

KVSS Newsletter

Nov/Dec 2017



KVSS BLACKBOARD

Fundraiser

Fundraiser

Fundraiser



Clutch The Future Handbag Auction

December 5th, 2017 6 PM - 9 PM
2428 Kanawha Blvd. East
Details on Page 2

What's Inside

- 1...Blackboard
- 2...E.D. Message
Coffee Form
- 3...Ads & Puzzles
- 4...Featured Story
- 6...Events &
Message
- 7...Wellness
- 8...Schedule



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: 90896

From the: Executive Director



Paulette Justice
KVSS Exec. Director

Fall has arrived and there is a chill in the air. This is our last newsletter for the year and Kanawha Valley Senior Services wishes each of you a Blessed Thanksgiving and a very Happy Holiday Season!

1. Please contact our office at 304.348.0707 and let us know if you are receiving a newsletter for someone who no longer lives at your address, has passed away, has moved out of state, etc. The post office now charges us a hefty fee for returned newsletters. Your help is appreciated.

2. Our Purse Auction is fast approaching- we are collecting new or gently used purses, briefcases, lunch boxes (☺), suitcases up until December 1st. Entry fee is only \$10- help us get the word out for this event and bring your Christmas list! We will be selling Aroma of the Andes- Specialty Coffee. The beans are Columbian and the growers are from Linn, WV. They have joined forces with KVSS as a special Christmas Fundraiser- find an order form in this newsletter and help us sell this wonderful coffee. Come to the event and check out their soap- a favorite of many! 40% of what is sold prior to December 5 and at the event will go to the seniors served by KVSS! We are grateful!

3. We are collecting hats, scarves and gloves to keep our seniors warm for the winter. You can contribute at our main office. We will distribute them at our November, Keep Your Faith Foundation and Kanawha Valley Senior Services (KVSS) Annual Earl Wilson Thanksgiving dinner at Tiskelwah- C.A.N.S. November 21st!

4. Get Involved- we have wonderful opportunities to stay active at KVSS- we have Zumba, Tai Chi for Arthritis, Healthy Steps, Art, Sewing, Knitting, Quilting, Blood Pressure clinics, Walking Club, Newsletter Volunteers, Silver Haired Legislators, Senior Conference sponsored by WV Bureau of Senior Services and come join us for lunch at one of our many locations.

5. If you want to travel with KVSS in 2018, send me your favorite destinations and we will give it another try in 2018.

We are so overwhelmed with the support of the many people who read our newsletter or attend our meal program or receive "Meals on Wheels" and support us financially by your program donations. You are the heart and soul of our organization! Thank you!

Paulette Justice



Aroma of the Andes Coffee Orders



Put number of pounds you want in the blank
Next to the number write a "W" or "G" for Whole or Ground

Roast
 _____ Light
 _____ Medium
 _____ Dark
 _____ Mixed Blend

Flavors (All Medium Roast)
 _____ French Vanilla
 _____ Hazelnut Creme
 _____ Dark Chocolate Mint
 _____ Caramel Creme
 _____ Peppermint Candy Cane
 _____ Butterscotch Creme
 _____ Cocoa Mocha Twist
 _____ Blueberry Blizzard
 _____ Peaches and Creme
 _____ Pumpkin Spice
 _____ White Chocolate Russian

Coffee is \$14/lbs
 Please add the letter "D"
 in the blank if you would
 like the specific order to be
 Decaffeinated

**Dark Chocolate covered
Espresso Beans**

_____ 1.5oz (\$3.00)
 _____ 8oz (\$9.00)

**Milk Chocolate covered
Espresso Beans**

_____ 1.5oz (\$3.00)
 _____ 8oz (\$9.00)

**White Chocolate covered
Espresso Beans**

_____ 1.5oz (\$3.00)
 _____ 8oz (\$9.00)

We are looking for new locations to offer Healthy Steps classes.

If you have a group of 7 or more people willing to participate at a location, please call Adam for more details 304-348-0707



Healthy-Steps™

2017 Holiday Word Search

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

- SWIMMING
- PICNIC
- EASTER
- BASEBALL
- HALLOWEEN
- LENT
- MARSHMALLOWS
- BLANKETS
- HIKING
- TENTS
- GAMES
- CHRISTMAS
- RIDES
- BURGERS
- CHILDREN
- NEW YEAR
- PARK
- HOT DOGS
- FOOD

Kanawha Valley Senior Services OPPORTUNITIES

Ready to begin a new and exciting career?
Retired, looking for a little part-time work?

Caregivers Needed

We are looking for compassionate in-home and day program care providers. Must agree to background check and drug screening. Payroll incentives may be available and all training is provided for you to begin your career.

Volunteers Needed

In 2017 we would like to form some special committees to assist with special projects, fundraisers, Nutrition Program needs and Transportation Services.

