

The Villager

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BIVINS VILLAGE

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A Message from



Amanda Copeland
Property Manager

As November arrives, we are reminded to be thankful for the little things, the friendships we share, and the community we call home. As the weather turns cooler, please remember to stay warm, take care of your health, and check on one another.

November Wellness Reminder: Dress in layers when heading outside, drink plenty of water, and keep up with your medications and routine health appointments. Remember to wash your hands often, get plenty of rest, and reach out for help if you aren't feeling well. Your health and well-being matter!

🍂 **Fall Safety Tip:** Watch for wet leaves, uneven sidewalks, and slippery surfaces when walking outdoors. Wear shoes with good traction, use handrails when available, and take your time to help prevent falls.

I hope this season brings you comfort, happiness, and many reasons to be thankful. Wishing everyone a wonderful Thanksgiving filled with warmth, joy, and gratitude!

Happy Thanksgiving from your Bivins Village Management Team!

October at the Village

Margie's Line Dance Team came out to entertain residents on October 20.

We are already looking forward to them coming back!



Welcome New Residents

Join us in welcoming these new residents to our community!

Gabe Escoto | *Apt. 419*

What is something you've always enjoyed the most?
Spending time with my great nephews.

Laurie Becker | *Apt. 504*

What made you choose Bivins Village?
Nice place - needed a change.

Billy Lyons | *Apt. 508*

What is something you've always enjoyed doing?
Riding around, cruising, and watching sports on tv.

Jon Ellis | *Apt. 313*

What's a fun interesting fact about you?
God gave me and my friend Jessica a ministry during Covid. To pray and encourage people that came through his check line at Walmart. See God do His work and see answered prayers. All belongs to Him (God).

Jana Waters | *Apt. 315*

What made you choose Bivins Village?
My mother lived at Bivins, so I knew it was clean and well maintained.

November Birthdays

Wishing everyone in November a very Happy Birthday!

November 3
Gloria Swick | *Apt. 7*

November 4
Kay Harvey | *Apt. 109*

November 14
Toni Owens | *Apt. 25*

November 21
Charles Ross | *Apt. 305*
Laurie Becker | *Apt. 504*

November 26
Johnny Hiatt | *Apt. 29*

November 27
Arlene Balulis | *Apt. 28*

November 28
Judith Lauer | *Apt. 308*

November 30
Mary Hull | *Apt. 410*

November 22
Amanda Copeland | *Staff*

November Community Calendar

See the circle next to the activity for the location:
*"**A**" Community Room in Building A "**A2**" Second Floor Landing in Building A "**J**" Community Room in Building J*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 A 10:00 Chair Yoga A2 1:30 Table Games	3 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Monthly Craft A 3:00 BINGO	4 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	5 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Monthly Craft A 1:00 Canasta A 3:00 BINGO	6 A 10:00 Chair Yoga A2 1:30 Table Games
9 A 10:00 Chair Yoga A2 1:30 Table Games	10 Library A 1:30 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Canasta A 3:00 BINGO A 4:00 Line Dance	11 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	12 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Movie A 3:00 BINGO	13 A 10:00 Chair Yoga A2 1:30 Table Games
16 A 10:00 Chair Yoga A2 1:30 Table Games	17 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Gin Rummy A 3:00 BINGO	18 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	19 A 8:00 Indoor Walk Friendsgiving Meal A 11:15 - 12:30 Birthday Bunco A 1:00 - 2:15	20 A 10:00 Chair Yoga A2 1:30 Table Games
23 A 10:00 Chair Yoga A2 1:30 Table Games	24 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Canasta A 3:00 BINGO	25 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	26  Office Closed	27
30 A 10:00 Chair Yoga A2 1:30 Table Games	1	2	3	4

FoodNET meals are served for lunch Monday - Friday from 10:45 AM - 11:45 AM in Building A.

The Barker Family Bible Study will take place on Sunday, Nov. 1 and 15 at 6:00 PM in Building J.



