

1710 Pennsylvania Avenue
Charleston, WV 25302
Phone: 304-348-0707
Fax: 304-348-6432
E-mail: info@kvss.org



October 2023
Volume 1, Issue 12

KANAWHA VALLEY SENIOR SERVICES

"Helping Seniors Age Successfully"



**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



**Generation
Celebration**

CELEBRATING THOSE WHO CARE FOR US

THE PURPOSE OF THIS EVENT

- LEARN ABOUT THE NEEDS OF AREA SENIORS
- EXPERIENCE KVSS PROGRAMS & SERVICES
- RECOGNIZE THE HELPERS
- FIND OUT WHAT YOU CAN DO TO HELP
- SPONSOR "ADOPT ME" ROOMS

KANAWHA VALLEY SENIOR SERVICES
1710 PENNSYLVANIA AVENUE
CHARLESTON, WV 25302

5:00 PM

THURSDAY, OCTOBER 19, 2023
RSVP: 304.348.0707 OR EMARTIN@KVSSMAIL.ORG

KANAWHA VALLEY SENIOR SERVICES, INC. (KVSS) IS A NON-PROFIT ORGANIZATION
CREATED IN THE 1970S TO PROVIDE PROGRAMS OF SERVICE TO SENIORS AGE 60
AND UP IN THE KANAWHA VALLEY. PROGRAMS INCLUDE TRANSPORTATION, IN
HOME CARE, ALZHEIMER'S CARE, AND NUTRITION

Check out our website at www.kvss.org



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



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

What is Open Enrollment?



Medicare's Open Enrollment Period, or OEP, runs from October 15 through December 7 each year. The OEP is sometimes also called Fall Open Enrollment or the Annual Election Period. During the OEP, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. Even if you are happy with your current health and drug coverage, Open Enrollment is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

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.



<u>Monthly Income</u>	<u>Suggested Donation</u>	<u>Sites</u>	<u>Phone</u>
\$0-\$600	\$2.00	Charleston	304-348-0707
\$601-\$800	\$2.50	Chesapeake Community Center	304-949-5797
\$801-\$1000	\$3.00	Clendenin Community Center	304-548-4192
\$1001-\$1200	\$4.00	Elk River Community Center	304-965-3175
\$1201-\$1400	\$5.00	St. Albans Hansford Center	304-722-4621
Over \$1400	\$6.30	Nitro West Sattes School	304-721-8465

RECIPE APPLE AND PEAR CRUMBLE

Ingredients

- * 1 ½ cups rolled oats
- * 1 ½ cups brown sugar, divided
- * ½ cup all-purpose flour
- * ½ cup butter, softened
- * 2 cups peeled and diced apples
- * 2 cups peeled and diced pears
- * 1 teaspoon ground cinnamon
- * ½ cup sliced almonds, or to taste



Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Mix oats, ¾ cup brown sugar, flour, and butter together in a bowl until crumbly.
3. Mix apples, pears, remaining ¾ cup brown sugar, and cinnamon together in a separate bowl; spread into the bottom of a 9x9-inch glass pan. Sprinkle oat mixture atop apple-pear mixture; top with almonds.
4. Bake in the preheated oven until the top is golden brown, about 40 minutes.

Fundraiser!
Fall Flower Bulbs
Tulips • Daffodils • Allium • Mixes • More!

Order Flower Bulbs & Support Our Cause!

Kanawha Valley Senior Services
"Helping Seniors Age Successfully"