Nutrition Drivers Needed

We are looking for part-time drivers for our Home-Delivered Meals Program. Can work up to 24 hours per week

For additional information—please call (304) 348-0707.

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Charleston, WV 25387-2536
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Lewisburg
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Lewisburg, WV 24901
(304) 645-2700 / (800) 237-0842

Boone • Braxton • Clay • Fayette • Greenbrier • Jackson • Kanawha • Lincoln • Mason • Monroe • Nicholas • Pocahontas • Putnam • Roane • Summers • Webster

A Lifetime of Giving



Anna Tucker became a Minister in the 1980's, but her desire to tend to any flock in need has existed all of her life. After nearly a decade of professional ministry, Anna met her late husband, Clyde, in 1993. Like her, Clyde was passionate about serving his community both spiritually and socially. Together their sense of duty grew far beyond the sum of their parts, and the two wed the same year.

Clyde later became a deacon of the church, and the couple began to wonder about what new ways they could further their outreach in the Kanawha Valley. The two created the non-profit, "Faith Ministries," in the year 2000, which was tasked with delivering their ministry beyond the walls of church. They traveled to nursing homes, community centers, and senior housing to share their gospel and brighten people's day through activities and music.

It was after working with the senior community, the Tucker's eyes were opened to the incredible unmet needs of our aging population. As they became closer to the senior community they began dedicating not only their time, but whatever money they had left over as well.

After nearly two decades of service to seniors, Anna and Clyde were beginning to show signs of their age as well. In 2010 Clyde was diagnosed with dementia. Eventually his care became more than

Anna could handle on her own. She reached out to Kanawha Valley Senior Services (KVSS) for caretaking assistance under The Lighthouse Program. Knowing little about our programs, Anna was excited to be working with an organization that shared her dedication toward assisting those in need. She began volunteering for KVSS and donating whatever she could, especially to The Home-delivered Meals Program. "Getting meals to seniors that are unable to afford or procure food is the most vital service we can offer," Anna said during the interview. Sadly, her husband Clyde passed away a couple years into his diagnosis. "I feel so blessed to have been married to him, and I am very grateful for the services provided by KVSS." Now near 70 years old herself, Anna is one of our most active donors and volunteers.

The dedication shared by her and Clyde lives on in her continued service. When Anna is not helping us, she spends much of her time travelling with her step-son, Clyde Jr. to the same nursing homes her and Clyde's father blessed with their presence. "Clyde Jr. isn't a deacon like his father, but boy can he sing. You can't have a church service without some good music."

If you are interested in donating to the KVSS Meal Program or any other of our senior programs, please contact us at 304-348-0707 or you can use the envelope enclosed in this newsletter. Any assistance you can provide will be greatly appreciated.

West Virginia Silver Haired Legislature Meeting Minutes



The Silver Haired Legislature met on October 16th & 17th in Charleston. Those Senate officers in attendance were: Erma Harris, President, Linda Waybright, Vice-President, Vallie Huffman, Majority Leader and Lucille Chandler, Minority Leader. There were also several other SHL members in attendance.

The group went to the State House and met with both the House and Senate leaders. The meetings were very successful and a lot was accomplished.

Afterwards, a dinner was held at the Charleston Marriott where several Senators and Delegates attended.

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Michael E. Luikart, LIC



Our Thanks to Med Express— Kanawha City

If you have not participated yet, Med Express is sponsoring Blood Pressure screenings at Tiskelwah— C.A.N.S. location (600 Florida St.) every 1st and 3rd Thursday, each month from 11:00am-1:00pm.



They are also sponsors for our Annual Picnic, Community Yard Sale, Golf Tournament, Silent Auction, and Purse Auction

We are grateful for our partnership with Med Express— Kanawha City location!

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

AARP[®]
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Meal Delivery:

Neither rain, nor sleet, nor snow



We are proud to serve our in-home meal delivery seniors in our two new Subaru Forrester vehicles. Purchased with grant funding, KVSS is able to deliver many more meals in one vehicle due to Meals on Wheels insulated carriers and the vehicles having three hook ups to keep them warm. Our current Nutrition vehicles are aging and maintenance is costly. We look forward to serving you in our new vehicles.



11th Annual Earl Wilson Thanksgiving Dinner

Please join us for another year of The Earl Wilson Thanksgiving Dinner in conjunction with Keep Your Faith. The event will be held the Charleston Area Nutrition Site (CANS).

600 Florida St. Charleston, WV
November 21st
6:00PM - 8:00PM

In Memory of Donna Conley



Our hearts are saddened at KVSS with the loss of our former Transportation Manager, Donna Conley. She passed away on October 22, 2017, at her home with her family by her side. We will miss her smiling face and her enthusiasm in everything she did. She loved KVSS, the seniors, her friends, and mostly her family.