Craft with Veronica

Nov. 3 and 5 | 1:00 PM

Join us for a special holiday craft! Choose to make either a pine cone Christmas tree or a winter wreath with festive ribbon and other cheerful decorations.

Friendsgiving Meal

November 19 | 11:15 PM - 12:30 PM

You are invited to celebrate Thanksgiving with us at a special luncheon where we'll reflect on what we are grateful for and enjoy each other's company.

We want to hear from YOU!

What activities would you like to have at Bivins Village?
Let us know and we'll see if we can make it happen!

Please cut off and return to the office.

Resident Name: _____

Group Activity Suggestion:

_____

_____

_____

_____

BIVINS MARKET

A New Way to Shop!

We've made some changes to Bivins Market to make it easier for you to get groceries when you need them.

Instead of providing groceries once a month, you can now shop in-person during open hours. No appointment necessary. Simply come by the Market and choose items off the shelves that you want and need.

Bivins Market Hours

Monday/Wednesday/Thursday

10:30 AM - 12:00 PM, 12:30 PM - 2:00 PM

Tuesday

12:30 PM - 5:00 PM

Hours are subject to change.

This will be the regular schedule; however, should the Market need to close or open at a different time, notice will be posted outside the Market and in the weekly schedule of activities posted to your door if time allows.

Introducing Choice Credits

Choose the products you want, the flavor, type, and the quantity within certain limits. Each month, you'll receive 65 Choice Credits (or 115 for a couple) to spend however you wish within the specified item limits. Credits do not roll over to the next month. Residents may receive two pounds of ground beef for 0 credits.

We encourage you to shop for the items you need when you need them. You don't have to use all of your points in a month or all in one shopping trip either.



Can't come to the Market for in-person shopping?

Designate a proxy - have a trusted friend, family member, provider, or neighbor shop or pickup groceries for you.



Two residents may shop at one time.

Due to the space restrictions and the assistance provided to shoppers, we ask that only two residents shop at one time.

Notices and Reminders

Neighbors

Please do not ask your neighbors for money or groceries. Everyone here is on a fixed income.

Do not offer to sell your Food Stamps. This is against the law.

Storage Areas

The changing of the seasons and decorations is a perfect time to clean out your storage areas. **Please go through and purge items you no longer need or use.** All items should be stored in plastic totes. Cardboard boxes attract bugs.

Vehicles and Parking

All vehicles must display current tags. Vehicle repairs and maintenance are not permitted on Bivins Village Property.

When parking, be sure to park between the lines and do not block the sidewalk.

Pets

Please read the new flyers about trash disposal and pet waste.

Your pet shot records are due when your pet receives their vaccinations. Please bring them in as soon as your pet is vaccinated and do not wait for the annual recertification.

Safety

When leaving your apartment, be sure to take your phone or call pendant with you in case you have an accident or fall. Bivins Village staff cannot assist individuals who have fallen get back up. We ask that residents do not help anyone up as well for the protection of both parties. Call 911 for a lift assist.

If someone knocks on your door during the night, please do not answer if you are not expecting anyone. Call 911 and report a suspicious person.

Entry, Exits and Sidewalks

Please do not block entries or exits. Please do not place chairs on sidewalks as this prevents others from passing in a safe manner.

Recertifications

Recertification packets are sent four months before your due date to allow time for processing. **Please return the completed packet with all requested documents as soon as possible.**

Do not wait to bring this information to us. If you fail to return your recertification packet with all requested documents timely, your rent will increase to market limits.

We only ask for what HUD requires. Remember that HUD sets the percentage you pay for rent.

Maintenance Requests and Emergencies

All work order requests should be submitted through the office. Please do not approach maintenance staff directly with maintenance requests. The proper procedure must be followed so that the request can be documented appropriately and followed up on timely.

Emergency calls after hours include flooding, fires, or having no power. **Being locked out is not appropriate for an emergency call.** Please ensure a family member or trusted neighbor has an extra key for you to get in if you are locked out. Residents will be responsible and billed for any damages resulting from entering the building or an apartment without a key.