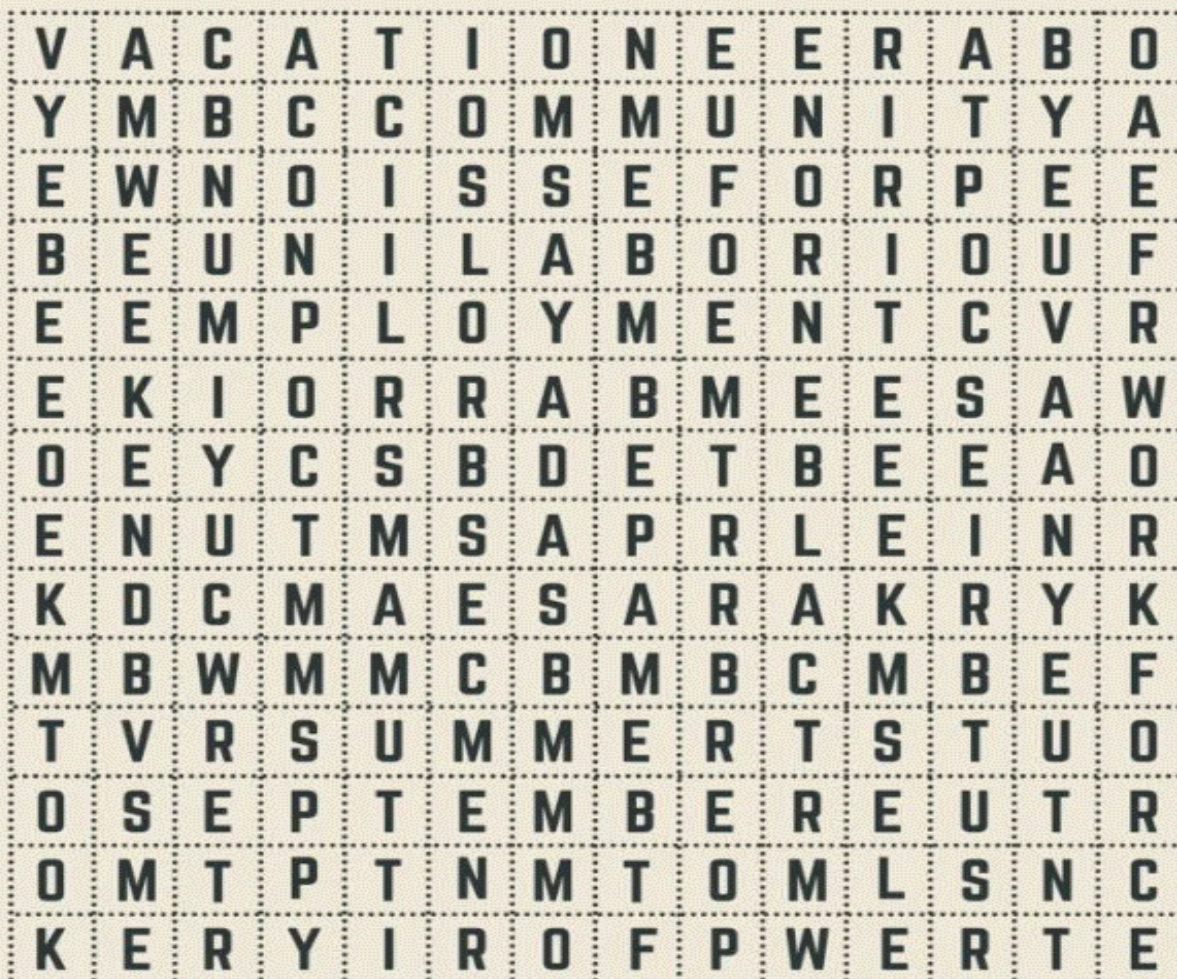
Visit Our Personalized Website By 10/15:
<http://KanawhaValleySeniorServices.fpfundraising.com>

Contact For More Information:
KVSS: 304-348-0707



LABOR DAY

Word Search



LABOR • COMMUNITY • WORKFORCE
 SUMMER • EMPLOYMENT • VACATION • WEEKEND
 PROFESSION • SEPTEMBER • BARBECUE



The flu vaccine clinic was a success. Thank you to University of Charleston School of Pharmacy, Fruth Pharmacy and the National Council on Aging for partnering with KVSS!





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



Join us for Cornhole every Friday!

