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May 2024
Volume 2, Issue 5

KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Mother's Day

Mother's Day origins trace back to the ancient Greeks and Romans but in the United States we recognize its celebration from three women beginning with Ann Reeves Jarvis. "Mother Jarvis" was a Sunday School teacher and homemaker in West Virginia in the mid 1800's who began a "Mother's Day Work Club." The club was started to combat unsanitary living conditions and to teach local women how to properly care for their children as she was concerned about the high infant mortality rate. Ann Reeves Jarvis also organized women's brigades during the civil war to encourage women to help without regard for which side their men had been fighting for. She also created a "Mothers' Friendship Day" to help promote peace between the union and confederate families.

During the Civil War, Julia Ward Howe, a famous poet, and reformer, volunteered for the U.S. Sanitary Commission. She helped provide hygienic environments for hospitals that took care of the sick and wounded. In 1861 she wrote the "The Battle Hymn of the Republic" which was published in 1862. For the next several years, Julia Ward Howe continued her works, and activism leading up to her call for a "Mother's Day of Peace" in 1870 that was dedicated to the celebration of peace and the eradication of war. This version of Mother's Day was held in Boston and other locations for close to 30 years but faded preceding World War I.

On May 12, 1907, Anna Jarvis held a memorial service at Andrews Methodist Episcopal Church, in honor of her late mother Ann Reeves Jarvis in Grafton, West Virginia. With the support of a businessman in Philadelphia she conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. In 1908 this celebration came to be the first official "Mother's Day" in the United States. West Virginia was the first state to adopt this holiday in honor of mothers, female individuals who provide a maternal figure for some, motherhood, maternal bonds, and the overall influence of mothers in society. This caused a chain of celebrations across the states, which led to Representative J. Thomas Heflin of Alabama and Senator Morris Sheppard of Texas presenting a resolution to Congress that Mother's Day be observed nationwide! In 1914 President Woodrow Wilson officially established the second Sunday in May as Mother's Day.

From the humble beginnings of a West Virginia homemaker to the amazing women all around the world, every May brings such a momentous time to celebrate all mothers who are the unsung heroes. Thank you!

Stonehill, Heidi. "The History of Mother's Day." <https://www.almanac.com/content/history-mothers-day>) Editors, History.com. "Mother Days 2024." [Mother's Day 2024 - Date, Founding & Traditions | HISTORY](#)

Check out our website at <https://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 304-348-0707 and ask for a Social Service Representative in your area.

Medicare Notes: Part D Coverage Phases

- Part D is Medicare prescription drug coverage you get through either:
- A stand-alone Part D plan
- Part of your Medicare Advantage Plan

The cost of your Medicare Part D-covered drugs may change throughout the year. If you notice that your drug prices have changed, it may be because you are in a different phase of Part D coverage. **There are four different phases—or periods—of Part D coverage.**

Deductible Period: Until you meet your Part D deductible, you are in the deductible period. During this time, you will pay the full negotiated price for your covered prescription drugs. While deductibles can vary from plan to plan, no plan's deductible can be higher than \$545 in 2024, and some plans have no deductible. You begin each new calendar year in the deductible period.

Initial Coverage Period: After you meet your deductible, your plan will help pay for your covered prescription drugs. This is your initial coverage period. Your plan will pay some of the cost, and you will pay a copayment or coinsurance.

Coverage Gap: You enter the coverage gap when your total drug costs—including what you and your plan have paid for your drugs—reaches a certain limit. In 2024, that limit is \$5,030. While in the coverage gap, you are responsible for 25% of the cost of your drugs. The coverage gap is also sometimes called the donut hole.

Catastrophic Coverage: In all Part D plans in 2024, you enter catastrophic coverage after you reach \$8,000 in out-of-pocket costs for covered drugs. As of 2024, during this period, you owe no coinsurance or co-payments for the cost of your covered drugs for the remainder of the year. This puts a hard cap on your spending during the catastrophic phase of coverage. Before 2024, you paid 5% of the cost.

