

The Villager

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Amarillo, TX 79104

BIVINS VILLAGE

Phone: (806) 342-5530
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A Message from



Amanda Copeland
Property Manager

Fall is here! As flu and cold season approaches, please take a few simple precautions to help keep yourself and your neighbors healthy.

Wash your hands often, cover coughs and sneezes, and wear a mask if you have symptoms. If you're feeling sick, please stay home and give yourself time to recover, even if you think it may just be allergies.

Sharing is not caring when it comes to flu, colds, pneumonia, and COVID!

Let's all do our part to help keep Bivins Village a healthy and comfortable community for everyone.

Thank you for caring about your neighbors!

September at the Village

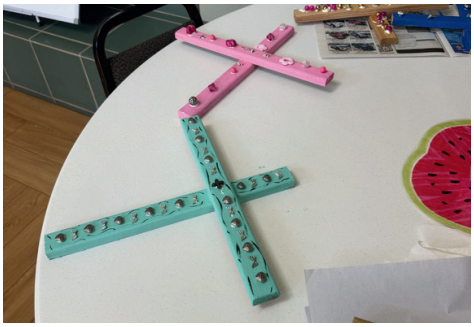
Thanks for coming out to our End of Summer Spaghetti Bash! It is hard to believe that the the fall is already here.

We held a vaccine clinic to prepare for flu season and played a game of UNO that same afternoon. We enjoyed other word games, canasta and dominoes throughout the month.

We also had several craft opportunities and made decorative crosses at one.







Welcome New Residents

Join us in welcoming these new residents to our community!

Linda Edwards | *Apt. 403*

What made you choose Bivins Village?
Retired, looking for a place to enjoy and be around other people. Saw the activities Bivins Village had to offer.

What's your favorite place you've ever visited and why?
Silver Dollar City, Missouri. Enjoed time with family and making memories.

Debra Patterson | *Apt. 203*

What hobbies or activities do you enjoy most?
Reading, BINGO, UNO

Where are you from?
Originally from Brodhead, Wisconsin

October Birthdays

Wishing everyone in October a very Happy Birthday!

October 1
Deborah Marshall | *Apt. 3*

October 1
Joan Ephriam | *Apt. 13*

October 3
Willard May | *Apt. 2*

October 10
Clarence Sims | *Apt. 412*

October 12
Deborah McWhorter | *Apt. 502*

October 12
Doyle Cameron | *Apt. 306*

October 18
Lidia Perez | *Apt. 414*

October 26
Guadalupe Figueroa | *Apt. 405*

October 27
Annie McNeer | *Apt. 14*

October 29
Eric Lauer | *Apt. 213*

October 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
28 A 10:00 Chair Yoga A2 1:30 Table Games	29 A 8:00 Indoor Walk J 10:00 Chair Yoga Dessert Social A 1:00 - 2:15 A 3:00 BINGO	30 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	1 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Movie A 3:00 BINGO	2 A 10:00 Line Dance A2 1:30 Table Games
5 A 10:00 Chair Yoga A2 1:30 Table Games	6 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Monthly Craft A 3:00 BINGO	7 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	8 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Monthly Craft A 3:00 BINGO Wear Pink	9 A 10:00 Chair Yoga A2 1:30 Table Games
12 A 10:00 Chair Yoga A 1:00 AAI Crafting A2 1:30 Table Games	13 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Canasta Library A 1:30 A 3:00 BINGO	14 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	15 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Movie A 3:00 BINGO	16 A 10:00 Line Dance A 1:00 Colby Crafts A2 1:30 Table Games
19 A 10:00 Chair Yoga A2 1:30 Table Games Bivins Market Grand Re-Opening A 2:00 - 3:00	20 A 8:00 Indoor Walk J 10:00 Chair Yoga Line Dance Team A 2:00 - 3:00 A 3:00 BINGO	21 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	22 Jersey Day! A 8:00 Indoor Walk J 10:00 Chair Yoga Birthday Bunco A 1:00 - 2:15 A 3:00 BINGO	23 A 10:00 Chair yoga A2 2:00 Table Games
26 A 10:00 Chair Yoga J 1:00 AAI Crafting A2 1:30 Table Games	27 A 8:00 Indoor Walk J 10:00 Chair Yoga Fall Social A 1:00 - 2:15 A 3:00 BINGO	28 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Dominoes A 3:00 Diamond Art	29 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Canasta A 3:00 BINGO	30 A 10:00 Line Dance A2 2:00 Table Games Dance Night A 5:30 - 7:30

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, Oct. 4 and 18 at 6:00 PM in Building J.

