

# KVSS Newsletter

## July/Aug 2020



### HELPING SENIORS AGE SUCCESSFULLY

For the safety of our seniors, Kanawha Valley Senior Services will accept **drive up applications ONLY** for the Senior Farmers Market Vouchers. This will allow senior participants who are 60 and above to drive-up, complete their application on-site, and receive their vouchers without getting out of their vehicle. The application **MUST** be completed with all information and verified (date of birth/income/address) on-site before the senior participant is provided a voucher booklet. Booklet cover page must be completed by participant before they leave. There is a limit of one book of vouchers per household. Scheduled drive up locations at this time include:

United Way of Central West Virginia  
1 United Way Square  
Charleston, WV 25301  
Date: July 8, 2020  
Time: 9:00 AM – 3:30 PM

Hansford Senior Center  
500 Washington Street  
St. Albans, WV 25177  
Date: July 15, 2020  
Time: 9:00 AM – 3:30 PM

As KVSS can find additional appropriate locations they will be added.  
For more information, check our Facebook page or call 304-348-0707.

Senior Farmers' Market  
2020 Income Guidelines

To be eligible to receive Senior Farmers' Market Nutrition Program coupons, your income may not exceed:

Household Size	Weekly	Bi-Weekly	Twice- Monthly	Monthly	Annual
1	\$454	\$908	\$984	\$1,968	\$23,606
2	\$614	\$1,227	\$1,329	\$2,658	\$31,894
3	\$773	\$1,546	\$1,675	\$3,349	\$40,182
4	\$933	\$1,865	\$2,020	\$4,040	\$48,470



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.

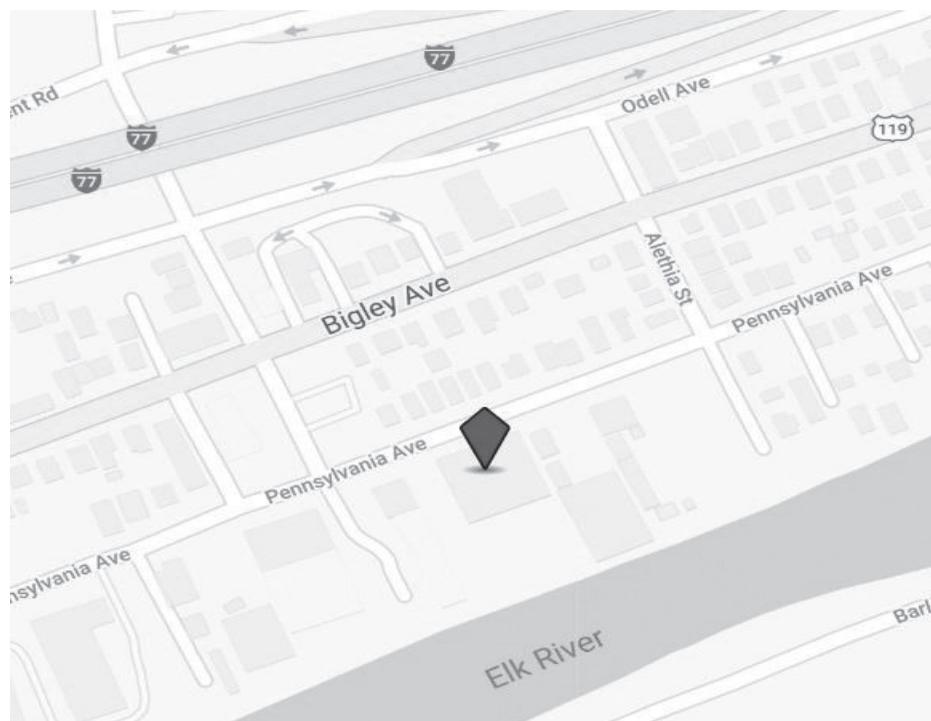
There are two ways to register:

