

# KVSS Newsletter

**March - April 2021 Newsletter**

*Helping Seniors Age Successfully*



## WV COVID-19 Vaccine Registration System Pre-registration

### Step 1 - Sign Up: Create Your Account

Log on to any web browser and go to: [vaccinate.wv.gov](https://vaccinate.wv.gov). On this site, you will see a “Sign Up Here” button. Click that button, and it will take you to the pre-registration portal. There, enter your:

- Name
- Username
- Password
- Security question
- Location information (verify your address)
- Communication contact information (email, text, or phone/TTY)

### Step 2 - Complete Your Profile

Once you create your account, you will be asked to give additional demographic information in any of 50+ languages. Your entries allow the system to identify you for vaccination opportunities as supplies allow. The system will take you step-by-step through the process to:

- Verify name and contact information are correct.
- Verify location, or provide additional information (e.g., other phone number, email, TTY)
- Provide required demographic information (e.g., insurance, relevant medical information, information on whether you have received your first dose)

Note: Providing demographic information helps the state serve West Virginians equitably.

### Step 3 - Review and Finish

Select “Finish” to complete your pre-registration. Next:

- Review your information for accuracy.
- You may edit any section now or later by clicking the “Edit” button(s)
- You will receive confirmation of your successful account setup and pre-registration within 24 hours. If not, you may contact the COVID-19 Vaccine Info Line at 1-833-734-0965 to verify your account information.

### What's Next?

Vaccine supplies are limited, so pre-registration does not mean immediate access to vaccination. **This means that even if you pre-register, it might take several weeks or months before an appointment is scheduled and you receive your vaccination.** When a vaccine is available for you based on supply and your demographics and location, you will be notified through the preferred method you selected (email/text/phone/TTY). The notification will include information about an available vaccination appointment, including, date, time, and location. You will be able to accept or decline the appointment based upon your availability. If you decline the appointment, you do not need to re-register.



On your first visit to AmazonSmile ([smile.amazon.com](https://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](https://www.kroger.com/account/enrollcommunityrewardsnow)
2. Call 1-800-576-4377 to register

**Use KVSS code: WG819**

# News From Executive Director Paulette Justice

KVSS is searching for SPRING! We are ready and we hope that you have gotten at least one, if not both COVID 19 vaccinations. If not, call and ask for a social service representative to assist you in walking through to electronically sign up or you can go onto the Kanawha Charleston Health Department website at: [vaccinate.wv.gov](http://vaccinate.wv.gov). A step by step process is on the front of the newsletter. If you are already registered they will call you by the phone number you provided- the call may show up as an unknown caller, so make sure you answer your phone! KVSS will transport based on availability. KCHD may be contacting us about setting up vaccine clinics at one of our locations. We hope you are staying warm and were not affected by the power outages.

Renovations are slow due to the inclement weather, but we are hoping to move the CANS kitchen sooner rather than later! We are preparing for all fire, health and safety inspections and will then begin moving equipment.

We are extremely grateful to the Kanawha County Commission and our local foundations for their support during this pandemic. We are grateful to our state government for their support in our meal reimbursement rate. We are thankful to live in Kanawha County where the Kanawha Charleston Health Department is working tirelessly to get our seniors vaccinated, as well as our employees. We are fortunate to have the greatest hospital staff, and our police, fire fighters and ambulance authority who risk their lives every day to protect us. We are saddened at the loss of Officer Cassie Johnson, who graciously stopped in to our new location and welcomed us as new neighbors in her area of coverage with the Charleston Police Department. We think of her often. We are blessed to have the support from the City of Charleston who has shown that Kanawha County senior citizens are a priority! In a time of great despair, Kanawha County has shined!

KVSS is thankful to have devoted employees who have worked throughout this pandemic!  
March 23, 2020 through present! Thank You So Much!

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

To qualify for extra help with Medicare prescription drug plan costs in 2021, your annual income must be limited to \$19,320 for an individual (\$26,130 for a married couple living together).

Even if your annual income is higher, you still may be able to get some help. 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.