Line Dancing

Every Other Friday at 10:00 am Building A

New Activity! We'll now have line dancing every Friday in the Community Room of Building A. No experience required and all are welcome to come and learn, get active, and have fun dancing together. We'll also get to see **Margie's Line Dance Team** on **October 20** - you won't want to miss it!

Wear Pink

October 8

We are raising awareness for **Breast Cancer Awareness Month** by wearing pink on October 8. Medicare Part B (Medical Insurance) covers mammograms and preventive screenings every year.

Craft with Veronica

October 6 and 8 | 1:00 PM

Join us in creating a festive candy dish for Halloween!



Fall Social

October 27 | 1:00 PM - 2:00 PM

We'll gather in the Building A Community Room to celebrate the new season with fall themed goodies and refreshments.

Senior Dance Night

October 30 | 5:30 PM - 7:30 PM

It's that time again to dust off your dancing shoes and join us for an evening of music and dancing in the Community Room. Give your song requests to Veronica!

BIVINS MARKET

Changes are Coming to Bivins Market

September was the last month for residents to pick-up items on a monthly basis.

We are making 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, starting in October, we will open the Market to **In-Person Shopping** and scheduling **Order Pickups** throughout the month!



In-Person Shopping

Come by the Market any time or day best for you during open hours to choose items off the shelves. No appointment necessary and you can shop as often as you like!

Stay tuned for information on the new Market hours!



Online Order Pickup

Browse available items online and place an order for pickup. Select a day to stop by the market and your groceries will be packed and ready to go.

We'll have a demonstration of how to place orders online!

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

Designate a proxy - have a trusted friend, family member, care provider, or neighbor shop or pickup groceries for you. We'll keep a tab on who you approve to get groceries on your behalf.

Bivins Market will re-open on October 19.

The Market will be under construction from September 28 - October 18.

BIVINS MARKET

Don't miss the **Door Prizes!**

Grand Re-Opening!



Monday, October 19 at 2:00 PM

Community Room - Building A

Join us for the Grand Re-Opening of Bivins Market!

We'll share information on the new ways to shop and welcome everyone to see the changes in the Market.

Everyone who attends will receive a new Bivins Market shopping bag!

MARY E. BIVINS FOUNDATION

SENIOR HUNGER SOLUTIONS
for the Texas Panhandle

Notices and Reminders

Vehicles

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

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.

Please do not walk dogs in areas around cottages. See map you were given for approved areas.

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.

Parking, Entry, Exits and Sidewalks

When parking, please be mindful not to block sidewalks or pedestrian walkways. Keeping sidewalks clear helps ensure that residents using wheelchairs, walkers, or other mobility devices can get around safely.

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

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.

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.

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.

Plants

If you have plants in the hallway, please keep a tray or deep dish under them to protect our flooring. Please do not overwater. This causes carpet damage.

Community Resource Spotlight

Find more community resources near the Main Office.

Yearly "Wellness" Visits

Medicare Part B (Medical Insurance) covers a yearly "Wellness" visit.

The yearly "Wellness" visit is a conversation-based visit with your doctor or other health care provider to create a prevention plan.

Your health care provider will ask you to fill out a questionnaire, called a "**Health Risk Assessment**," as part of this visit. Answering the questions can help you and your doctor develop or update a personalized prevention plan to help you stay healthy and get the most out of your visit.

During this visit, your provider will:

- Take routine measurements (like height, weight, and blood pressure).
- Give you health advice.
- Review your medical and family history.
- Review your current prescriptions.
- Offer to talk with you about creating advance directives. Advance directives are legal documents that record your wishes about future medical treatment, in case you're ever unable to make decisions about your care.
- Give you a written plan (like a checklist) letting you know what screenings, vaccines, and other preventive services you need.
- Give you an optional "Physical activity and nutrition risk assessment" to help your provider understand your physical activity and nutritional habits and their impact on your health.

