



# The Villager

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Amarillo, TX 79104



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# A Message from Amanda



**Amanda Copeland**  
Property Manager

With the summer heat arriving, please keep these quick property reminders in mind:

**AC Efficiency:** Keep AC units set to a reasonable temperature. Turning them off and on causes your bill to be higher as well as extra wear on the unit.

**Pest Control:** Summer brings bugs. Please keep food sealed and trash bins closed to prevent pests.

**Outdoor Areas:** Ensure outdoor spaces stay tidy and free of clutter.

**Travel Notice:** If you plan to travel, please lock all windows and doors. Notify us if you will be gone for an extended time.

**Thank you for helping keep our community clean and safe!**



## at the May Village

May was full of celebrations and moments we were able to gather together! We hosted the Mother's Day Tea, Cinco de Mayo Party, Wii Bowling, and our second Dance Night. Thanks for sharing in all of the fun!



# Welcome **New Residents**

Join us in welcoming these new residents to our community!

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

## **Constance Hill** | *Apt. #18*

### **What are you most looking forward to living here?**

Being safe and independent.

### **What's your favorite place you've ever visited and why?**

Mobile, Alabama. It's so scenic and got to experience the Ocean, the Gulf of Mexico.

## **Jose Moreno** | *Apt. #22*

### **What made you choose Bivins Village?**

Looking for a nice place - my daughter found this home for me.

### **What is something you always enjoy?**

Going to church.

## **Robin Curtis** | *Apt. #32*

### **What kind of music, books, or movies do you love?**

Gospel Country Music

### **What's a fun or interesting fact about you?**

I have a degree in Social Work.

## **Steve Faulkner** | *Apt. #419*

### **Where are you from?**

Born in Heiskell, Texas, raised and graduated in Dimmitt, Texas and lived in Slaton and Lubbock for 30 years

### **What's something you are looking forward to this year?**

To get my health back to shape.

## **Candeleria Castillo** | *Apt. #20*

# June Birthdays



**Wishing everyone in June a very Happy Birthday!**

All residents below will receive cookies and don't forget to join us in celebrating with a party on **Thursday, June 25** in the Building A Community Room.

June 1

**Clarece Walker** | *Apt. #210*

June 20

**Linda Hiatt** | *Apt. #516*

June 9

**James Carter** | *Apt. #112*

June 21

**Alicia Armadillo** | *Apt. #312*

June 14

**Maria Palmer** | *Apt. #4*

June 21

**Virginia Noack** | *Apt. #515*

June 16

**Bobbye McIntosh** | *Apt. #27*

June 22

**Veronica Ramirez** | *Staff*

June 19

**Evelyn Pullin** | *Apt. #208*

June 25

**Jimmy Thornton** | *Apt. #520*



# June 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
1 A 10:00 Chair Yoga A2 1:30 Table Games	2 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 JW Bible Study A 3:00 BINGO	3 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	4 A 8:00 Indoor Walk J 10:00 Chair Yoga A/J 1:00 Movie A 3:00 BINGO	5 A 10:00 Chair Yoga A2 1:30 Table Games
8 A 10:00 Chair Yoga A2 1:30 Table Games	9 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Monthly Craft A 3:00 BINGO	10 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	11 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Monthly Craft A 3:00 BINGO	12 A 10:00 Chair Yoga A2 1:30 Table Games
15 A 10:00 Chair Yoga A2 1:30 Table Games	16  Library A 2:30 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Ice Cream Social</i> A 1:00 - 2:00 A 3:00 BINGO	17 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	18 A 8:00 Indoor Walk J 10:00 Chair Yoga A/J 1:00 Movie A 3:00 BINGO	19 A 10:00 Chair Yoga A2 1:30 Table Games <i>Father's Day Treat Delivered</i>
22 A 10:00 Chair Yoga A2 1:30 Table Games	23 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Trivia</i> A 1:00 - 2:30 A 3:00 BINGO	24 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	25 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Bunco Birthday Social</i> A 1:00 - 2:30 A 3:00 BINGO	26 A 10:00 Chair Yoga A2 1:30 Table Games
29 A 10:00 Chair Yoga A2 1:30 Table Games	30 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Wii Bowling</i> A 1:00 - 2:30 A 3:00 BINGO	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, June 7 at 6:00 PM in Building J.

**Happy**  
**FATHER'S**  
**Day**

**Treat**  
WILL BE  
**DELIVERED**  
TO YOUR DOOR

**Friday,**  
**JUNE 19<sup>TH</sup>**

FOR THE  
**BEST**  
**Dad**

THANK YOU  
**DAD**  
YOU'RE  
**AWESOME!**

# 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 and every Tuesday and Thursday at 10:00 AM in Building J.*

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.

## Indoor Walking

*Every Tuesday, Wednesday, and Thursday from 8:00 - 8:30 AM in Building A.*

Looking for a way to get in some movement? Meet up for a walk through the hallways of Building A and get your steps in for the day!

## Table Games

*Every Monday and Friday at 1:30 PM on the 2<sup>nd</sup> 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.



## 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.

### Rummikub

Every other Wednesday at 1:00 PM on the 2<sup>nd</sup> floor of Building A.

Engage your brain with a game of Rummikub! