

KVSS Newsletter

Jan/Feb 2019



HELPING SENIORS AGE SUCCESSFULLY

IMPORTANT NOTICES

Know your opportunities to change coverage in 2019.
You may have the opportunity to change your coverage in 2019,
depending on your circumstances.

• **If you have a Medicare Advantage plan:** You may be able to use the Medicare Advantage Open Enrollment Period (MA OEP) to switch from your Medicare Advantage plan to another Medicare Advantage Plan or to Original Medicare with or without a prescription drug plan. The MA OEP occurs each year from January 1 through March 31. Changes made during this period are effective the first of the month following the month that you make the change.

• **If you have Extra Help:** If you have Extra Help in 2019, you have a special enrollment period (SEP) to enroll in a Part D plan or switch between plans. This SEP is available once per calendar quarter for the first three quarters of the year (January through March, April through June, and July through September). If you use this SEP to change your coverage, the change will become effective the first of the month following the month that you make the change.

• **If you qualify for another Special Enrollment Period (SEP):** There are several situations in which you might qualify for an SEP to change your Medicare health and/or drug coverage, like if you move outside your plan's service area, if your Medicare Advantage plan terminated a significant amount of its network providers, or if you enroll in certain State Pharmaceutical Assistance Programs (SPAPs). If you have questions about your SEP eligibility, contact your State Health Insurance Assistance Program (SHIP).

amazonsmile
You shop. Amazon gives.

On your first visit to AmazonSmile (smile.amazon.com), just select Kanawha Valley Senior Services as your charitable organization, and then every eligible purchase you make will result in a donation!



Kroger donates to KVSS!

When you register for Kroger Community Rewards, KVSS will receive a percentage of your sale when you use your Kroger Card.

There are two ways to register:

1. Log on: www.kroger.com/account/enrollcommunityrewardsnow
2. Call 1-800-576-4377 to register

Use KVSS code: WG819

From the: Executive Director



Paulette Justice
KVSS Exec. Director

Happy New Year! I hope everyone had a good holiday season and now all your resolutions are kicking in! Look for an exciting line up in our March newsletter of workshops, events, and evening activities.

We are looking for 9 people to participate in a “Book Club” - if you are interested, contact Mary at 304.348.0707.

If you are interested in an evening computer class 5:30-6:30pm, once a month, for a small fee.

contact Justin at 304.348.0707.

If you have any Longaberger baskets you want to donate, we hope to do a Longaberger Bingo night at CANS! Just bring your donated baskets to 2428 Kanawha Blvd. at our main office!

That’s just a tease, there are more fun events being planned! Stay tuned!

Paulette Justice

DENTAL LIFELINE NETWORK

Dental Lifeline Network is a national nonprofit organization that provides access to dental care and education for people who cannot afford it and, have a permanent disability or who are elderly, age 65 & older or, who are medically fragile.

Visit www.dentallifeline.org and click on State Programs for information on how to apply or to find out if you qualify for free dental care.

February American Heart Month Cardiovascular Disease Screenings

These screenings include blood tests that help detect conditions that may lead to a heart attack or stroke. Medicare covers these screening tests once every 5 years to test your cholesterol, lipid, lipoprotein, and triglyceride levels. You pay nothing for the tests if the doctor or other qualified health care provider accepts assignment. Be sure to make sure to check with your doctor first.



Visit Us On Facebook!

<https://www.facebook.com/KanawhaValleySeniorServices/>

WV Aging & Disability Resource Network will be coming to Tiskelwah Center Library, 600 Florida St. Charleston, WV 25302 on February 6th at 11 AM to assist seniors that receive the Senior Citizen Tax Credit under the WV Homestead Exemption.

Happy New Years! Top New Year's Resolutions For Seniors

- *Balance your diet: Vow to make smart choices about what you consume, with a diet rich in fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. Indulge in moderation.*
- *Add a multivitamin to your regimen: Connect with your healthcare provider about any nutrition issues or deficiencies you have to see if multivitamins or supplements may be necessary.*
- *Be active: Incorporate physical activity into your weekly routine. At The Clare, you can participate in various classes, including tai chi, yoga, aquatics and more, or work out in our fitness center.*
- *Make a doctor appointment: Schedule an annual wellness visit with your primary healthcare provider to discuss medications, immunizations, necessary screenings, and other topics.*
- *Protect yourself against falls: Since one in every three older adults falls each year, it's important to take precautions. Exercise plays a big role, as does the layout of your home. Get rid of items that may be easy to trip over, and have grab bars installed in your shower.*
- *Use your brain: From socializing to educational activities, fueling your brain means it will function better for you. At The Clare, there are countless ways to keep your brain active.*
- *Cross an item off your bucket list: There's no time like the present to check off an item on your bucket list. Whether it's traveling or signing up for an art class, make 2019 the year you do it.*

<https://theclare.com/top-new-years-resolutions-for-seniors/>



Valley Wellness
Pharmacy
We're your home for a healthier life.

Simplify Your Life

- Prefilled Pill Boxes
- Free Delivery
- Compounding
- Vaccinations
- Medical Equipment and Supplies

3715 Maccorkle Ave SE
304-932-0032

Tai Chi



For More Information Please Contact

Amy Atkinson
(304)-348-0707
Ext.230

Her cook

*Her
personal
assistant*

*Her
housekeeper*

Her nurse

Her daughter

*Caring for a loved one requires playing many roles
you never expected. But you're not alone.*



Connect with experts
and other caregivers

aarp.org/iheartcaregivers
#iheartcaregivers





Meet Our Board Member Stephen Dale

Steve has been part of the Charleston area community for over 35 years. He was appointed by Governor Tomblin as Commissioner of Motor Vehicles and as the federally designated, Governor's Representative for Highway Safety in 2013. During his tenure with DMV, Dale was responsible for building consensus with the Legislature and private sector stakeholders for federal and state policy initiatives focused on highway safety, customer service and revenue. Since leaving government service after 32 years, Dale served with The Nature Conservancy as Energy Policy Coordinator with a national team focused on ways West Virginia's abundant natural resources could help grow our economy in the low carbon future. Dale earned bachelor's and master's degrees in Political Science from Marshall University and a master's degree in Legal Studies from West Virginia University. Steve and his wife Sheila live in South Charleston where Sheila is a speech pathologist with Kanawha County Schools.



Meet Our Administrative Assistant Missy Malvas

Missy Malvas has been with KVSS since 2004 and started as a Caregiver in the Clendenin / Elkview area. After nine years she was hired in our Community Health Programs as an Administrative Assistant. Missy loves working in the CHP department with our clients and Caregivers. She has one son, Dylan who is 20 years old and currently enrolled at West Virginia State University in the music education program. Missy has been married to the man of her dreams, Ric Malvas, since 2016.



Meet One Of Our Volunteers Sylvester Smith

Sylvester turned 92 years young in December and still plays piano by ear. He has been married for over 67 years to Anna who he met in the town of Carbon, WV. He worked in the mines, served with the US Army in Korea, and retired as a postal worker after 30 years. As a community leader in the Rand area, Sylvester started a neighborhood watch and the town's first Boy Scout troop. He served for years in the Silver-Haired Legislature and was a past President of the Lion's Club. Sylvester has been a volunteer at KVSS for over 15 years.



Meet One Of Our Computer Class Students James MARR

Jim MARR is from Cabin Creek, a graduate of DuPont High School, and founded MARR Jewelers in Nitro, WV in 1956. At the age of 89 he is still working four days a week making special occasion watches! Jim is a Korean War veteran and trained watchmakers for the Army mostly stateside. While in Japan he hauled explosives to the front lines. KVSS is very grateful for his service to both his community and country. Thank you for attending our computer classes!

KVSS would like to offer our deepest condolences to one of our retired Social Representatives, Janice Gaines with the recent loss of her husband Marvin Gaines you are in all our thoughts and prayers during this difficult time.

Fallen Limb

A limb has fallen from the family tree.
I keep hearing a voice that says, "Grieve not for me".
Remember the best times, the laughter, the song.
The good life I lived while I was strong.
Continue my heritage, I'm counting on you.
Keep smiling and surely the sun will shine through.
My mind is at ease, my soul is at rest.
Remembering all, how I truly was blessed.
Continue traditions, no matter how small.
Go on with your life, don't worry about falls
I miss you all dearly, so keep up your chin.
Until the day comes we're together again.