1. Log on: [www.kroger.com/account/enrollcommunityrewardsnow](http://www.kroger.com/account/enrollcommunityrewardsnow)
2. Call 1-800-576-4377 to register

Use KVSS code: **WG819**

# From: Executive Director Paulette Justice

***We are moving! I am so excited to share with our readers that in my 8 years as Executive Director, we have struggled to find space for our programs to come together in one location, and it is finally happening. In May, we closed the deal on our new leased facility at 1710 Pennsylvania Avenue, close to the remodeled WV American Water Co. We will be remodeling throughout the summer and hope to move the main office in August, the Tiskelwah Building next and then the Nutrition Program (CANS) after that. See the map below:***



Unfortunately, visitors will not be allowed during construction due to liability issues, but after the building renovations are completed, we will hold an open house so you can see the new Kanawha Valley Senior Services!

Until then, we will be packing and moving and getting things back to “the new normal”. We hope that you have all remained safe and virus free during this pandemic. We are planning to continue with our Grab and Go Meals and Home Delivered Meals, our in-home services/respite, however our Adult Day Program will not be reopened until the congregate meal program is reopened, pending the blessing of the Kanawha-Charleston Health Department and the WV Bureau of Senior Services.

I would be remiss, if I didn’t recognize our staff, who are still visiting you in your homes and who are delivering your meals and who are “our KVSS heroes”. We are so grateful for their commitment to ensuring our senior citizens in Kanawha County receive needed support during this difficult time. They have touched our hearts and yours.

Also, as you know, we had to cancel our Annual Senior Picnic, scheduled for May 27, 2020. We regret that this needed to occur, but since everyone was mandated to isolate and no large gatherings were allowed, we had no choice. We will be back up and ready for May 2021 and will keep you posted. Thanks also, to Jen Mason and Mary Nicholas, our staff who have provided all of our KVSS staff and “friends” with handmade masks during the COVID-19 pandemic.



Stay Safe,  
Paulette Justice  
Executive  
Director



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)

# 4<sup>TH</sup> OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y  
 I M T Q H H Y M Q R Q U D U E I A  
 O Q T A W Q M Z Y E X U C C N T D  
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 A S I O U O R H A M U A A T U Q L  
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 W I T O E O M O Y B B F I U P J L  
 I A S V Y E M R E D R E M M U S E

- |             |              |           |        |
|-------------|--------------|-----------|--------|
| America     | Freedom      | Picnic    | Fourth |
| Blue        | Holiday      | Red       | Parade |
| Britain     | Independence | Sparklers | United |
| Celebrate   | July         | Stars     | White  |
| Declaration | Liberty      | Stripes   |        |
| Fireworks   | Flag         | Summer    |        |



## Hospice, Palliative Care and Grief Support...

(304) 768-8523 or (800) 560-8523 [www.hospicecarewv.org](http://www.hospicecarewv.org)



# HospiceCare

for body | mind and spirit

**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 • Buxton • Clay • Fayette • Greenbrier • Jackson • Kanawha • Lincoln • Mason • Monroe • Nicholas • Pocahontas • Putnam • Roane • Summers • Webster

## WEST VIRGINIA STRONG

*The Comeback*

On June 4, 2020, Governor Justice announced improved coordination among all state, federal and community nutritional resources as a part of his Administration's COVID-19 response.

Kanawha Valley Senior Services may be able to help you with food assistance through the WV Strong Summer Food Assistance Program.



Individuals age 60 and older may be eligible to participate in the KVSS Senior Summer Feeding Program. Please call 304-348-0707 to speak with a Social Service Representative for eligibility, and then you will be given an appointment time when you can pick up the box. Each box will contain 5 shelf stable meals (canned goods, crackers, juice box, etc.).

If you are already receiving meals through programs of KVSS or other agencies, you would not be eligible.

Boxes will be given out by appointment only on Wednesdays through August 31st at the Charleston Area Nutrition Site located at Tiskelwah Center 600 Florida Street in Charleston.