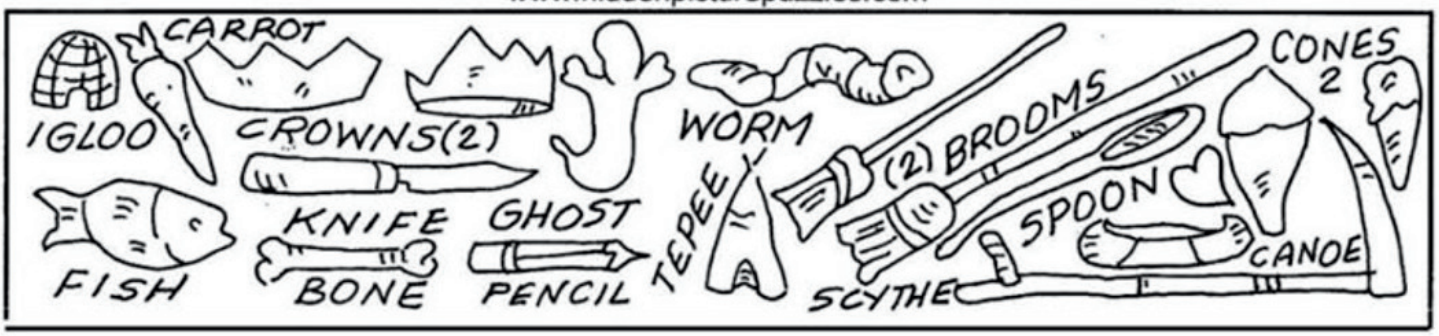
Your provider will also:

- Perform a cognitive assessment to look for signs of dementia, including Alzheimer's disease.
- Evaluate your potential risk factors for substance use disorder and refer you for treatment, if needed.
- Order other tests, if necessary, depending on your general health and medical history.

Contact your primary care physician to schedule your yearly wellness visit today! Find a physician near you at medicare.gov or go to your health plan's website.



www.hiddenpicturepuzzles.com





AUTUMN AND FALL

WORD SEARCH



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

WORD LIST



APPLE
CRANBERRY
FIELD
FIREPLACE
FOOTBALL
HALLOWEEN
LEAVES
MUSHROOM
NOVEMBER
NUTS
ORANGE
ORCHARD
PINECONE
PUMPKIN
QUILT
ROBINS
SCARECROW
SWEATER
THANKSGIVING
TURKEY

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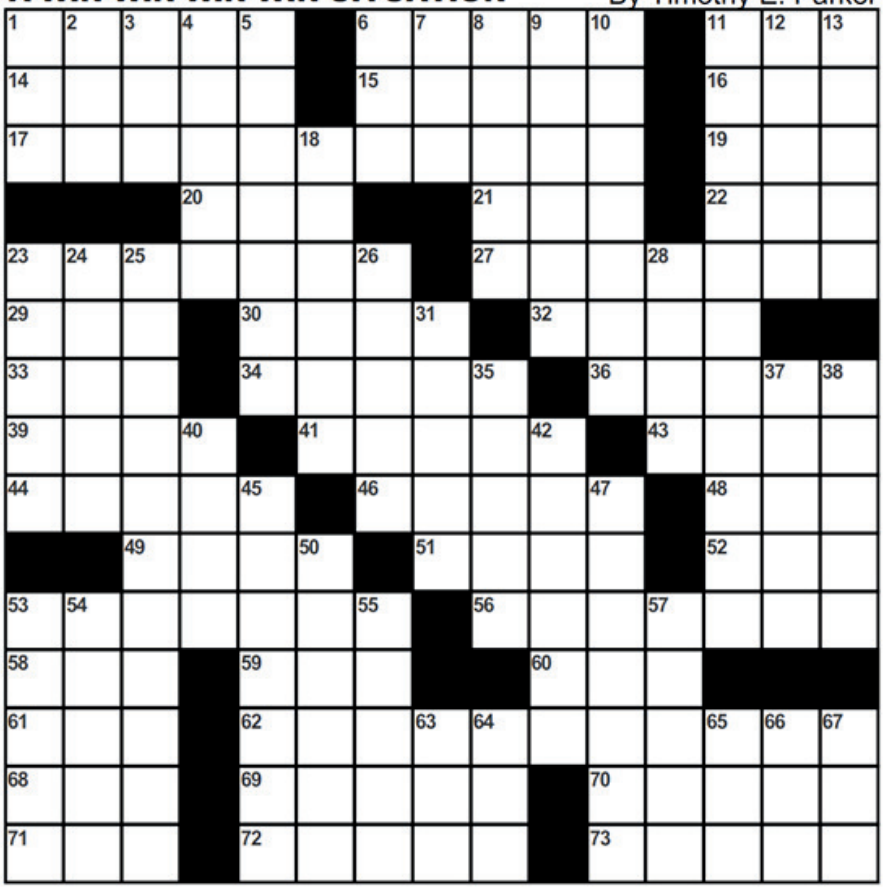
ACROSS

