



The Villager

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Amanda Copeland
Property Manager

A Message from Amanda

Welcome to the new edition of *The Villager*! We hope you enjoy the updates and look forward to all the activities coming up in March.

With spring approaching, warmer weather and the possibility of seasonal storms are on the way. Be sure to review your emergency plans and stay alert for weather updates so we can all stay safe and prepared.

March 4th is Maintenance Appreciation Day! Show Mike and Ty some love for all the hard work they do to keep Bivins Village safe, comfortable, and running smoothly. They go above and beyond every day. Let's take a moment this month to thank them and celebrate the difference they make in our community!

February at the Village

Have a photo to share? Use the #BivinsVillage on social media and it may appear in the next newsletter!

Our Valentine's Day party was full of laughter and good company. Thanks for coming out and celebrating with us! A highlight was crowning our 2026 Kings and Queens - congratulations to:

Building A / Cottages

- Don Gipson, King
- Evelyn Pullin, Queen

Building J

- Hector Ostos, King
- Janice Moss, Queen



Welcome **New Resident**

Join us in welcoming this new resident to our community!

Amelia Cantu | *Apt. 6*

We asked the questions below to get to know our new resident:

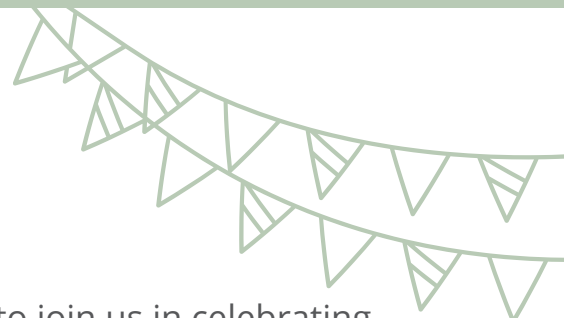
What made you choose Bivins Village?

“It’s a nice place when we would drive by and we decided to stop and get information.”

What are you most looking forward to about living here?

“To make friends and I feel comfortable in the small time I’ve been here. I also like that there is a lot of sidewalk to walk, because I like to walk.”

March Birthdays



Wishing everyone in March a very Happy Birthday!

All residents below will receive cookies and don’t forget to join us in celebrating with a party on **March 26 at 1:00 PM** in the Building A Community Room.

March 1

Enedina Gonzales | *Apt. 517*

March 18

Carolyn Baker | *207*

March 3

Barbara Long | *Apt. 5*

March 22

Deanna Boatman | *Apt. 514*

March 10

Rheta Hutchins | *Apt. 310*

March 23

Angelina Holdaway | *Apt. 16*
Rosa Mora | *Apt. 205*

March 16

Dahlia Lafuente | *Apt. 17*

March 27

Donald Johnson | *Apt. 416*

March 17

Janaé Gillespie | *Market Manager*

March 28

Michael Gorman | *Apt. 402*

March 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 9:00 Devotional A 1:00 JW Bible Study A 3:00 BINGO A 4:00 Music	4 A 9:00 Devotional A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	5 A 9:00 Devotional A 1:00 Colby Crafts 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 Onsite A 9:00 Devotional A 1:00 Monthly Craft A 3:00 BINGO A 4:00 Music	11 A 9:00 Devotional A 10:00 Chair Yoga A 1:00 Movie A 3:00 Diamond Art	12 A 9:00 Devotional J 1:00 Monthly Craft 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  St. Patrick's Day Social A 9:00 Devotional A 1:00 Wear Green! A 3:00 BINGO A 4:00 Music	18 A 9:00 Devotional A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	19 A 9:00 Devotional A 3:00 BINGO	20 A 10:00 Chair Yoga A2 1:30 Table Games
23 A 10:00 Chair Yoga A2 1:30 Table Games	24 A 9:00 Devotional A 3:00 BINGO A 4:00 Music	25 A 9:00 Devotional A 10:00 Chair Yoga A 1:00 Movie A 3:00 Diamond Art	26 A 9:00 Devotional <i>Birthday Party!</i> A 1:00 Social Hour A 3:00 BINGO	27 A 10:00 Chair Yoga A2 1:30 Table Games <i>Senior Dance Night!</i> A 6:00 PM - 8:00 PM
30 A 10:00 Chair Yoga A2 1:30 Table Games	31 A 9:00 Devotional A 3:00 BINGO A 4:00 Music	1	2	3

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, March 1 at 6:00 PM in Building J.

