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November 2023  
Volume 1, Issue 14



## KANAWHA VALLEY SENIOR SERVICES



### GENERATION CELEBRATION

We are glowing with joy and gratitude after the 2023 Generation Celebration! It was an unforgettable evening.

We want to express our appreciation to everyone who made this possible. Thank you to our generous sponsors, City National Bank, Humana, Vandalia Health, Patti Hamilton with Imagine LLC., HartmanCosco, Cipoletti Public Affairs, LLC., and Kathy Huffman with State Farm.

Thank you Brian Aluse for sharing a greeting from Senator Manchin and Commissioner Denise Worley for your kind comments.

Thank you to our Board of Directors - Jack Rogers, Steven Dale, Chris Rawlings, Harriett Nottingham, Patti Hamilton, Sam Cipoletti, Angie O'Dell, Ben Blackwell, Kay Goodwin, Brian Cunningham, Oretta Keeney, Jorea Marple, Shirley Cunningham, Dianna Graves, and William Coyle for your support!

Congratulations to our award winners, the Kanawha County Commission, Debra Annand, and Diane Fiorentino for graciously accepting a small token of our appreciation for the positive impact you all have on seniors! Special thanks to Commissioner Wheeler and Sallie Daugherty for your kind words.

Thank you to Kingery and Associates who helped us pull it all together with a fantastic theme and "all the things." Thank you to Blackwell and Company for being so great to all of us who are just a bit camera shy!

Thank you to Rob Cleland for the beautiful sketches, JD Gandee for tinkling the ivories and Andy Park for keeping the groove going.

As always, we are grateful to our dedicated staff who go above and beyond the call of duty to advocate for our seniors.

To all our attendees, thank you for joining us and being part of a community that cares deeply about our seniors. For anyone interested in the Adopt Me Rooms please let us know!! We hope you learned a little more about the impact of Kanawha Valley Senior Services and our mission of "Helping Seniors Age Successfully."

**PLEASE DONATE TO  
KVSS BY USING YOUR  
KROGER CARD!**

A DIGITAL ACCOUNT IS  
NEEDED TO PARTICI-  
PATE IN KROGER COM-  
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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



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

Find us on Facebook @



## 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 Open Enrollment



#### Protecting Yourself from Marketing Violations

During Medicare's Open Enrollment Period (OEP), you will likely experience more marketing from private Medicare plans, like Medicare Advantage Plans and Part D plans. Companies try to reach consumers in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The government has rules, though, to protect you from aggressive or misleading marketing. Knowing the rules can help you make the best choices for yourself during OEP.

#### Watch out for people who:

**Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll.** Someone can use this information to enroll you in a plan without your permission.

**Say they represent Medicare.** Plans are never allowed to state they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials in a way that implies this.

**Send you unsolicited text messages or phone calls.**

**Pressure you to enroll in their plan.** You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early.

**Offer you gifts to enroll in their plan.** Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15.

## RECIPE—SIMPLE ROASTED TURNIPS

### Ingredients

- 1 1/2 pounds turnips peeled and cut into bite sized pieces
- 2 teaspoons ground sage
- 2 teaspoons butter
- Kosher salt & pepper to taste



### Instructions

1. Preheat oven to 425 degrees F.
2. Toss turnips with olive oil, sage, salt and pepper.
3. Roast 30-35 minutes or until tender.
4. Remove from oven, toss with butter and season to taste.

Notes: If you cut the turnips a bit larger, they will need longer to cook. Smaller pieces will cook a bit faster.

From Simple Roasted Turnips (Freezer -Friendly!) Spend with Pennies

<https://www.spendwithpennies.com/simple-roasted-turnips/>

The turnip bulb is a good source of vitamin C. It also contains notable amounts of vitamin B6, vitamin B5, folate, potassium, copper, and manganese.