To find other locations around the State go to [www.governor.wv.gov](http://www.governor.wv.gov) and click on WV Strong Summer Food Assistance or call 2-1-1.



Pictured above is a new KVSS Kia Sportage thanks to a grant received from United Healthcare to help seniors who are at risk of food insecurity, receive weekly meals from the Charleston Area Nutrition Center (CANS). Ken Selbe, one of our food delivery heroes, is receiving the keys to the new vehicle from Paulette Justice, Executive Director. We are grateful to United Healthcare Social Responsibility Team and to Elizabeth Hang, Senior Program Manager for UHC for their generosity and thoughtfulness shown our staff and senior nutrition program.

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### Board of Directors

Kanawha Valley Senior Services, Inc. is governed by a Board of Directors. Board meetings are held at the main office on the fourth Wednesday of every month at 10:00 am and are open to the public. However, any guest who wishes to speak during a board meeting must contact the Board President or Executive Director in advance and must be listed on the agenda with a brief description of the topic they wish to discuss. Currently, board meetings are being held virtually and by conference call.



**Visit Us On Facebook!**

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



*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](http://aarp.org/iheartcaregivers)  
#iheartcaregivers



Did you know  
that you can pay for your  
Lighthouse bill or make your  
donations for Home Delivered  
Meals by debit card or credit card?  
Save postage and time by calling  
our finance department who would  
be happy to take your payment over  
the phone. Or if you prefer you  
can also make a payment using our  
secure website.

Call 304-348-0707  
or  
www.kvss.org!

# Tai Chi

Tai Chi and all group exercise has  
been canceled pending approval of the  
Charleston Health Dept. and Bureau  
of Senior Services



For More Information Please Contact

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



## Stuffed Green Peppers

### Ingredients

- 4 green pepper (large, washed)
- 1 pound turkey, ground, 85% lean
- 1 cup rice, uncooked
- 1/2 cup onion (peeled and chopped)
- 1 1/2 cup tomato sauce, unsalted
- ground black pepper (to taste)

### Directions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.

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### To qualify for Extra Help (Part D Prescription Savings)

To qualify for extra help with Medicare prescription drug plan costs in 2020, your annual income must be limited to \$18,735 for an individual (\$25,365 for a married couple living together).

Even if your annual income is higher, you still may be able to get some help. Some examples where your income may be higher are if you or your spouse:

Support other family members who live with you;  
Have earnings from work; or  
Live in Alaska or Hawaii.

## ***CMS Tips for Avoiding Medicare Fraud & Scams***

Never accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare, remember that Medicare and Medicaid do not send representatives to your home.

Never give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or people you know should have it.

Remember, nothing is ever “free.” Never accept offers of money or gifts for free medical care.

Be wary of providers who tell you that the item or service isn’t usually covered, but they “know how to bill Medicare” so Medicare will pay.

Always check your medications before leaving the pharmacy to be sure you received the correct medication prescribed, including whether it’s a brand or generic name. If you don’t get your prescription filled correctly, report the problem to the pharmacist.

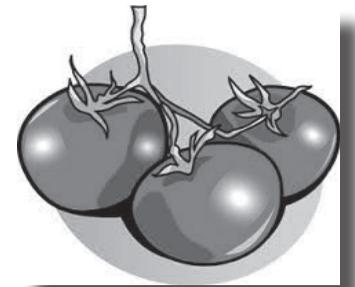
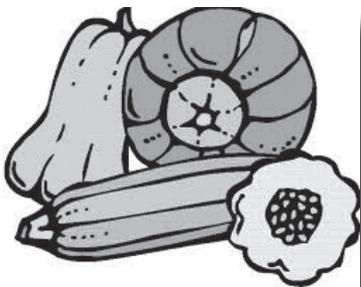
Report suspected instances of fraud by contacting the HHS OIG Hotline or Medicare’s toll-free customer service operations at 1-800-MEDICARE (1-800-633-4227). You can also go online to find more information at our web resource -- [www.medicare.gov/fraud](http://www.medicare.gov/fraud).