Amarillo Public Library will be available for book dropoff and exchange on March 10.

Special Events



St. Patrick's Day Social

March 17 | 1:00 PM

Wear a touch of green and join us for a festive afternoon of refreshments and friendly conversation as we celebrate St. Patrick's Day together.



Senior Dance Night!

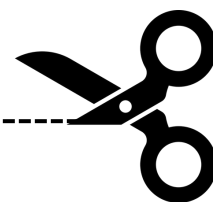
March 27 | 6:00 PM - 8:00 PM

Get ready for an evening of music and fellowship as we transform the Building A Community Room into a dance floor! Everyone is invited to dance, socialize, or simply enjoy the music with friends and neighbors.

We want to hear from YOU!

Share your favorite songs or artists to help us create the perfect playlist for the dance.

Please cut off and turn into the office.



-
1. _____
 2. _____
 3. _____

Good music. Good friends. Great memories.

Activites

Have a suggestion for an activity? We want to hear from you! Stop by and tell Veronica.



Chair Yoga

Every Monday, Wednesday, and Friday at 10:00 AM in Building A.

A gentle, seated exercise class designed to improve flexibility, balance, and circulation. Suitable for all mobility levels and a great way to stay active in a supportive group setting.

Table Games

Every Monday and Friday at 1:30 PM on the 2nd floor of Building A.

Join neighbors for classic tabletop games that encourage conversation, laughter, and friendly competition. A relaxed way to connect and enjoy time together.



Devotional

Every Tuesday, Wednesday, and Thursday at 9:00 AM in Building A.

A brief time of reflection and encouragement centered around inspirational readings and thoughtful discussion. Open to all who wish to participate.



Jehovah's Witnesses Bible Study

The first Tuesday of every month at 1:00 PM in Building A.

A group study exploring scripture through guided discussion and shared insights. All residents are welcome.



BINGO

Every Tuesday and Thursday at 3:00 PM in Building A.

A Village favorite! Enjoy a lively game of Bingo with small prizes and plenty of fun. A wonderful opportunity to gather and socialize.



Music

Every Tuesday at 4:00 PM in Building A.

Come down to listen to music together. We'll have live music played by residents when available, and queue up some recorded favorites for everyone to enjoy.



Crafting with the Amarillo Art Institute

The first Wednesday of every month at 1:00 PM in Building J and the third Wednesday of every month at 1:00 PM in Building A..

Enjoy a guided art experience led by instructors from the Amarillo Art Institute. Each session offers an opportunity to explore new techniques and express your creativity.



Diamond Art

Every Wednesday from 3:00 PM - 5:00 PM in Building A.

A creative craft activity that involves placing colorful resin pieces onto a patterned canvas to create beautiful designs. A calming and enjoyable way to express your creativity.



Monthly Craft with Veronica

The second week of the month from 1:00 PM - 2:30 PM on Tuesday in Building A and Thursday in Building J.

Each month, Veronica leads a creative craft session designed to be fun, accessible, and enjoyable for everyone. You can relax, visit with neighbors, and create something special to display in your apartment or share with family and friends. No experience is necessary, just come ready to enjoy a little creativity and good company.



March Craft Button Flowers

Create simple, colorful flowers using decorative buttons in this hands-on craft session. This project is an easy and enjoyable way to add a touch of color to your home.

Afternoon Movie

The second and fourth Wednesday of every month at 1:00 PM in Building A.

There's nothing like the smell of fresh popcorn and a good film. Join us for an afternoon movie as we share classic favorites and new releases in a comfortable group setting.



Colby Crafts

The first Thursday of every month (until May, breaks for the summer) from 1:00 PM - 2:30 PM in Building A.

Colby from ACTX ED (Amarillo College Continuing Education) joins us each month to lead a fun and interactive craft experience. These hands-on sessions offer an opportunity to try something new, connect with neighbors, and enjoy a creative afternoon guided by a community partner.