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.larryrowe.com](http://www.larryrowe.com)

# Spring Wordsearch

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



BUNNY  
CANDY  
CHICKS  
CHOCOLATE  
EASTER  
EGGS  
FLOWERS  
GREEN  
RAIN  
SPRING



[www.graceandgoodeats.com](http://www.graceandgoodeats.com)



**Senior nutrition  
services help create  
healthy, safe, strong  
communities.**

#SeniorNutritionProgram

# Hello from “Our Place Adult Day Center”



Our rooms may be silent but our center is not! It will be a year on March 13, 2021 that our rooms became silent due to the COVID Pandemic. As you know, following guidance from the CDC, the center closed due to the fact that adult day centers are communal by nature and therefore not safe for people living with dementia. People with dementia may have trouble following social distancing, wearing masks to name a few and are extremely vulnerable to COVID 19 due to age and other medical conditions. Adult day care programs faced significant challenges because individuals are cared for in close, group settings. I know this has been a very difficult time for everyone! We just want you to know that we are still here! We know how important the Family Caregiver program is to all our families and friends that attended the center! We have been encouraged that we have been able, during this pandemic, to still provide in-home services following protocols to reduce the spread of COVID 19. Therefore providing the much needed services of respite for our families! We have reached out with weekly calls and activity packets that we hope have provided some comfort and fun for our friends and families!

We look forward to the day that the Adult Day Center, “Our Place” will be able to open! We have some very exciting news when that day comes that we will be opening our doors in a new location and in an Alzheimer friendly environment for our friends!

As you know, we have moved to 1710 Pennsylvania Avenue in Charleston and our phone number 304-348-0707. The layout of the new center will have an environment enhancing freedom of movement, independence and greater opportunity for new programming! We look forward to the day that our rooms will no longer be silent but filled with laughter and conversation that we have all missed so very much! We will also have a beautiful sunroom that our friends will be able to enjoy all on one floor and the challenge of steps for our friends will be no longer! Our center will focus on the design of a home like setting with a best friends approach!

Staying healthy is very important! Pay attention to flu or pneumonia –like symptoms in yourself and others. Get tested to make sure it's not COVID! Consider getting the COVID vaccination when available! Follow current guidance and instruction from the CDC regarding COVID-19. Tips to keep yourself and your loved ones healthy include:

1. Avoid close contact with people who are sick.
2. Avoid touching your eyes, nose and mouth.
3. Stay home when you are sick; work from home.
4. If you or the person you are caring for have regular doctor's appointments to manage dementia or other health conditions, call your health care provider to inquire about a telehealth appointment. As a result of the COVID-19 pandemic, Medicare has recently expanded telehealth benefits to allow seniors to access health care from the safety of their homes.
5. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
6. Clean and disinfect frequently touched objects and surfaces using regular household cleaning spray or wipes.
7. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing nose, coughing or sneezing.
8. If soap and water are not readily available, use an alcohol-based hand sanitizer at least 60% alcohol. (Please remember safety when placing hand sanitizer on the person's hands who has dementia. Remind them to rub their hands together so they will not accidentally place the hand sanitizer in their mouth or eyes.)
9. Always wash your hands with soap and water if your hands are visibly dirty.

Please remember we are all in this COVID pandemic together and we are anxiously awaiting the decision as to when our center will be able to safely open! We still do not know when that will happen but will keep you informed. In the meantime, know that we are here for you!

# Get The Family Caregiving Support You Need, When You Need It.

Your caregiving journey can be challenging in all kinds of ways.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find local resources close to home. So you can take care of what matters most.

To learn more, visit [aarp.org/caregiving](http://aarp.org/caregiving).

 /AARPWestVirginia  
 @AARPWV



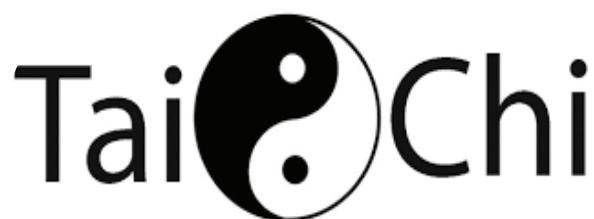
Did you know  
that you can pay for your  
Lighthouse bill or make your  
donations for Home Delivered  
Meals by debit card or credit card?  
Save postage and time by calling  
our finance department who would  
be happy to take your payment  
over the phone. If you prefer you  
can also make a payment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

Call 304-348-0707  
or  
[www.kvss.org!](http://www.kvss.org)

### 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.

Currently meetings are being held by Zoom. 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.



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



Tai Chi Zoom will be held every Friday at 1:30 p.m for previous advanced students.