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### **WEST VIRGINIA FARMERS’ MARKET NUTRITION PROGRAM FARM MARKET LIST 2020**

Availability of produce depends upon growing season and weather conditions.  
Tailgate markets may close earlier than listed if farmers have no produce available

#### **KANAWHA COUNTY**



Farm Stand  
Pocatalico Exit on Rt. 21, Sissonville  
Tues – Sun, 10 am – 6 pm  
OPEN: June – October

Richard’s Produce & Moore  
100 Maywood Avenue, Clendenin, beside City Hall  
Thurs & Fri, 9 am – 5 pm  
OPEN: May - September

Farm Stand  
Rt. 60 Past the Montgomery Bridge at the Kan/Fayette County Line  
Tues – Sun, 10 am – 6 pm  
OPEN: June – October

Paradise Farms  
131 Perkins Avenue, Dunbar  
Large Green Packing House at the back of the farm  
Mon – Fir, 8 am – 3 pm  
(excluding holidays)  
OPEN: Year Around

Farm Stand  
Rt. 60 at the Welcome to St. Albans sign on Jefferson Side  
Tues – Sun, 10 am – 6 pm  
OPEN: June – October

Capitol Market  
Smith Street, Charleston  
Mon-Sat 9 am - 6pm  
Sunday, Noon - 5 pm  
OPEN: Year Around

St. Albans Farmers Market  
Rt. 60 Roadside Park, St. Albans  
Saturday, 10 am – 2 pm  
OPEN: July – October

Gritts Farm Roadside Stand  
Intersection Richmond St & MacCorkle Ave  
St. Albans  
Mon - Sat, 10 am - 4 pm  
OPEN: June - October

# Tiskelwah Senior Center

## Mondays

10:45 — 11:45 a.m.  
Zumba

10 a.m.— 3 p.m.  
Art Class

### Phone Directory

KVSS Main Office  
348-0707

Tiskelwah  
345-9700

Transportation  
348-0726

Family Caregiver Program  
345-6755

## Tuesdays

10:30 — 11:30 a.m.  
Stay Strong & Walk Steady  
10 a.m.-3 p.m.  
Quilting  
(call ahead)  
12:15--1:00 p.m.  
Tai Chi Advanced

1:30 — 2:30 p.m.  
Tai Chi Beginners

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

## Wednesdays

10:45 — 11:45 a.m.  
Zumba

11:00 — 12:00 pm  
Stay Strong & Walk Steady

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

**Bingo @ CANS**  
**2nd and 4th Friday**  
**11-11:45**  
**Call**  
**304-342-4476**  
**For Schedule**

## Thursdays

10:30 — 11:30 a.m.  
Stay Strong & Walk Steady

Crocheting & Knitting  
10 a.m.-3 p.m.  
(call ahead)  
1:30p.m.--2:30 p.m.  
Tai Chi Beginners

12:15 — 1:00 p.m.  
Tai Chi Advanced

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

Have you visited our website?  
[kvss.org](http://kvss.org)

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

## Fridays

10:45 — 11:45 a.m.  
Zumba

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

KVSS Offers Computer Classes. Limited class size, call today to register for an upcoming session. Typically classes will be every Nov, Feb, May, & August. Classes will be three Mondays a month for the months listed above from 10am-11:00am  
Hours may vary depending on class size & participation  
Call or follow us on facebook for that months class topic or any supplies or information you may need to bring with you.  
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

Kanawha Valley Senior Services  
2428 Kanawha Blvd. East  
Charleston, WV 25311  
T: 304-348-0707 Toll Free: 844-348-0707  
F: 304-344-8882  
info@kvss.org  
www.kvss.org



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