New Activity!
Meet the Barker's

Barker Family Bible Study

The first Sunday of every month at 6:00 PM in Building J.

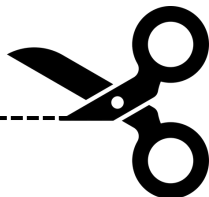
Join the Barker Family - Sam, Dena, Todd, and Nik - for singing, a puppet play, and Bible study. Snacks are provided, bring your own beverage for fellowship together.



We want to hear from YOU!

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

Please cut off and turn into the office.



Resident Name: _____

Group Activity Suggestion: _____



Online Order Form - Scan the QR code or go to:
BivinsVillage.wufoo.com/forms/bivins-market/



Bivins Market is available to all residents providing a selection of groceries and other household items at no cost.

Residents may order items during the appropriate timeframe below and pickup items once a month.

The Cottages and Building A

Order Form Available: **Friday, February 27 at 5:00 PM - March 4 at 12:00 PM**

Order Form Due: **By March 4 at 12:00 PM**

Order Pickup at the Market: **Wednesday, March 11 from 10:30 AM - 3:30 PM**

Building J

Order Form Available: **Friday, March 13 at 5:00 PM - March 18 at 12:00 PM**

Order Form Due: **By March 18 at 12:00 PM**

Order Pickup at the Market: **Wednesday, March 25 from 10:30 AM - 3:30 PM**

!! Product Availability Update

To reduce redundancy and make room for new products, Bivins Market **will no longer carry** the following items:

- **Chicken Salad Snack Kit**
- **Club Crackers**
- **Chicken Drumsticks**
- **Starkist Tuna Lunch Kit**
- **Peanut Butter Crackers**

Canned Chicken, Starkist Tuna, Peanut Butter and Ritz Crackers will all still be available.

Products may continue to appear on the order form and be provided while remaining supplies last.

?? Questions? Feedback?

Stop by to speak with Kat English, Senior Hunger Program Officer with the Mary E. Bivins Foundation, about the Market. Come and go events will be held on:

Tuesday, March 3
 Building J, 10:30 AM - 11:30 AM

Thursday, March 5
 Building A, 1:30 PM - 2:30 PM

BIVINS MARKET

Resident Survey

Last February, the Mary E. Bivins Foundation surveyed residents about the Bivins Market and other food resources.

Now a year later, we want to hear from you again!

How it works:

- 1 You will receive a copy of the survey on your door.
- 2 Answer all questions and complete the survey.
 - Need help? Visit Janaé or Veronica for assistance.
- 3 **Turn in the completed survey to Janaé by Wednesday, March 25 and you will be entered into a drawing!**
- 4 The winners of the drawing will be announced one week later in the newsletter on April 1 and will be contacted to receive a **\$50 food basket** with milk, eggs, cheese, fresh fruit and vegetables, meat, and more!
 - One food basket will be given away for every 30 residents who respond - encourage your neighbors to complete the survey!

Any questions? Contact Janaé Gillespie, Market Manager, by stopping by the Market or calling 806-342-5530.



Complete the survey for your chance to win a \$50 food basket.

Your responses will be used to help us make improvements to Bivins Market and to continue to offer a quality service to all residents.

Notices and Reminders

Rent Reminder

Monthly rent is due between the 1st and the 5th of each month.

Please ensure payments are submitted within this timeframe. If you have any questions or need assistance, stop by the office, we are happy to help.



Daylight Savings Time

Don't forget to set your clocks forward one hour on Sunday, March 8th for the start of Daylight Saving Time.

Disposal of Incontinence Supplies

All bathroom-related waste, including personal hygiene wipes and incontinence supplies, should be disposed of daily and taken directly to the outside dumpster. Avoid using indoor trash bins for these items to prevent odors inside the buildings.

Pets

Please pick up after your dogs whether in the dog run or anywhere on the property. Proper disposal helps keep our community clean and safe for everyone. Lease violations may be given for pet waste issues.

Cat litter should be disposed of in the outdoor trash receptacles. Please do not flush it down the toilet or place it in the indoor trash bins.

