

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



September 2023  
Volume 1, Issue 11

## 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



# 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**



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



Find us on Facebook @  
**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— Medigaps

Medigaps are health insurance policies that offer standardized benefits to work only with Original Medicare (not with Medicare Advantage). They are sold by private insurance companies. If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first. It depends upon your Medigap plan type. Medigaps are designed to cover outstanding deductibles, coinsurance, and copayments. People often refer to these charges as the “gaps” in Original Medicare’s coverage, hence the term “Medigap.” Some Medigaps may also cover health care costs that Medicare does not cover at all, like emergency care received when traveling abroad.

**Remember:** Medigaps only work with Original Medicare. If you have a Medicare Advantage Plan, you cannot buy a Medigap.

**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—Roasted Rutabaga



### Ingredients

- 1 lb. Rutabagas (peeled and cut into 3/4-inch pieces)
- 2 tbsps. Olive oil
- 1 tsp. Garlic powder
- 1 tsp. Sea salt
- 1/2 tsp. Black pepper

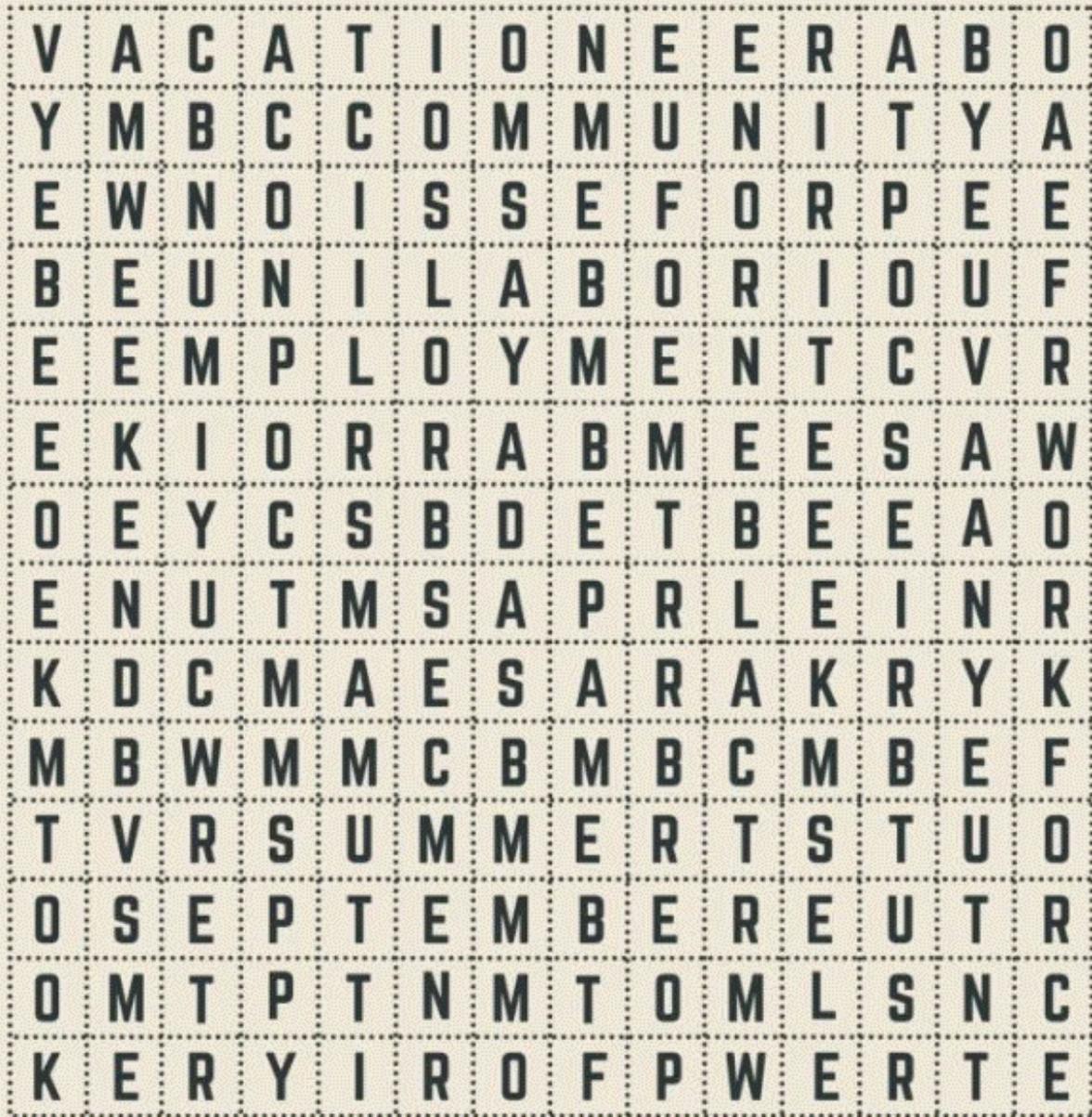
### Directions

1. Preheat the oven to 400 degrees F (204 degrees C). Line a sheet pan with parchment paper or cooking spray.
2. In a large mixing bowl, toss the rutabaga cubes with the olive oil, garlic powder, salt, and pepper.
3. Spread evenly on the baking sheet making sure each piece touches the pan.
4. Roast in the oven for about 25 minutes, until the rutabaga pieces are golden brown and tender.