Laundry

Laundry hours are 7:00 AM – 8:00 PM.

If you notice orange "buttons" on the machines, please leave them on the machines. These are to help some tenants with vision issues.

There are signs in each laundry room to use if a machine is out of order. **Please call the office to report an issue with any of the machines.**

When washing pet items please use the washers and dryers designated for that and wipe those machines out for the next person.

Please do not wash blankets, comforters, bedspreads, or large rugs, as the machines are not commercial size and cannot handle these items.

Quiet Hours

Please respect your neighbors by observing our quiet hours of 10 pm – 8 am. If you have guests, please be quiet and do not allow visiting children to run or jump down the halls at any time.

Community Resource Spotlight

Find more community resources near the Main Office.

Extra Help with Prescription Medications

The Social Security Administration (SSA) has a program that may help you with your prescription drug plan premium and medication costs.

The Extra Help program helps people with limited income and resources lower or cut the premiums, deductibles, coinsurance, and other costs associated with their Medicare prescription drug plans.

You'll get Extra Help automatically if you get:

- Full-benefit Medicaid coverage
- Help from your state paying your Part B premiums (from a Medicare Savings Program)
- Supplemental Security Income (SSI) payments from Social Security

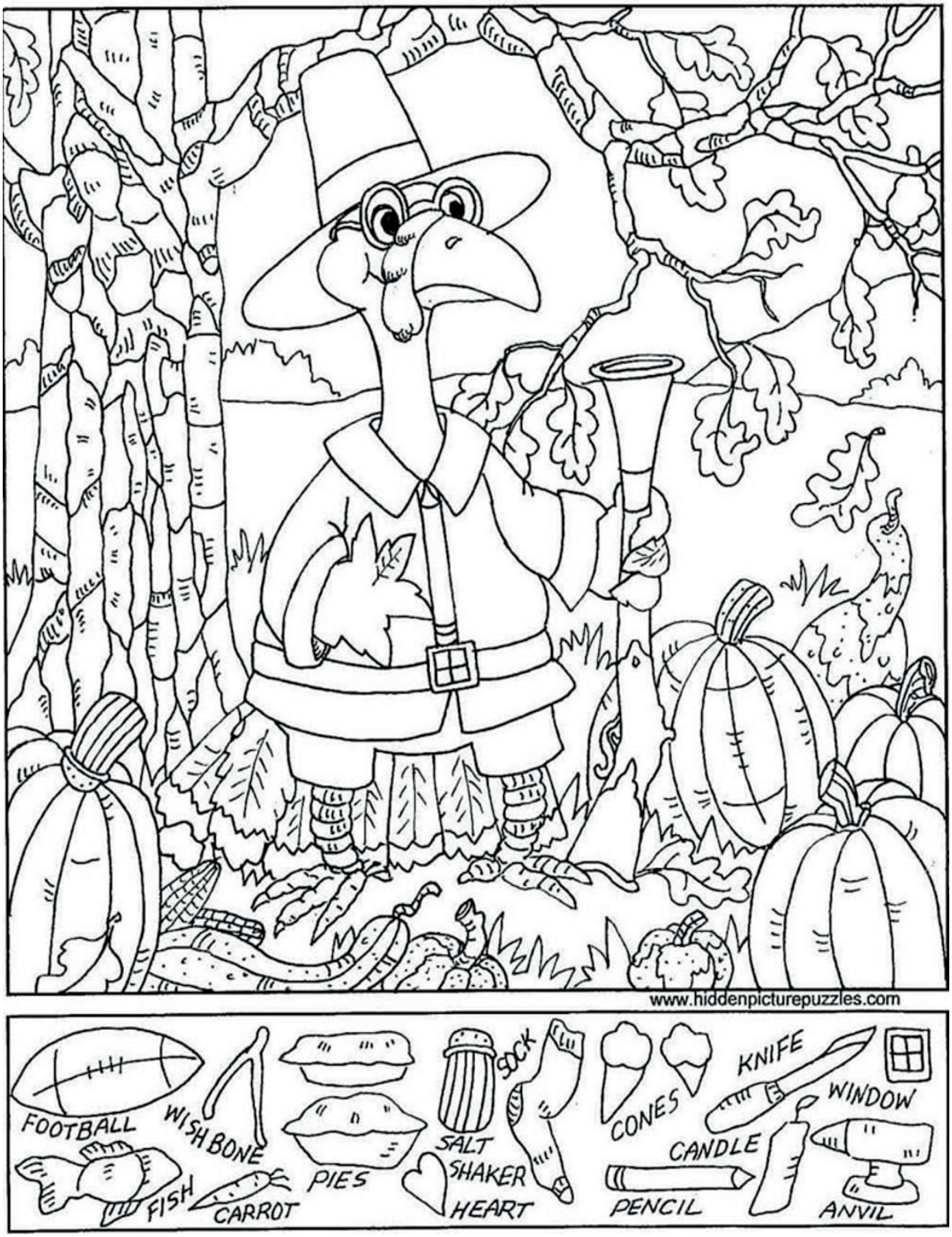
You'll get a notice in the mail about your Extra Help. It tells you things like how much you'll pay, and your new Medicare drug plan, if you don't have one already.