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.

Laundry

Laundry hours are 7:00 AM – 8:00 PM.

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.

Fall 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.

Unwanted Items

Garage sales are not permitted on Bivins Village property. Please do not give or sell household items or clothing to other residents. If you have items you no longer need, please use the outdoor dumpsters or donate to a local organization. Many organizations offer pickup services for donations.

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.**

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.

Fire Alarms

Always take fire alarms seriously. In the event of a fire alarm, it is safer to evacuate even if it turns out to be a false alarm. Residents on upper floors who have mobility challenges should go to the nearest stairwell.



**Community
Resource**

Spotlight

Find more community resources near the Main Office.

Community Attendant Services (CAS)

CAS helps eligible individuals with disabilities and older adults live safely and independently in their own homes.

Community Attendant Services or CAS is a program of **Texas Health and Human Services** which provides help with daily activities from light housekeeping and meal preparation to personal care assistance with activities such as dressing and bathing. These services empower people to maintain their independence and improve quality of life while remaining connected to their communities.

What is Community Attendant Services (CAS)?

CAS offers in-home personal assistance to individuals who need help with everyday tasks due to physical limitations. Services may include help with personal hygiene, mobility, meal prep, and household chores, tailored to each person's unique needs.

Who is eligible for CAS?

Eligibility generally includes adults with disabilities or chronic conditions who require assistance to live independently and meet functional needs. The determination of eligibility will involve an assessment of your care needs. Eligible individuals must also have limited income and resources. Texas Health and Human Services can provide more information on the income and resource limits.

How do I apply for CAS?

You can start by contacting Texas Health and Human Services and speak with an intake specialist at 877-723-9049. They will guide you through eligibility screenings, assessments, and the application process. If eligible, a care plan will be developed to match you with the right level of support.

Find a 2026 Eligibility for Benefits sheet at the office for more information on income and asset limits for this program and others which can help you save on your medical costs.

Hidden Pictures®

Leprechaun Parade

By Gary Mohrman



footprint



game piece



sock



heart



strawberry



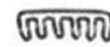
teacup



seashell



tomato



comb



arrow



wristwatch



fish



doughnut



feather duster



candle



magnifying glass



artist's brush

March Word Search

AWAKENING

GREEN

POT OF GOLD

BASKETBALL

GROWTH

RAIN

BLOSSOM

HOLI

REBIRTH

DAFFODIL

KITE

RENEWAL

DAYLIGHT SAVING

LEPRECHAUN

SHAMROCK

EASTER

LUCK

SHOWERS

EQUINOX

MADNESS

SPRING

FLOWER

MARCH

ST PATRICKS DAY

FRESH

PARADE

WINDY

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

ACROSS

- 1) Flubbed one
- 6) Taco condiment
- 11) Stage success
- 14) This puzzle has one
- 15) Campaign poster plea
- 16) First lady McKinley
- 17) Emulate a stereotypical hobo
- 19) Infant fare
- 20) Roth acct.
- 21) Amaze
- 22) ___ Beta Kappa
- 23) Low-grade merchandise
- 27) Satirize
- 29) Luau garland
- 30) Balkan War participant
- 32) ___ & Span (household cleanser)
- 33) Matterhorn, e.g.
- 34) Takes shots?
- 36) Hardly windy
- 39) Retained
- 41) Hardly taut
- 43) Stair-climbing aid
- 44) Digital novel
- 46) Shocking
- 48) Danson of "Becker"
- 49) Soprano Lily
- 51) Japanese wrestling
- 52) "___ got my eyes on you"
- 53) Electromagnetic energy units
- 56) One handling nightclub security
- 58) Permit
- 59) "___ is me!"
- 60) Lakers' org.
- 61) Word before "mode"
- 62) Played a child's game
- 68) Takeaway game
- 69) Weasel kin
- 70) Sister of Clio
- 71) Popular show fish
- 72) OK Corral first name
- 73) French Impressionist

