</b>	<b>14</b> Pinto Beans Corn Bread Potatoes O'Brian Greens Cooked Apples	<b>15</b> Bone in Chicken Mashed Potatoes Corn Roll Pears
<b>18</b> Salisbury Steak Mashed Potatoes w/Gravy Brussel Sprouts Peaches	<b>19</b> Chicken Tenders Scalloped Potatoes Peas n' Carrots Pears	<b>20</b> Hot Dog w/Chili & Slaw Baked Beans Mac n Cheese Fresh Fruit	<b>21</b> Boneless Pork Chop Scalloped Potatoes Green Beans Roll Cooked Apples	<b>22</b> Italian Chicken Rice Brussel Sprouts Peaches Birthday Cake
<b>25</b> Goulash Broccoli Corn Pears	<b>26</b> Country Fried Steak Mashed Potatoes w/Gravy Asparagus Applesauce	<b>27</b> Chicken Salad Pea Salad Beets Peaches	<b>28</b> BBQ Pork Sandwich Cole Slaw Sweet Potatoes Cooked Apples	<b>29</b> Vegetable Beef Soup Greens Roll Pears


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.





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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES</b>		<b>DONATIONS ARE GREATLY APPRECIATED</b>		<b>1</b> 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug <b>NO ZUMBA</b>
<b>4</b> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<b>5</b> 10:00 VITA Tax 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>6</b> 11:45 Lunch 1:30 Zumba	<b>7</b> 10:00 VITA Tax 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>8</b> 10:00 Craft 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug 1:30 Zumba
<b>11</b> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<b>12</b> 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>13</b> <b>CENTER CLOSED FOR MANDATORY STAFF TRAINING</b>	<b>14</b> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>15</b> 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug <b>NO ZUMBA</b>
<b>18</b> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<b>19</b> 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>20</b> 10:30 BINGO 11:45 Lunch 12:00 Community Care Lunch & Learn <b>NO ZUMBA</b>	<b>21</b> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>22</b> 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug <b>NO ZUMBA</b>
<b>25</b> 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	<b>26</b> 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>27</b> 11:45 Lunch 1:30 Zumba	<b>28</b> 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>29</b> 11:45 Lunch 12:15 Corn Hole 12:30 Meal in A Mug 1:30 Zumba



Wednesday, March 20 @  
10:30 AM

**KVSS CLOSED**  
**Wednesday, March 13 for**  
**Mandatory Staff Training**



Wednesday, March 20 @  
Noon  
 CommuniCare  
 (Formerly Stonerise)



*Hospice, Palliative Care and Grief Support...*

(304) 768-8523 or (800) 560-8523 [www.hospicecarewv.org](http://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](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
- ◆ 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 OPENING**

**Respite In-Home Caregiver**

**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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