If you don’t get Extra Help automatically, you can apply for it:

- Online: https://www.ssa.gov/medicare/part-d-extra-help
- Call the Social Security Administration at 1-800-772-1213 to have an application mailed to you or to ask if you are enrolled in the program or not.

For assistance applying, you can contact the Area Agency on Aging of the Panhandle at 806-331-2227 to speak with a Medicare Benefits Counselor.

This program is for anyone who has difficulty paying for their prescription medications - it is definitely worth it to learn more and see if you qualify for assistance!


www.hiddenpicturepuzzles.com
FOOTBALL
WISHBONE
FISH
CARROT
PIES
SALT
SHAKER
HEART
SOCK
CONES
KNIFE
WINDOW
CANDLE
PENCIL
ANVIL

NOVEMBER

Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

AUTUMN
BLACK FRIDAY
CHRYSANTHEMUMS
CINNAMON
CORNUCOPIA
CRANBERRY
CYBER MONDAY
DAYLIGHT SAVING
ELECTION
FAMILY
FIREPLACE
FOOTBALL
FRIENDSGIVING
GRATITUDE
HARVEST
HOT CIDER
NATIVE AMERICANS
PECAN PIE
PILGRIMS
POTATOES
PUMPKIN PIE
SCARVES
SCORPIO

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



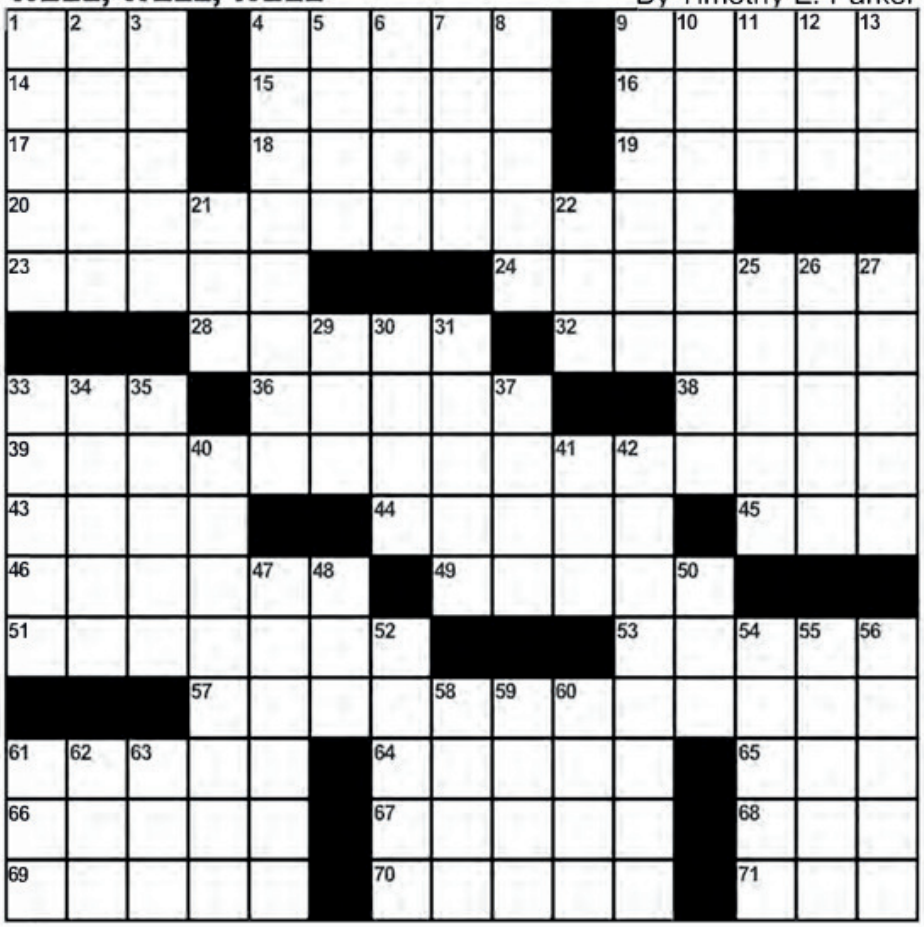
STUFFING
SWEATERS
SWEET POTATOES
THANKSGIVING
TOPAZ
TURKEY
VETERANS DAY

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ACROSS

1) Keg spigot
4) Window parts
9) Musical exercise
14) Valuable rock
15) Move very gradually
16) Huge ship
17) Major network
18) Crew member
19) Express audibly
20) Totally prepared
23) Crime committed with bad lighting?
24) Pizza fractions, often