DOWN

- 1) Suffix of most ordinal numbers
- 2) Letter after pi
- 3) Actor's agt.
- 4) Letter through a filter
- 5) Thaw
- 6) "We're off to ___ the wizard"
- 7) "Rumble in the Jungle" fighter
- 8) Juridical
- 9) Unstressed vowel sounds
- 10) Tackle
- 11) Doctor's oath
- 12) "Famous Potatoes" state
- 13) Follow-up shot, in basketball
- 18) Superfast drivers
- 23) Allay
- 24) Short star?
- 25) Tough-skinned mammals
- 26) Food for whales
- 28) It's on the waterfront
- 31) Boyfriends
- 35) Clean with elbow grease
- 37) Spaghetti drainer
- 38) Church official
- 40) Tugboat sound
- 42) Teahouse cinch
- 45) Ability
- 47) Had qualms
- 50) Putting on airs
- 53) Dangerous board on a pirate ship
- 54) Prefix meaning "sun"
- 55) Nasal dividers
- 57) Mother-of-pearl
- 63) Collector's pride
- 64) Old TV screen
- 65) Broomstick rider
- 66) LAX info
- 67) Advisable tactics

PLAYING A LITTLE HIP-HOP

By James Q. Ellis

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15					16			
17				18						19			
			20				21			22			
23	24	25			26		27			28			
29				30			31		32				
33				34			35		36		37	38	
39			40		41				42		43		
44				45		46			47		48		
			49			50		51			52		
53	54					55		56		57			
58				59				60					
61				62			63	64			65	66	67
68				69					70				
71				72					73				

ACROSS

- 1) Certain informal parent
- 6) Wooded valleys
- 11) Female pronoun
- 14) ___ of expertise
- 15) Bye-bye, in Burgundy
- 16) Pin number?
- 17) Object on Israel's flag
- 19) Interject
- 20) Burning
- 21) Suitable material?
- 23) Annoying inconvenience
- 26) Professed
- 28) FBI employee, briefly
- 29) Eve's mate
- 31) Jacob's twin
- 32) Unedited version
- 34) Petticoat junction?
- 36) Blueprint detail, in short
- 39) Most spooky
- 41) Brandy cocktail
- 43) Words with "precedent"
- 44) Senate helper
- 46) Having an irregular edge
- 47) Spot in the distance
- 49) Point to the right
- 51) Harden
- 52) Barnum and Bailey's business
- 55) Home for an old king
- 57) Guiding beliefs of a group
- 58) In a lively manner
- 60) Doctor in a 1964 movie
- 61) Campus VIP
- 66) Nightmare street of film
- 67) Down provider
- 68) Barbecue leftover
- 69) "Sayonara!"
- 70) Run-down in appearance, as a motel
- 71) Furry weasel cousin

DOWN

- 1) ___ de deux
- 2) Dinner scrap
- 3) Ammo in a harmless shooter
- 4) Legal aides, informally
- 5) Recently
- 6) Baby's word for 1-Across
- 7) Japanese protein source
- 8) Cats have nine of them
- 9) Welcoming garland
- 10) Makes soapy bubbles
- 11) Business seed money
- 12) Steeplechase obstacle
- 13) Called off
- 18) Left the scene
- 22) Desk drawer item
- 23) Hellish place
- 24) See things the same way
- 25) First base?
- 27) Prefix for "circle"
- 30) ___ spumante (Italian wine)
- 33) Total disaster
- 35) Sailing the Atlantic
- 37) Renoir's prop
- 38) Minotaur's home
- 40) Verb for Simon
- 42) Unfastens
- 45) Longed for
- 48) Boot-wearing felines?
- 50) Sing "shooby-doo" and such
- 52) Paparazzi target, briefly
- 53) Venice setting
- 54) Dodge
- 56) Historical Alabama march site
- 59) Results may do this, in commercials
- 62) Make a sheepshank
- 63) Flow back
- 64) Business card no.
- 65) Prior, to poets

TWINKLE OF ONE'S EYE

By Carl Cranby

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17					18							19		
			20							21	22			
23	24	25					26		27					
28				29		30			31					
32			33			34		35			36		37	38
39					40			41		42				
43					44		45			46				
		47		48			49		50			51		
52	53					54			55		56			
57						58		59						
60				61	62							63	64	65
66				67						68				
69				70						71				