Recipe received from: Roasted Rutabaga Recipe (Just Like Potatoes!) - Wholesome Yum

# LABOR DAY

## *Word Search*



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



Kanawha Valley Senior Services has partnered with the US Administration of Community living, National Council on Aging, University of Charleston School of Pharmacy and Fruth Pharmacy to ensure older adults have access to the latest flu vaccines.

We are offering a flu vaccine clinic at our senior center in Charleston!

**DATE: September 26, 2023**

**TIME: 11 AM – 1 PM**

**REGISTER BY: SEPTEMBER 20th**

AT THE TIME of registration you will be asked for your name, date of birth and type of insurance.

**PLEASE BE SURE TO BRING YOUR INSURANCE CARD WITH YOU.**

KANAWHA VALLEY SENIOR SERVICES IS LOCATED AT 1710 PENNSYLVANIA AVENUE,  
CHARLESTON, WV 25302.

**REGISTER BY EMAIL TO: [JFINNEY@KVSS.ORG](mailto:JFINNEY@KVSS.ORG) OR CALL (304)348-0707 AND ASK FOR JAMIE**



# 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



**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](http://www.larrylrowe.com)



### September 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
Charleston Senior Center Lunch Served 11:45 – 12:45				Sloppy Joe w/slaw Mac N' Cheese Broccoli Special Dessert 1
<b>CENTER CLOSED</b> 4 	Butter Beans 5 Corn Bread Potatoes O'Brian Mixed Greens Mixed Fruit	Salisbury Steak 6 Mashed Potatoes Carrots Roll Peaches	Pork Chops 7 Scalloped Potatoes Green Beans Roll Pears	Italian Chicken 8 Rice Asparagus Apple Sauce
Potato Crusted Pollock 11 California Veggies Mashed Potatoes Roll Peaches	Biscuits-N-Gravy 12 Scrambled Eggs Potatoes O'Brian Apples	Chef Salad 13 Harvard Beets Cottage Cheese w/Pineapples Roll	Spaghetti w/Meat Sauce 14 Broccoli Garlic Bread Pears	Country Fried Steak 15 Mashed Potatoes Brussel Sprouts Roll Mixed Fruit
Chicken Teriyaki 18 Rice Pineapple Broccoli	Sheppard's Pie 19 Spinach Roll Corn Fresh Fruit	Tacos 20 Saffron Rice Refried Beans Cottage Cheese-n- Peaches	Pinto Beans 21 Corn Bread Greens Potatoes O'Brian Apples	Chicken Noodle Soup 22 Asparagus Roll Mixed Fruit
Meat Loaf 25 Mashed Potatoes Carrots Apple Sauce Biscuit	COOKS CHOICE 26	Tuna Salad 27 Stewed Tomatoes & Macaroni Pea Salad Cottage Cheese-N-Pineapples	Chicken Tenders 28 Mac-n-Cheese Green Beans Roll Fresh Apples	Bone in BBQ Chicken 29 Scalloped Potatoes Mixed Greens Roll Oranges 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.

# September 2023

## KANAWHA VALLEY SENIOR SERVICES ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:45 Lunch 12:15 Corn hole <b>NO ZUMBA</b>
4  <b>CLOSED</b>	5 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	6 11:45 Lunch <b>NO ZUMBA</b>	7 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	8 10:30 Craft 11:45 Lunch 12:15 Corn hole <b>NO ZUMBA</b>
11 10:00 Paint Class 11:45 Lunch	12 11:45 Lunch <b>NO TAI CHI</b>	13 11:45 Lunch 1:30 ZUMBA	14 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	15 11:45 Lunch 12:15 Corn hole 1:30 ZUMBA
18 <b>FALL PREVENTION WEEK</b> 10:00 Paint Class 11:45 Lunch	19 11:45 Lunch <b>NO TAI CHI</b>	20 <b>UW DAY OF CARING</b> 10:30 Bingo W/Greg 11:45 Lunch 1:30 ZUMBA <b>FINAL DAY TO REGISTER FOR VACCINE CLINIC</b>	21 11:45 Lunch <b>NO TAI CHI</b>	22 11:45 Lunch 12:15 Corn hole 1:30 ZUMBA 
25 10:00 Paint Class 11:45 Lunch	26 <b>11:00-1:00 Vaccine Clinic</b> 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	27 11:45 Lunch 1:30 ZUMBA	28 11:45 Lunch 1:30 Advance Tai Chi for Osteoarthritis 2:45 Beginners Tai Chi	29 11:45 Lunch 12:15 Corn hole 1:30 ZUMBA

# Senior Citizens Day



**Pro Clutter Buster**  
*Home, Sweeter Home.*

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
- ◆ 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**  
**Adult Day Center Program Manager**

**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*

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