1) Anklebones
6) University in Texas
11) "This means ___!"
14) For all to hear
15) Truly love
16) Anger
17) They are see-through
19) "... heat, ___ gloom of night ..."
20) "Mode" preceder
21) Munched
22) Tall Australian bird
23) Becoming morning
27) Like some humor
29) ___-Wan Kenobi
30) Jewish homeland
32) Below-the-belt comment
33) Animal house
34) "Come in!"
36) Nosy thing to do?
39) Roams
41) Auctioneer's hammer
43) Voyaging on an ocean
44) Fire remnant
46) Andrea Bocelli, for one
48) Malone on "Cheers"
49) Coral strip
51) 100-meter event
52) Clairvoyance, e.g.
53) Breastbone
56) Some instrument pluckers
58) When doubled, a dance
59) Airport schedule abbr.
60) Chunk of lawn
61) Common tree
62) Achieve total victory
68) "___ moment, please"
69) End of a bridal path
70) Contents of some office cartridges
71) The "p" in mpg
72) Be educated
73) Prepare to be tested

DOWN

1) Glass shooter
2) Legendary Muhammad
3) "Anchorman: The Legend of ___ Burgundy"
4) Country in northeastern Africa
5) Put on a pedestal
6) Drink from a dish
7) Org. on toothpaste tubes
8) One-celled organism
9) Ridges on ranges
10) Caulks again, e.g.
11) Some juicy vats
12) Bouquet
13) Any "I Love Lucy," now
18) On the decline
23) Avoid artfully
24) Crosswise, on deck
25) Jacket worn on a blustery day
26) Intimated
28) Russian assembly
31) Decisive refusal
35) Kidney-related
37) Minimal amount
38) Reading lights
40) Nostradamus, purportedly
42) Plague item of biblical proportions
45) Subscriber's option
47) Sharp replies
50) Pointless, as an effort
53) Ice cream portion
54) Macbeth was one
55) Kind of ray
57) Far from a Mensa candidate
63) Steering device, on water
64) Jumbo coffeepot
65) Large African antelope
66) "___ be a fool not to!"
67) Attempt

A WIN-WIN-WIN-WIN SITUATION By Timothy E. Parker



Crossword Solution

ACROSS

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A WIN-WIN-WIN-WIN SITUATION By Timothy E. Parker

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


October
"RENEWING YOUR MIND"
Day 1- Isaiah 43: 18-19
Day 2- 2 Corinthians 10:4-5
Day 3- Psalms 139: 23-24
Day 4- Romans 12:2
Day 5- Philippians 4:7-9
Day 6- Colossians 3
Day 7- James 1:8
Day 8- Isaiah 41:10
Day 9- Matthew 22:37
Day 10- 2 Timothy 1:7
Day 11- Isaiah 55:8
Day 12- Hebrews 4:12
Day 13- Proverbs 4:26
Day 14- 1 Corinthians 1:10
Day 15- 1 Corinthians 2:11
Day 16- Proverbs 23:7
Day 17-Proverbs 23:7
Day 18- 3 John 1:2
Day 19- Proverbs 14:30
Day 20- Romans 8:6
Day 21- Psalm 143:5
Day 22- Isaiah 26:3
Day 23- Philippians 4:8
Day 24- Isaiah 55:9
Day 25- Psalm 19:14
Day 26- Psalm 139:23-24
Day 27- Proverbs 3:5
Day 28- Romans 7:23
Day 29- 1 Corinthians 2:16
Day 30- Colossians 3:2
Day 31- Philippians 2:5
CHAPTERXVERSE.COM

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.