Through love
serve one
another.
Galatians 5:13

Eastbrook, a Stonerise Healthcare Company, is a skilled nursing center located in Charleston, WV. Eastbrook provides an array of long and short term care services such as orthopedic and joint replacement care, cardiac care, dementia services, and diabetes management to name a few. Eastbrook offers IV therapy, wound VAC therapy and respiratory therapy. They are staffed to provide occupational, physical and speech therapy as well. The amenities at Eastbrook provide our residents and families an experience that makes them feel at home and comfortable with private and semi-private rooms, homemade meals, Internet Café, free wireless internet, quiet lounges, and many activities.

Eastbrook
by Stonerise Healthcare

*For more information please
contact our Admissions Director,
Hannah Burns • 304-925-4771*

3819 Chesterfield Avenue | Charleston, WV 25304
stonerisehealthcare.com

OPEN ENROLLMENT DATES: OCT. 15 – DEC. 7

IT PAYS TO REVIEW & COMPARE MEDICARE PLANS

IT'S WORTH CHECKING OUT ALL YOUR 2017 MEDICARE ADVANTAGE

Need Help?
Contact KVSS for assistance with Open Enrollment now!
304-348-0707

LEAVE THEM SOMETHING
*to remember
you by.*

WHAT MANY OF US don't realize about our passing is that remembrance is so important to those who love us. That's why your Dignity Memorial® professionals

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LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.



Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

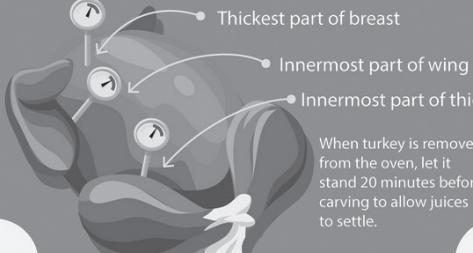
Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.



- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

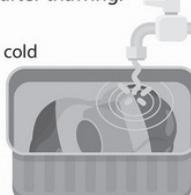


Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight



Tai Chi: An Exercise for the Body and Soul



Amy Atkinson
Tai Chi Instructor

Americans are finally starting to look towards the East for improved health without additional medications. For centuries the Chinese have made Tai Chi part of their daily routine and now we are starting to feel the benefits for ourselves. Tai Chi is one of the top exercises for fall prevention and improved balance. Studies have also shown Tai Chi has improved symptoms of Parkinson's disease. WebMD published an article in 2017 from the New England Journal of Medicine stating, "Like resistance training, Tai Chi help people walk more swiftly, get up from a chair more quickly and increased leg strength." On October 24, 2017, CBS Evening news ran the story "Evidence suggests Tai Chi could be used to fight heart attacks". The story states "Fear of another heart attack is a common reason for declining cardiac rehab. So, if larger studies confirm this one, the researchers believe tai chi could be a way of gently easing into a more vigorous exercise program".

It's time for you to find out yourself! Winter is on its way and joints are going to start getting stiff. Our new session of Tai Chi for Arthritis (TCA1) will begin December 12th. KVSS is proud to provide 2 levels of Tai Chi for the Tai Chi enthusiast! Once you have completed TCA1, you can transition directly into our newly added Tai Chi for Arthritis 2 (TCA2) class. TCA1 meets Every Tuesday and Thursday from 1:30p-2:30p. New 10 week session begin December 12th, 2017.



Interested in learning more:
contact Amy Atkinson at KVSS (304) 348-0707 for details.

Tiskelwah Senior Center

Mondays

10:45 —11:45 a.m.
Zumba

10 a.m.— 3 p.m.
Art Class

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

Noon Lunch @ CANS

Tuesdays

10 a.m. —3 p.m.
Knitting & Crocheting

10:30 —11:30 a.m.
Healthy Steps

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

Noon Lunch @ CANS

Wednesdays

10:45 —11:45 a.m.
Zumba

10 a.m.— 3 p.m.
Art Class

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

Noon Lunch @ CANS

Thursdays

10 a.m. —3 p.m.
Knitting & Crocheting

10:30 —11:30 a.m.
Healthy Steps

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

Noon Lunch @ CANS

Fridays

10:45 —11:45 a.m.
Zumba

10 a.m.— 3 p.m.
Art Class

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

Noon Lunch @ CANS

Phone Directory

KVSS Main Office
348-0707

Tiskelwah
345-9700

Transportation
348-0726

Family Caregiver Program
345-6755

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

**Contact us at:
304-348-0707**

**Retired?
Looking for a part-time job?
Drivers and caregivers needed**

**Contact us at:
304-348-0707**

Have you visited our website?
kvss.org

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

KVSS Offers Computer Classes.
Call today to register for an upcoming session. 304-348-0707

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.

Employment Opportunities Volunteer Programs In-home Health Transportation Nutrition

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



**Help keep a senior warm this Holiday Season.
Donate your winter garments at any of our
KVSS locations.**



Electronic Service Requested

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