RECIPE—SUMMER SQUASH & ONIONS

Recipe Adapted From: Summer Squash & Onions - Saving Room for Dessert (savingdessert.com)

Ingredients

- 1 tsp olive oil
- 1 tsp butter
- 1 small sweet onion, chopped or sliced
- 1 medium zucchini, chopped or sliced
- 1 yellow squash, chopped or sliced
- 1 tomato, diced
- 1/2 cup water
- 1 tsp Mrs. Dash seasoning
- 1/2 tsp dried basil
- Salt and pepper, to taste



Instructions

1. Warm a large skillet over medium heat. Add the olive oil and butter. Once the butter is melted, add the chopped onions and sauté until crisp tender and starting to brown, about 5 minutes .
2. Add the squash, zucchini, tomatoes, water, basil, pepper, salt, and Mrs. Dash
3. Heat until boiling. Cover and cook over medium-low until the squash is crisp tender but not falling apart. Remove the lid and boil until some of the liquid is evaporated

Come to Tea



KVSS Mother's Day Tea

Thursday, May 9 10:30 am

Add a touch of elegance to your Mother's Day festivities by joining us for a lovely morning of tea and light refreshments with dear friends. Tea enthusiast Glenda Keith will share her passion with us, as we celebrate the joys of being mothers, sisters, daughters, and friends.

Tickets \$10.00

Contact Frieda Forsley at (304)348-0707.

Mother's Day



N	U	I	S	G	U	H	E	C	I	V	D	A	F
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H	T	T	N	L	N	E	I	V	A	E	E	F	S
G	C	I	O	G	N	S	H	E	I	R	T	I	I
U	I	I	U	T	S	O	N	S	S	N	I	G	G
A	S	V	H	N	W	I	F	E	K	S	G	N	N
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COOKING
 GIVING
 KISSES
 NURTURING
 SWEET
 MOTHER
 WIFE
 LISTEN
 DRIVING
 FATHER
 SUNDAY
 FEEDING
 DAUGHTERS
 HUGS
 SONS
 FLOWERS
 ADVICE
 PATIENT
 CARING
 GIFTS

Play this puzzle online at : <https://thewordsearch.com/puzzle/398/>



Why do I have to complete a SAEF every year?

The Service Assessment and Evaluation Form (SAEF) is a multi-page form that includes a senior's information such as name, address, date of birth, nutritional questions, & the level of assistance if any, you require for certain tasks. This form must be fully completed for each individual who receives Older Americans Act services (Federal Program) that include home delivered meals, congregate meals, social service assistance, transportation, in-home care, respite care and adult day program care. The Federal Government uses the information to see if the services are being used properly and make funding decisions based on the data. It is very important - so when you get that call to complete it once again lets help everyone out for many years to come.



[ACL.gov/OAM](https://acl.gov/OAM)
[#OlderAmericansMonth](https://twitter.com/OlderAmericansMonth)