28) Court figure, briefly
32) Honeybunch alternative
33) Parenthesis, essentially
36) Mixtures or medleys
38) Akin to
39) Apt end to a peaceful day
43) ___-bodied
44) Ogre's lack
45) Medicos, briefly
46) One who has your home covered?
49) Device in the beauty salon
51) Section of a lyric poem
53) Cheese chunk
57) Treat for a babysitter
61) Set straight, as tires
64) Comparatively sicker
65) Kiwi's extinct relative
66) Like Swiss cheese
67) Like some sugar units
68) Pothook shape
69) Bit of severe weather
70) Some freshwater ducks
71) "Just as I predicted!"

WELL, WELL, WELL By Timothy E. Parker



DOWN

1) Island nation east of Fiji
2) Ann ___, Mich.
3) River to the Rio Grande
4) City in Pennsylvania
5) Clothes presser
6) Bawdy
7) Lecherous gaze
8) Bender
9) Gunk
10) It's tough to fight, it's said
11) Picnic pest
12) Director Spike
13) Human thing to do, it's said
21) Cuban couple
22) Word with "first" or "band"
25) Attempted
26) Boy Scout, at times
27) Oozes
29) Certain Ivy Leaguer
30) Approaching, poetically
31) ___ and aahed
33) Some culture mediums
34) Automaton
35) Amber, for one
37) Name on a billboard
40) Visibility helper
41) ___ Lanka (Ceylon)
42) Shop VIPs
47) Item name derived from a person
48) P on a frat house
50) Gun, as an engine
52) Pronouncement
54) Some coins
55) Barnyard honker
56) Clear a blackboard
58) Down in the dumps
59) Isle of exile for Napoleon
60) Command to a dog
61) Sounds of understanding
62) Auction offering
63) U.N. workers protection gp.