ZUMBA FOR SENIORS

No Charge



1:30 pm Wednesdays and Fridays



October 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
Sloppy Joe's w/slaw 2 Broccoli Corn Pudding	Butter Beans 3 Greens Corn Bread Potatoes O'Brian Fruit	Chicken Salad on 4 Wheat Bun Pasta Salad Harvard Beets Mixed Fruit	Salisbury Steak 5 Mashed Potatoes Carrots Roll Peaches	Biscuit and Gravy 6 Scrambled Eggs Potatoes Cooked Apples
CENTERS CLOSED 9 COLUMBUS DAY HOLIDAY	Chili 10 Corn Bread Mixed Greens Applesauce	Potato Crusted Pollock 11 California Veggies Mashed Potatoes Roll Fruit	Spaghetti w/Meat Sauce 12 Garlic Bread 3 Bean Salad Peaches	Pork Chops 13 Scalloped Potatoes Green Beans Roll Pears
Italian Chicken w/Rice 16 Peas Carrots Orange	Country Fried Steak 17 w/Gravy Mashed Potatoes Brussel Sprouts Fruit	Chef Salad 18 Harvard Beets Cottage Cheese w/Pineapple Roll	Pork BBQ 19 Scalloped Potatoes Baked Beans Peach Cobbler	Sheppard's Pie 20 Spinach Roll Corn Fruit
Tuna Salad on Wheat Bun 23 3 Bean Salad Tomatoes and Macaroni Cottage Cheese and Peaches	COOK'S CHOICE 24	Tacos 25 Refried Beans Rice Pineapple	Bone in BBQ Chicken 26 Scalloped Potatoes Baked Beans Roll Fruit	Meatloaf 27 Mashed Potatoes Carrots Roll and Fruit WEAR YOUR COSTUME
Chicken Teriyaki 30 Rice Pineapples Broccoli	Pinto Beans 31 Corn Bread Greens Potatoes O'Brian Applesauce Happy Halloween		Charleston Senior Center Lunch Served 11:45 – 12:45	



October 2023
Kanawha Valley Senior Services
Senior Center Monthly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Paint Class 11:45 Lunch OCTOBER IS BREAST CANCER AWARENESS MONTH	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	11:45 Lunch 12:15 Cornhole 1:30 Zumba
CENTERS CLOSED COLUMBUS DAY	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi MEDICARE OPEN ENROLLMENT BEGINS	11:45 Lunch 1:30 No Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	10:30 Craft 11:45 Lunch 12:15 Cornhole 1:30 No Zumba
10:00 Paint Class 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	10:30 BINGO w/Greg 11:45 Lunch 12:00 Lunch & Learn – Kanawha Place 1:30 No Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi 5:00 Generation Celebration RSVP Required	11:45 Lunch 12:15 Cornhole 1:30 No Zumba
10:00 Paint Class 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	11:45 Lunch 1:30 Zumba	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	11:45 Lunch Seniors Halloween Costume Party 1:30 Zumba
10:00 Paint Class 11:45 Lunch	11:45 Lunch 1:30 Advanced Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi		PLEASE CHECK WITH THE OFFICE OR OUR FACEBOOK PAGE FOR POSSIBLE CHANGES	HELP SUPPORT OUR PROGRAMS. DONATIONS ARE GREATLY APPRECIATED

SENIOR HALLOWEEN COSTUME PARTY

11:45 AM FRIDAY, OCTOBER 27

PRIZES FOR BEST COSTUMES

SCARY MOVIE

FUN AND FELLOWSHIP



CAMC Planning employees provided KVSS with some sprucing up during the 2023 United Way Day of Caring. We look forward to this annual event sponsored by United Way of Central West Virginia.



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 TO SIGN UP FOR UPCOMING TRIPS!

SUGGESTED DONATION IS \$5.00 ROUNDTrip.

KVSS JOB OPENINGS

In-Home Caregivers VA and Lighthouse Programs

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, Patricia O'Reilly, Kay Goodwin and Bill Coyle

Kanawha Valley Senior Services, Inc.

1710 Pennsylvania Avenue
Charleston, WV 25302
Phone: 304-348-0707
Fax: 304-348-6432
E-mail: info@kvss.org

**NONPROFIT ORG.
US POSTAGE PAID
CHARLESTON WV
PERMIT NO. 13**