# Thanksgiving Word Search



F A M L Y P I L G R O C K  
B E R E Z I U A I L S P R  
R P I L G R I M S M O O U  
Y L N A I Z E A P E A S T  
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Feast  
Wild Fowl  
Pumpkin  
Pilgrims  
Native Americans  
Mayflower  
Corn  
Thanksgiving  
Celebrate  
Plymouth Rock  
Harvest  
Family  
Thursday  
Ham  
Cornucopia  
November  
Turkey Pardon  
Maize  
Chief Massasoit  
Thankful  
Gravy



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- SIMPLE SPENDTHRIFT TRUSTS
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- 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.larryrowe.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

1:30 pm Wednesdays and Fridays



**November 2023**

Kanawha Valley Senior Services, Inc.  
1710 Pennsylvania Avenue  
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	Nitro West Sattes Rand	304-721-8465 304-925-9200

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Charleston Senior Center Lunch Served 11:45 – 12:45</b>	Salisbury Steak 1 Mashed Potatoes w/Gravy Peas Roll Pears	Ham 2 Sweet Potatoes Green Beans Roll Apples	Biscuits W/Gravy 3 Eggs Potatoes O'Brian Apple Sauce
Chicken Salad on Wheat 6 Pasta Salad Beets Mixed Fruit	Butter Beans 7 Corn Bread Potatoes O'Brian Mixed Greens Pears	Sloppy Joe w/Slaw 8 Broccoli w/Cheese Carrots Peaches	Pork Chop 9 Scalloped Potatoes Green Beans Pineapples Roll	CENTERS CLOSED 10 Veterans Day 
Chicken Tenders 13 Scalloped Potatoes Peas Roll Orange	Country Fried Steak 14 Mashed Potatoes w/ Gravy Brussel Sprouts Roll Mixed Fruit	Tuna Salad on Wheat Bun 15 3 Bean Salad Beets Cottage Cheese w/Pineapple	Chili 16 Corn Bread Mixed Greens Potatoes O'Brian Applesauce	Chicken Pot Pie 17 Broccoli Corn Fresh Fruit
BBQ Bone in Chicken 20 Mashed Potatoes Roll Spinach Pears	<b>COOK'S CHOICE</b> 21	Turkey w/Stuffing 22 Mashed Potatoes w/Gravy Green Beans Roll Pumpkin Pie	<b>CLOSED THANKSGIVING BREAK</b> 23	<b>CLOSED THANKSGIVING BREAK</b> 24 
Chicken Noodle Soup 27 Broccoli Roll Applesauce	Chicken Teriyaki 28 Rice Brussel Sprouts Spiced Peaches	Tacos 29 Lettuce, Tomato & Onions Rice Refried Beans Pineapples	Potato Crusted Pollock 30 Scalloped Potatoes Peas & Carrots Roll Pears  BIRTHDAY CAKE	

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.



**November 2023**  
**KANAWHA VALLEY SENIOR SERVICES**  
**SENIOR CENTER MONTHLY SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES</b>	11:45 Lunch 1:30 Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 12:15 Corn Hole 1:30 Zumba
10:00 Paint Class 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>CENTERS CLOSED</b> 
10:00 Paint Class 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	10:30 BINGO w/Greg 11:45 Lunch 12:00 Lunch & Learn Pro Clutter Buster Medicare Minutes w Cindy 1:30 Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	10:30 CRAFT 11:45 Lunch 12:15 Corn Hole 1:30 Zumba
10:00 Paint Class 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	<b>CENTERS CLOSED</b> Thanksgiving Holiday Always Give Thanks	<b>CENTERS CLOSED</b> Thanksgiving Holiday 
10:00 Paint Class 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 3:00 Beginners Tai Chi	<b>DONATIONS ARE GREATLY APPRECIATED</b>

**BINGO with GREG**

Wednesday, November 15th starting at 10:30 AM



**LUNCH & LEARN**  
 Wednesday, November 15th starting @ Noon



**Veteran's Day Holiday**  
 Friday, November 10th.  
**KVSS CLOSED**



*Hospice, Palliative Care and Grief Support...*  
 (304) 768-8523 or (800) 560-8523 [www.hospicecarewv.org](http://www.hospicecarewv.org)

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 for body mind and spirit

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**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

**Thanksgiving Holiday**  
 Thursday and Friday November 23 & 24  
**KVSS CLOSED**



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 OPENINGS**

**In-Home Caregivers VA and Lighthouse Programs  
Ask about sign on bonus**

*KVSS Management Team: Interim Executive Director, Melanie Hirst, Interim 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, Kay Goodwin and Bill Coyle*

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Inc.**

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