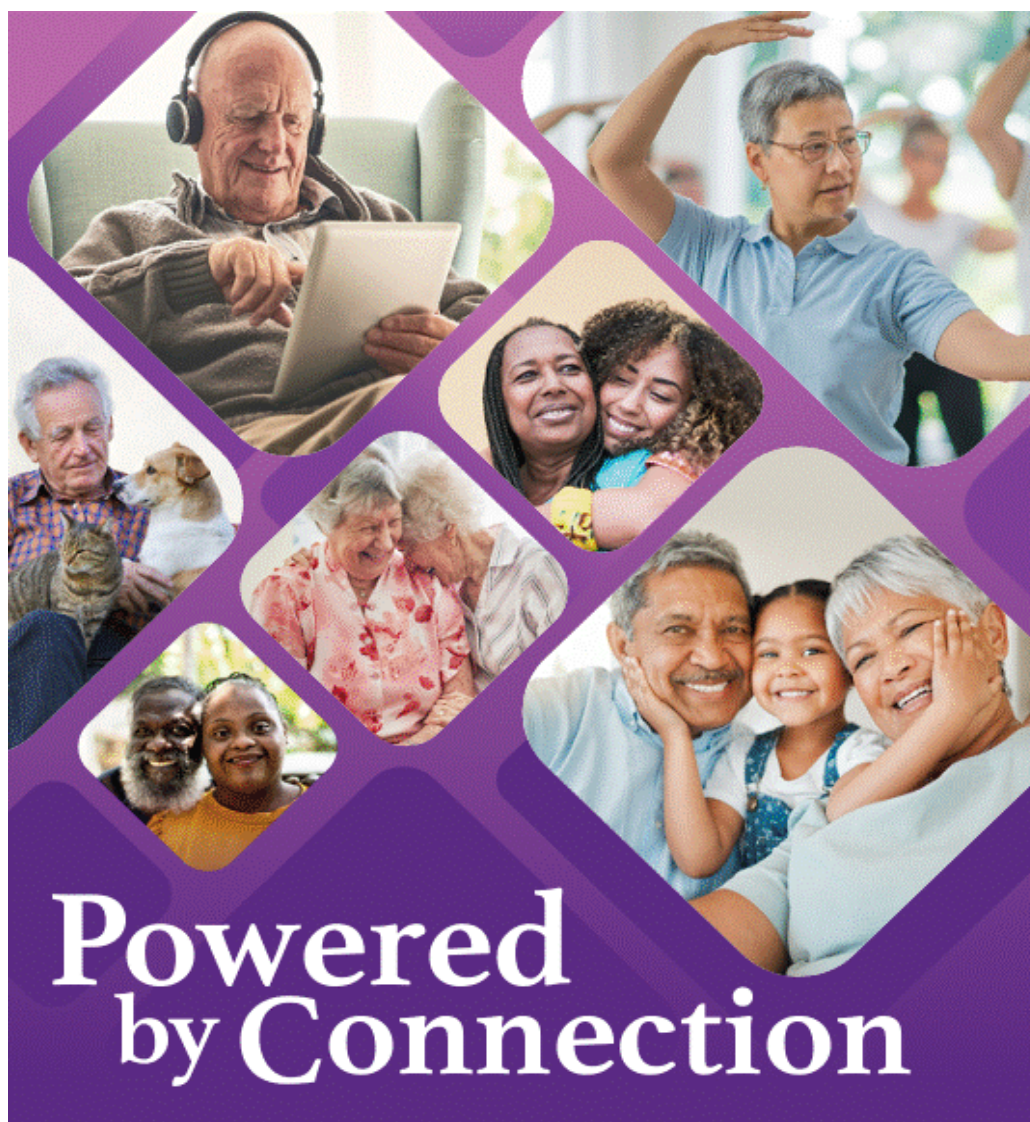
GOVERNOR PROCLAIMS MAY “OLDER AMERICANS MONTH”

(Charleston, W. Va.) – At the request of local aging provider, Kanawha Valley Senior Services, Governor Jim Justice has proclaimed the month of May, 2024 “Older Americans Month.”

The proclamation states that “*Older Americans Month* is a time for us to recognize and honor older adults and their immense influence on every facet of American society... through their wealth of life experience and wisdom, older adults guide our younger generations and carry forward abundant cultural and historical knowledge... older Americans improve our communities through intergenerational relationships, community service, civic engagement, and many other activities... the Great State of West Virginia ensures that older Americans have the resources and support needed to stay involved in their communities – reflecting our commitment to inclusivity and connectedness.”

“Be it Resolved that I, Jim Justice, Governor of the Great State of West Virginia, do hereby proclaim **May 2024** as: **Older Americans Month** in the Mountain State and encourage all citizens to join me in observance in recognizing the contributions of our older citizens and promoting programs and activities that foster connection, inclusion, and support for older adults,” said Governor Justice in his proclamation.

KVSS is a 501(c)3 non-profit organization that provides a myriad of services all across Kanawha County. Such services include in-home health care through Aged and Disabled Waiver, Personal Care, Veterans Administration, Light House, and The Family Alzheimer’s In-Home Respite Program. Kanawha Valley Senior Services is one of only three aging providers in the state of West Virginia to offer an on-site Adult Day Center for those living with Alzheimer’s and other related dementias. The agency also provides non-emergency medical transport, Medicare counseling, and a nutrition program that serves over 1,000 meals daily. Additional programs and activities include Tai Chi, ZUMBA, BINGO, painting, and craft classes, as well as lunch and learn sessions from community partners. For more information call (304)348-0707.