Crossword Solution

ACROSS

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WELL, WELL, WELL By Timothy E. Parker

1 T	2 A	3 P	■	4 S	5 I	6 L	7 L	8 S	■	9 S	10 C	11 A	12 L	13 E
14 O	R	E	■	15 C	R	E	E	P	■	16 L	I	N	E	R
17 N	B	C	■	18 R	O	W	E	R	■	19 U	T	T	E	R
20 G	O	O	21 D	A	N	D	R	E	22 A	D	Y	■	■	■
23 A	R	S	O	N	■	■	■	24 E	I	G	H	25 T	26 H	27 S
■	■	■	28 S	T	29 E	30 N	31 O	■	32 D	E	A	R	I	E
33 A	34 R	35 C	■	36 O	L	I	O	37 S	■	■	38 L	I	K	E
39 G	O	O	40 D	N	I	G	H	T	41 S	42 S	L	E	E	P
43 A	B	L	E	■	■	44 H	E	A	R	T	■	45 D	R	S
46 R	O	O	F	47 E	48 R	■	49 D	R	I	E	50 R	■	■	■
51 S	T	R	O	P	H	52 E	■	■	■	53 W	E	54 D	55 G	56 E
■	■	■	57 G	O	O	D	58 B	59 E	60 H	A	V	I	O	R
61 A	62 L	63 I	G	N	■	64 I	L	L	E	R	■	65 M	O	A
66 H	O	L	E	Y	■	67 C	U	B	E	D	■	68 E	S	S
69 S	T	O	R	M	■	70 T	E	A	L	S	■	71 S	E	E



November

SCRIPTURE WRITING PLAN

Thanks & Giving

Day 1: Colossians 3:15-17
Day 2: Philippians 4:6
Day 3: Psalm 106:1
Day 4: Ephesians 2:8
Day 5: James 1:17
Day 6: Psalm 100:4
Day 7: Hebrews 12:28-29
Day 8: 2 Corinthians 4:15-16
Day 9: Romans 1:21
Day 10: Isaiah 12:4-5
Day 11: John 10:10
Day 12: 2 Timothy 4:4-5
Day 13: Luke 6:35-36
Day 14: Psalm 107:8
Day 15: Colossians 1:12
Day 16: 2 Timothy 3:1-5
Day 17: Ephesians 4:31-32
Day 18: Hebrews 6:4-6
Day 19: Micah 6:8
Day 20: Deuteronomy 16:17
Day 21: Proverbs 3:27
Day 22: Proverbs 11:24-25
Day 23: Matthew 6:3-4
Day 24: Luke 6:38
Day 25: Acts 20:35
Day 26: 2 Corinthians 9:6-8
Day 27: 1 Corinthians 13:1-8
Day 28: 1 Corinthians 13:9-13
Day 29: Matthew 5:10-12
Day 30: Galatians 6:2

Commit to spending 10 minutes every day to meditate and reflect on God's Word. Write down what you have gleaned from each day's scripture.

The Ruffled Mango

Tips for Aging Well

Bringing you practical guidance for healthy, confident aging.

This information is for educational purposes only and is not intended to replace medical advice. Always consult your healthcare provider regarding questions about your health.

Polypharmacy in Adults 60 and Older

By the time they reach age 60, most Americans are taking at least one prescription medication for a chronic health issue such as high blood pressure, high cholesterol or diabetes. Regular use of multiple prescriptions — polypharmacy — may raise the risk of overmedication, especially in older people.

Ariel Green, M.D., Ph.D., M.P.H., specializes in treating patients who have cognitive problems, and she conducts research on reducing the use of potentially harmful medications in older adults. She reviews the facts on polypharmacy, overmedication and their risks.

What is polypharmacy?

Polypharmacy is using multiple prescription drugs. According to a report from the U.S. Centers for Disease Control and Prevention, about a third of American adults in their 60s and 70s use five or more prescription drugs regularly.

Though the definition of polypharmacy may vary among doctors and groups, it is recognized that the more medicines a person takes, the higher the chance of overmedication, side effects, oversedation and other problems.

Adults, particularly those 60 and older, may take multiple medicines for coexisting chronic conditions, such as:

- High blood pressure
- Diabetes
- Insomnia
- Arthritis
- High cholesterol
- Asthma
- COPD
- Coronary heart disease
- Depression

Green says that some patients who were prescribed medication years earlier for a condition may be continuing to take it when it is no longer necessary. She notes that "prescription cascade" can occur when patients are prescribed medications to offset side effects caused by other drugs they are taking, compounding the risk of polypharmacy.