PLAYING A LITTLE HIP-HOP

By James Q. Ellis

1	2	3	4	5	6	7	8	9	10	11	12	13				
E	R	R	E	D		S	A	L	S	A		H	I	T		
14					15							16				
T	H	E	M	E		E	L	E	C	T		I	D	A		
17						18						19				
H	O	P	A	F		R	E	I	G	H	T		P	A	P	
				20						21			22			
				I	R	A				A	W	E		P	H	I
23	24	25			26			27		28						
S	C	H	L	O	C	K		L	A	M	P	O	O	N		
29					30		31		32							
L	E	I			S	E	R	B		S	P	I	C			
33					34			35		36			37	38		
A	L	P			T	R	I	E	S		T	E	R	S	E	
39			40			41			42			43				
K	E	P	T			S	L	A	C	K		R	A	I	L	
44				45		46			47			48				
E	B	O	O	K		L	U	R	I	D			T	E	D	
			49		50		51					52				
			P	O	N	S		S	U	M	O		I	V	E	
53	54				55			56		57						
P	H	O	T	O	N	S		B	O	U	N	C	E	R		
58					59				60							
L	E	T			W	O	E		N	B	A					
61					62		63	64			65	66	67			
A	L	A			H	O	P	S	C	O	T	C	H	E	D	
68					69				70							
N	I	M			O	T	T	E	R		E	R	A	T	O	
71					72					73						
K	O	I			W	Y	A	T	T		D	E	G	A	S	

TWINKLE OF ONE'S EYE

By Carl Cranby

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

Monthly Bible Challenge

Identity in Christ

- | | | | |
|----|-----------------------|---------------------|-------------------|
| 1 | Romans 8:1-2 | 16 | 1 Peter 2:9-10 |
| 2 | John 1:12-13 | 17 | Romans 5:11 |
| 3 | 2 Corinthians 6:1 | 18 | Ephesians 2:18 |
| 4 | John 15:15-16 | 19 | Colossians 1:14 |
| 5 | Romans 8:28 | 20 | John 15:1-6 |
| 6 | 1 Corinthians 3:16 | 21 | Colossians 2:7-10 |
| 7 | Romans 5:1 | 22 | Colossians 3:3-5 |
| 8 | Romans 8:33-35 | 23 | Matthew 5:13-14 |
| 9 | 2 Corinthians 1:21 | 24 | Jeremiah 31:3 |
| 10 | Romans 8:11 | 25 | Ephesians 2:10-12 |
| 11 | 1 Corinthians 6:17-20 | 26 | Philippians 3:20 |
| 12 | Ephesians 2:6 | 27 | Philippians 1:6 |
| 13 | 1 Corinthians 12:27 | 28 | 2 Timothy 1:7 |
| 14 | 1 John 5:18 | 29 | Ephesians 1:1-5 |
| 15 | 2 Corinthians 5:17-20 | 30 | Hebrews 4:16 |
| 31 | | 1 Thessalonians 5:5 | |

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. Information adapted from trusted medical resources, including the Mayo Clinic.

Understanding Anxiety & Managing Stress

Feeling worried from time to time is a normal part of life. However, when worry becomes constant, overwhelming, or interferes with daily activities, it may be a sign of anxiety. Anxiety is common at every age, and it's important to know that support and treatment are available.

What Anxiety Can Look Like

Anxiety doesn't always look the same for everyone. Some common signs may include:

- Ongoing worry or nervousness
- Trouble sleeping
- Feeling restless or on edge
- Difficulty concentrating
- Muscle tension
- Changes in appetite

Sometimes anxiety may also show up as physical symptoms such as headaches, stomach discomfort, or fatigue.

Why It Matters as We Age

Life changes such as retirement, health concerns, moving, or the loss of loved ones can naturally increase stress. While occasional worry is normal, persistent anxiety can affect overall well-being, sleep, energy levels, and even physical health.

The good news? Anxiety is treatable, and many people find significant relief with the right support.