10 Fall Health Tips for Seniors

As the available hours of sunshine decrease and temperatures drop, many people of all ages, especially older adults, experience feelings of depression and sluggishness. Appetite cravings might change to dense foods high in carbohydrates and calories, and physical activity tends to decline. All of this can lead to lower energy levels and an unhealthy lifestyle.

Many of these symptoms are common in seasonal affective disorder, a type of depression often experienced by seniors related to the changing seasons.

Let's look at some health tips that can help break out of this cycle during the fall.

1. Exercise

It might be challenging, but it is important to keep your body in motion during fall and winter months. You don't need to take up hiking or running—completing household chores and low-impact indoor workouts can help you keep your body moving. Come to Chair Yoga! Walking is great cardiovascular exercise. If the weather does not permit walking outside, walk the hallways. Consult with your physician before beginning any exercise program.

2. Eat Seasonally

While some fresh produce will disappear from the grocery store as the weather cools, there are still plenty of nutrient-rich fruits and vegetables from which to choose, including: winter squash, beets, figs, apples, leeks, carrots, and dark leafy greens.

Sweet potatoes contain fiber and vitamins A, C, B6, and manganese. Cruciferous vegetables like Brussels sprouts and cabbage are also rich in vitamins and minerals. Be mindful of the tendency to take in too many additional calories through snacking during the fall.

And this goes for hydration, too. Seniors need to stay hydrated even as the weather cools, even though they may feel less thirsty. Every cell in the human body needs water to work properly. Herbal tea on cold days counts toward fluid intake, as does vegetable or fruit juices.

3. Spice Things Up

If you are craving more flavor in your fall food selection, spices can be good for a person's health as well as their taste buds, according to Johns Hopkins Medicine.

Here are some of the benefits:

- Cinnamon lowers blood sugar and reduces cholesterol and triglyceride levels.

Continued on next page...

- Turmeric has been linked to reducing inflammation, pain and swelling in people with arthritis.
- Studies have shown that garlic may keep blood vessels flexible, and reduce cholesterol and triglyceride levels.
- Cayenne eases pain and restricts the growth of ulcer-causing bacteria.

4. Get Enough Vitamin D

One of the most important fall health tips is to maximize the amount of Vitamin D seniors are getting. Vitamin D helps maintain strong bones and muscles, and is absorbed in the body from sunlight. As fall approaches and the amount of sunlight decreases, other sources of Vitamin D may need to be found. Foods higher in Vitamin D include:

- White mushrooms
- Salmon, herring, sardines, tuna
- Milk or orange juice fortified with Vitamin D
- Fortified cereals

5. Reduce the Risk of Falls

According to the National Institute on Aging, thousands of seniors injure themselves in falls each year. When an elderly person is injured in a fall, it could cause a cascade of serious consequences that can lead to disability and even death.
Fall and winter, with their rain-slicked or icy sidewalks, steps and driveways, are seasons prime for increased fall risks. Problems with balance, reflexes, coordination or vision make falls more likely, as do certain medications.
There are some things that can be pursued by seniors and their family members that will reduce fall risks:

- Determine if there have been any recent downturns in the senior's health.
- Find out when the senior had his or her last eye exam.
- Notice if the senior is holding onto walls, furniture, or another person while they are walking.
- Consult with a physician to find out if the senior's medications could be affecting balance.
- Check the home for tripping hazards—exposed electrical cords on the floor, uneven floors, throw rugs, etc.
- Look into the possibility of canes, walkers or other assistive devices.
- Assess if stairs or poor lighting could be a problem.

6. Stay Positive

Physical health is tied to emotional and mental health. Staying engaged with hobbies and interests, and prioritizing connections with family and friends, are great fall health tips that encourage and energize seniors to maintain their physical health. Join our activities! Also, studies have linked positive thinking to better protection from the inflammatory effects of stress and the energy needed to maintain a healthier lifestyle.

Older adults should be encouraged to focus on the good things in their lives, stay connected with people they love, and turn off their televisions from time to time to listen to music, read a book, or call to chat with a friend or family member.