Nonprescribed drugs and products factor in, too. Some herbal preparations and nutritional supplements are aggressively marketed to older adults with exaggerated claims and little scientific evidence to back up those claims. They can interact with prescription medicines and cause side effects. For instance, supplements made with gingko biloba may exaggerate the action of prescription blood thinners, putting a patient at risk for bleeding.

Continued on next page...

Polypharmacy Symptoms

Symptoms of polypharmacy can include:

- Reduced alertness
- Confusion or cognitive problems
- Falls and accidents
- Weakness and dizziness
- Loss of appetite
- GI problems such as diarrhea, constipation or incontinence
- Skin rashes
- Depression
- Anxiety
- Excitability

Risks of Polypharmacy in Older Adults

Polypharmacy affects older women and men differently than younger people. For instance, some drugs work differently in older people. A person over the age of 60 may have a different body composition than a person who is 35 and may process medications differently.

Also, when new drugs are tested on people before going on the market, test subjects may not include older adults, so these differences are not always readily identified by the manufacturers.

Taking multiple prescription drugs can raise the risk of:

- Drug-drug interactions, in which one medication affects another
- Drug-disease interactions, in which taking a medication for one health problem makes another health problem worse

One of the most important risks of polypharmacy in adults over age 60 is oversedation, which can cause drowsiness or confusion and raise the risk of household and car accidents, especially in older adults and those who are frail.

According to Green, drugs that contribute to oversedation include:

- Opioid painkillers, which can also suppress breathing
- Benzodiazepines (medications for anxiety and agitation)
- Antihistamines, including over-the-counter drugs such as diphenhydramine

Alcohol, especially if used excessively, can increase the risk of oversedation when a person is taking these medications.

Managing Polypharmacy

Green says the best polypharmacy prevention measure is regular checkups with a health care practitioner, including medication review.

“High-quality care means reviewing all the patient’s medications at least once a year and after any fall, hospitalization or emergency department visit. We try to understand why a patient is taking each medication, and whether they’re still benefiting from each one,” she says.

Green says that managing polypharmacy involves understanding what matters most to the patient — whether it’s managing a health condition or avoiding intolerable side effects. It’s a highly individualized process that calls for careful listening and candid conversation.

Slow Cooker Pumpkin Dump Cake

This slow cooker pumpkin dump cake is the perfect recipe to have on hand when you need an easy, delicious dessert full of fall flavors and spices. You'll only need a few ingredients and a slow cooker to create a rich, indulgent treat to impress your holiday guests!
Author: Chenée Lewis

Ingredients

- 1 15- ounce can pumpkin purée
- 1 14- ounce can evaporated milk
- 2 large eggs room temperature
- 2 tsp pumpkin pie spice
- ¾ cup light brown sugar
- 1 15.25- ounce box yellow cake mix mix only -- do not prepare batter
- ½ cup salted butter 1 stick, cold -- sliced thinly
- roasted chopped pecans for topping (optional)

Instructions

1. Spray inside of 5-6 qt. slow cooker with cooking spray.
2. Add pumpkin, evaporated milk, eggs, pumpkin pie spice, and brown sugar to slow cooker and whisk well until smooth.
3. Sprinkle cake mix over pumpkin mixture and spread to even.
4. Spread thin slices of butter all over cake mix, being sure to cover it evenly.
5. Sprinkle pecans, if using, over butter.
6. Slow cook on low for 4 hours or on high for 2 hours, or until cooked through and golden brown on top.
7. Serve warm with whipped cream or vanilla ice cream.

Notes

- You may also use a spice cake mix and omit the pumpkin pie spice from the pumpkin mixture
- If your slow cooker is smaller than 6 quarts, you may need to slow cook for an additional hour on low or 30 minutes on high.