Simple Ways to Manage Stress

Small daily habits can make a meaningful difference:

- Stay socially connected
- Maintain a regular sleep routine
- Engage in light physical activity
- Practice deep breathing or relaxation exercises
- Limit excessive news or media exposure
- Talk openly about how you're feeling

When to Talk to Your Doctor

If feelings of worry or fear feel overwhelming, last for several weeks, or interfere with daily life, it's a good idea to speak with a healthcare provider. They can help determine what's going on and recommend appropriate support.

You are not alone — and help is available.

Common Vitamin Deficiencies in Older Adults

Proper nutrition plays an important role in staying active, alert, and feeling your best. As we age, our bodies may absorb certain vitamins and minerals differently, making some deficiencies more common.

Vitamin D

Vitamin D supports bone strength and immune health. Low levels may contribute to fatigue, bone pain, or increased risk of falls.

Sources include:

- Safe sun exposure
- Fortified dairy products
- Fatty fish such as salmon

Vitamin B12

Vitamin B12 helps maintain healthy nerves and red blood cells. Low levels may cause fatigue, weakness, memory concerns, or tingling in the hands and feet.

Sources include:

- Meat, poultry, and fish
- Dairy products
- Fortified cereals

Iron

Iron helps carry oxygen throughout the body. Low iron may cause tiredness, shortness of breath, or pale skin.

Sources include:

- Lean meats
- Beans and lentils
- Leafy green vegetables

Calcium

Calcium is essential for strong bones and teeth. Low levels may increase the risk of osteoporosis.

Sources include:

- Dairy products
- Fortified plant-based milks
- Leafy greens

A Simple Reminder

Before starting any new vitamin or supplement, it's important to talk with your healthcare provider. Blood tests can help determine if supplementation is needed. Eating a balanced diet, staying hydrated, and attending regular medical checkups are key steps toward aging well.

IT'S TAX TIME!

FREE TAX
PREPARATION

January 26th - April 8th

Amarillo North Branch Library
1500 N.E. 24th Ave.

Appointments also
available at our rural
offices

For rural office locations, visit
www.PanhandleHelp.org



Appointments fill up fast!
Schedule today

CALL
(806)240-9955

OR

SCAN



AREA AGENCY ON AGING
OF THE PANHANDLE

DESTINATION MEDICARE

Let the AAA be the tour guide to
map out your Medicare journey.

FREE EDUCATIONAL SEMINAR FOR INDIVIDUALS NEW TO MEDICARE OR TURNING AGE 65

Are you turning 65? Have questions about Medicare?

Join us for this free, educational event designed to help
you navigate your Medicare benefits.

*Choose to attend a morning or evening session,
offered in-person or online:*

Tuesday, March 10
9:00 AM - 11:00 AM

Thursday, March 12
5:30 PM - 7:30 PM



Panhandle Regional Planning Commission
415 SW 8th Ave. Amarillo, TX 79101

For additional information and to register, contact:

Medicare Benefits Counselor at (806) 331-2227
Area Agency on Aging of the Panhandle

WE WON'T LET YOU WANDER ALONE.



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ROADMAP

FIRST STOP



- Eligibility and Enrollment

SIGHT-SEEING

- Medigap (Medicare Supplement Plans)



WHICH ROAD TO TAKE?



- Coverage Options:
Original Medicare vs.
Medicare Advantage

DETOUR

- Medicare Costs and
Medicare Savings Programs



A program of the Panhandle Regional Planning Commission
Funded by the Texas Health and Human Services Commission



SHIP

State Health Insurance
Assistance Program
Navigating Medicare

AREA AGENCY ON AGING OF THE PANHANDLE

POWER IN THE COMMUNITY



Tuesday, March 31 | 9:00 AM - 1:15 PM

Join us for a free event with certified Medicare Benefits Counselors who will help you:

- Understand the different parts of Medicare
- Prevent Medicare fraud, waste, and abuse
- Learn resources for Medicare cost saving programs

Special Guest: Paul Zambie

Texas Legal Services Center attorney will educate about the Transfer on Death Deed (TODD)

Understand Medicare and learn about Transfer on Death Deeds with our guest speaker. Professionals, Medicare beneficiaries, and anyone in the community are welcome!