Author Unknown

What's Cooking

Loaded Potato Soup

Ingredients

4 large baking potatoes (Idaho or russet)
12 slices thick-cut applewood smoked bacon
1/2 cup all-purpose flour
6 cups 2 percent low-fat milk, heated
5 ounces sharp Cheddar, grated
Kosher salt and freshly ground black pepper
4 ounces sour cream
3 tablespoons finely chopped fresh chives

Directions

1. Preheat the oven to 350 degrees F.
2. Place the potatoes on a roasting tray and bake for 45 minutes. When done, the tip of a paring knife should go through the potatoes easily.
3. Slice the bacon into lardons (thin strips) and cook in a large, heavy-bottomed pot over medium heat until crisp. Remove the bacon from the pot with a slotted spoon and set aside, leaving the drippings in the pot.
4. Add the flour to the drippings in the pot and stir to combine. Cook, without adding color, until the flour and fat has combined, about 1 minute. Pour in the milk while you whisk to incorporate. Cook over medium heat until bubbly and thickened, stirring frequently, about 15 minutes.
5. Scoop out the potato pulp from the skins and add to the milk mixture. Mash with the back of a wooden spoon leaving it a little bit chunky.
6. Add the cooked bacon (leaving a little out for garnishing the soup), 1 cup of the cheese, and season well with salt and pepper. Stir until the cheese has melted. Remove from the heat.
7. Ladle the soup into bowls, drizzle with sour cream (from a squeeze bottle), sprinkle with remaining bacon bits, grated cheese and chives.

Tiskelwah Senior Center

Mondays

10:45 — 11:45 a.m.
Zumba

11:00 — 12:00 a.m.
Healthy Steps

10 a.m.— 3 p.m.
Art Class

Tuesdays

10:30 — 11:30 a.m.
Healthy Steps

10 a.m.-3 p.m.
Quilting

12:15--1:15 p.m.
Tai Chi Beginners

1:30 —2:30 p.m.
Tai Chi Advanced

Wednesdays

10:45 — 11:45 a.m.
Zumba

11:00 — 12:00 a.m.
Healthy Steps

10 a.m.— 3 p.m.
Art Class

Thursdays

10:30 — 11:30 a.m.
Healthy Steps

Crocheting & Knitting
10 a.m.-3 p.m.

12:15--1:15 p.m.
Tai Chi Beginners

1:30 —2:30 p.m.
Tai Chi Advanced

Fridays

10:45 — 11:45 a.m.
Zumba

10 a.m.— 3 p.m.
Art Class

9 a.m.— Noon
Weight/Exercise Room Open

Phone Directory

KVSS Main Office
348-0707

Tiskelwah
345-9700

Transportation
348-0726

Family Caregiver Program
345-6755

9 a.m.— Noon
Weight/Exercise Room Open

Would you or someone you know
like to receive this Newsletter?

Contact us at:
304-348-0707

Lunch @ CANS Mon-Fri 12-1 p.m.

**Bingo @ CANS
Call
304-342-4476
For Schedule**

9 a.m.— Noon
Weight/Exercise Room Open

Have you visited our website?
kvss.org

SHIP
(Senior Health Insurance Program)
Toll-Free: 844-348-0707

KVSS Offers Computer Classes. Limited
class size call today to register for an up-
coming session. Every Monday 10-11:30

Location:
KVSS Main Office - Reservations required.

KVSS is a non-profit 501(c)3 organization created in the early 1970's to provide programs of service to individuals in the scenic and historic Kanawha Valley of West Virginia. The mission of Kanawha Valley Senior Services (KVSS) helps seniors age successfully. Programs range from assisting elders and veterans in their own home to the adult Alzheimer Day Center to helping well-elderly with socialization and preventive measures. Our organization offers an ever-growing array of senior activities such as employment, nutrition, shopping, quilting, sewing, painting, poetry, computer lessons, Tai Chi, Healthy Steps Class Zumba, Bingo, Big-Screen Movie Days, life-enrichment and continuing education courses, gardening, cooking classes and so much more. KVSS coordinates and cooperates with federal, state, and county agencies to assure that health, educational, recreational, intergenerational and economic benefits are readily available to senior citizens. The organization is passionately dedicated to the mission of making the broad spectrum of services happen. Truly our success is possible because of past contributions, donations, grants, and fundraisers—not to mention the wonderful host of staff and clients. KVSS is funded by Bureau of Senior Services, WV DHHR, WV Division of Transit, Metro AAA, The Kanawha County Commission, private donations, fundraisers & grants. KVSS does not discriminate on the basis of race, gender, age, color, religion, handicap, disability or national origin. The suggestions contained and resources referenced in this publication are for informational purposes only. Please consult a trained professional before taking any actions in follow-up to information that you learn or read. KVSS shall not be liable for any damages or any other liability that may occur.

Kanawha Valley Senior Services: 304-348-0707 for more information on:
Respite Volunteer Programs In-home Health Transportation Nutrition



United Way of
Central West Virginia
Thanks to the United Way of Central West Virginia for supporting WV
Seniors



Electronic Service Requested

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