For More Information Please Contact

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

**NOW HIRING**

#### Nutrition Aide

Rand Site 1 PM – 5 PM

Looking for caring and dependable person to assist in preparing meals for seniors. Please apply on our website at [www.kvss.org](http://www.kvss.org), stop by our office located at 1710 Pennsylvania Avenue in Charleston or email resume to [vfoster@kvss.org](mailto:vfoster@kvss.org)

#### Home Delivered Meal Driver

Multiple Locations in Kanawha County

Looking for caring and dependable individuals to help pack and transport meals to seniors on a designated route. Must have good driving record. Please apply on our website at [www.kvss.org](http://www.kvss.org), stop by our office located at 1710 Pennsylvania Avenue in Charleston or email resume to [vfoster@kvss.org](mailto:vfoster@kvss.org)

#### Caregivers

Multiple Locations in Kanawha County

Looking for several loving, caring and dependable people to work as an in home caregiver. Please apply on our website at [www.kvss.org](http://www.kvss.org), stop by our office located at 1710 Pennsylvania Avenue in Charleston or email resume to [mcanterbury@kvss.org](mailto:mcanterbury@kvss.org)



**Visit Us On Facebook!**

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



## Do you think your identity has been stolen?

1. Contact your Unified Program Integrity Contractor (UPIC). The UPIC is the CMS fraud contractor that handles investigations on behalf of Medicare.
  - Find your UPIC.
  - Inform them about any suspicious activity you've noticed, such as beneficiaries indicating that your information is on their Medicare Summary Notice (MSN) without receiving treatment, or if you've received a demand letter from the MAC stating you are responsible for overpayments you never received.
  - Find your MAC.
  - Inquire about any recent changes to your Medicare enrollment, if any, and verify if you made those changes.
2. Respond to any inquiry from the UPIC. Part of their investigation is to interview the provider. Once you've verified their credentials, complete the interview as requested.
3. Report any suspected ID theft to the police.

SE UPIC  
SafeGuard Services (SGS)  
<http://www.safeguard-servicesllc.com>

Mailing Address:  
SGS Suite 201  
3450 Lakeside Drive  
Miramar, FL 33027

(954) 988-2851  
SGS Accepts esMD transactions

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The logo features the word "TAX" in yellow at the top, "TIME" in large red letters in the center, and "Taxes for Seniors" in black text below it. The background is a circular graphic resembling a clock face with numbers.

VITA Program  
Volunteer Income Tax Assistance Program  
For Assistance Call  
United Way of Central WV 304-340-3524  
KEMBA Charleston Federal Credit Union 304-768-5700  
The Makers Center (Patrick St) 304-952-0258

# KVSS Senior Center

## Grab and Go Meals Only

Hansford Senior Center  
500 Washington St  
St. Albans, WV 25177

304-722-6949  
(Closed Temporarily)

## Grab and Go Meals Only

CANS  
600 Florida St.  
Charleston, WV 25302

304-342-4476

## Grab and Go Meals Only

Elkview  
1078 Main St  
Elkview, WV 25071

304-925-3175

## Grab and Go Meals Only

Rand  
5701 Church Drive  
Charleston, WV 25306

304-925-9200

## Grab and Go Meals Only

Nitro  
302 21st St.  
Nitro, WV

304-755-5592

## Phone Directory

**KVSS Main Office**  
304-348-0707  
**1710 Pennsylvania Ave**  
Charleston, WV 25302

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

Contact us at:  
304-348-0707

Transportation  
Socially Distanced Rides  
Available

304-348-0726

Have you visited our website?  
[www.kvss.org](http://www.kvss.org)  
For Program Information  
&  
Much More

**SHIP & SMP**  
(Senior Health Insurance  
Program & Senior Medicare  
Patrol)  
Toll-Free: 844-348-0707

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.

Respite      Volunteer Programs      In-home Health      Transportation      Nutrition

**Kanawha Valley Senior Services: 304-348-0707 for more information on:**

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



## Electronic Service Requested

[www.kvss.org](http://www.kvss.org)

[info@kvss.org](mailto:info@kvss.org)

F: 304-344-8882

T: 304-348-0707 Toll Free: 844-348-0707

Charleston, WV 25302

1710 Pennsylvania Ave.

Kanawha Valley Senior Services

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