Register:

<https://powerinthecommunity.eventbrite.com>

Where?:

Amarillo College Health Science Simulation Center | 6222 SW 9th Ave, Amarillo

Questions?

Contact the AAA at 806-331-2227.

SCAN TO REGISTER



EARN CEU'S



Amarillo College is an approved provider through the Texas State Board of Social Workers and provides CEUs for Social Workers. Amarillo College provides contact hours of continuing education for Licensed Professional Counselors, Licensed Marriage Family Therapists, and Psychologists.



Bivins Village Apts.
Next Distribution: March 17th
Starting at 8:30AM



Understanding Grains

Refined versus whole: What's the difference?

Before being refined into flour, all grains have three basic parts: the bran, germ and endosperm. During the refinement process, the bran and germ are removed, leaving only the endosperm. This is the process that produces enriched white flour. Whole grains have not been refined, so their germ and bran remain intact. And those parts contain beneficial nutrients!

Bran (Protective outer shell)

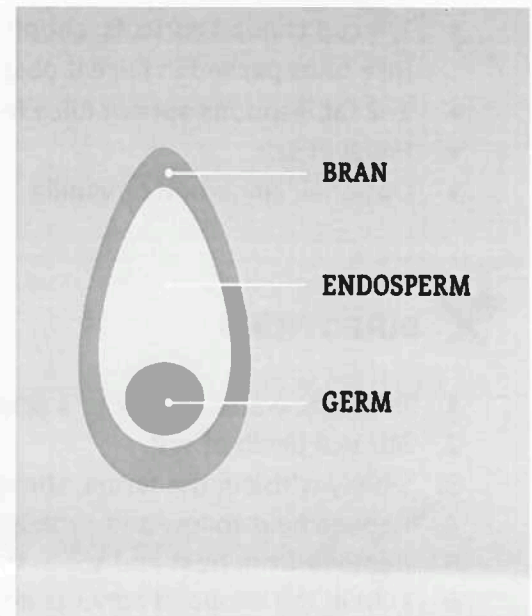
High in fiber and B vitamins.

Endosperm

Contains starch, protein, and some vitamins and minerals.

Germ (Seed for a new plant.)

Contains B vitamins, protein, minerals and healthy oils.



Types of Whole Grains

- brown rice
- buckwheat
- bulgur
- millet
- oatmeal
- popcorn
- quinoa
- whole-grain barley
- whole-grain corn
- rolled oats
- whole-grain sorghum
- whole oats
- whole rye
- whole wheat
- wild rice

Not sure if you're getting whole grain?

Check the label. Choose foods that name a whole-grain ingredient first on the list. Foods labeled with the words multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain, or bran are usually not whole-grain products. Color is not an indication of a whole grain. Bread can be brown because of molasses or other ingredients.

Whole Grain Health Benefits

- **Provides nutrients:** Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- **Weight management:** Whole grains provide bulk in your stomach that helps you fill up faster, stay full longer and prevent overeating. Consuming whole grains may also help prevent constipation.
- **Reduced disease risk:** As a part of a healthy diet, consuming whole grains may reduce the risk of heart disease and diabetes.
- **Promotes healthy fetal development:** During pregnancy, eating grains fortified with folate helps prevent neural tube defects.

Creamy Apricot Peanut Farina



INGREDIENTS

- 1/4 cup farina (Cream of Wheat style)
- 1 cup water or milk (or half and half)
- 1 tablespoon peanut butter
- 1/4 cup canned apricots, chopped
(use ones packed in juice if possible)
- 1–2 tablespoons apricot juice from the can (optional)
- Pinch of salt
- Optional: cinnamon or vanilla



DIRECTIONS

1. Bring the water or milk to a gentle boil in a small pot.
2. Stir in a pinch of salt.
3. Slowly whisk in the farina, stirring constantly.
4. Reduce heat to low and cook 2–3 minutes until thick.
5. Remove from heat and stir in the peanut butter until smooth.
6. Fold in the chopped apricots and a little apricot juice for sweetness.
7. Sprinkle with cinnamon if you like.



EAT & ENJOY!

The contents of this food box is designed to be a supplement to a complete diet that helps seniors meet their unique nutritional needs and intended for the CSFP participant.