Powered by Connection

[ACL.gov/OAM](https://acl.gov/oam)
#OlderAmericansMonth



Sitting Fit Class
Group Chair Exercise
Mondays and Thursdays
11:00–11:30



COMING SOON



MANAGING CONCERNS ABOUT FALLS



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
10:00 am

Bingo

Every 3rd Wednesday of the month
10:30 am

Sitting Fit

Every Monday and Thursday
11:00 am

Tai Chi for Arthritis

1:30 pm Advanced Tuesdays and Thursdays
3:00 pm Beginners Tuesdays and Thursdays

ZUMBA FOR SENIORS

1:30 pm Wednesdays and Fridays

Cornhole and Board Games every Friday



May 2024 MENU

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

Suggested Donation

\$2.00
\$2.50
\$3.00
\$4.00
\$5.00
\$6.30

Income

0-\$600
601-\$800
801-\$1000
1001-\$1200
1201-\$1400
Over \$1400

Sites

Charleston
Chesapeake
Clendenin
Elk River
Hansford
West Sattles
Rand

Phone

304-348-0707
304-949-5797
304-548-4192
304-965-3175
304-722-6949
304-721-8465
304-925-9200


Monday	Tuesday	Wednesday	Thursday	Friday
	Charleston Senior Center Lunch Served 11:45 – 12:45	1 Chef Salad 3 Bean Salad Beets Pineapples	2 Butter Beans Greens Potatoes O'Brian Corn Bread Cooked Apples	3 Goulash Corn Peas & Carrots Peaches
6 Country Fried Steak Mashed Potatoes Brussel Sprouts Pears Roll	7 BBQ Chicken Breast Sweet Potatoes Peas Peaches Roll	8 Tacos Rice Refried Beans Apples	9 COOK'S CHOICE	10 Chicken Teriyaki Rice Broccoli Pineapples Mother's Day Cake
13 Beef Stroganoff Spinach Peas & Carrots Peaches Roll	14 Ham Green Beans Corn Pears Roll	15 Sloppy Joe Baked Beans Coleslaw Applesauce	16 Vegetable Beef Soup Crackers Side Salad Pineapples	17 Chicken Tenders Mashed Potatoes Brussel Sprouts Mandarin Oranges
20 Potato Crusted Pollock Scalloped Potatoes Green Beans Pears	21 Chicken Salad Sandwich Pea Salad Beets Cottage Cheese w/Peaches	22 Hot Dog w/Chili & Slaw Baked Beans Broccoli Apple Crisp	23 Meatloaf Mashed Potatoes Brussel Sprouts Oranges Roll	24 Pork Chop Scalloped Potatoes Carrots Pineapples Roll
27 Memorial Day CLOSED	28 Salisbury Steak Mashed Potatoes Brussel Sprouts Pears Roll	29 Tuna Salad Sandwich 3 Bean Salad Beets Cottage Cheese & Pineapple	30 Cowboy Beans Mixed Greens Corn Bread Peach Cobbler	31 Bone in Chicken Baked Beans Sweet Potatoes Cooked Apples

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.



May 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	DONATIONS ARE GREATLY APPRECIATED	1 11:45 Lunch 12:00 Lunch and Learn VISIONS Program 1:30 Zumba	2 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	3 11:45 Lunch 12:15 Corn Hole NO ZUMBA
6 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	7 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	8 11:45 Lunch 1:30 Zumba	9 NO SITTING FIT 10:00 Mother's Day Tea 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	10 10:00 Craft Class 11:45 Lunch 12:15 Corn Hole 1:30 Zumba
13 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	14 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	15 10:30 BINGO 11:45 Lunch 12:00 Lunch and Learn Hospice Palliative Care 1:30 Zumba	16 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	17 11:45 Lunch 12:15 Corn Hole NO ZUMBA
20 10:00 Paint Class 11:00 Sitting Fit 11:45 Lunch	21 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	22 11:45 Lunch NO ZUMBA	23 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	24 11:45 Lunch 12:15 Corn Hole NO ZUMBA
27 	28 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	29 11:45 Lunch 1:30 Zumba	30 11:00 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	31 11:45 Lunch 12:15 Corn Hole 1:30 Zumba



Sponsored by Hospice
 Wednesday, May 15 @
 10:30 AM



Craft Class
 Friday, May 10
 @ 10:00 AM



Wednesday, May 1 @ Noon
 Visions Center

Wednesday, May 15 @ Noon
 Hospice Palliative Care



HospiceCare
 for body mind and spirit

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

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 OPENING
Home Delivered Meal Driver
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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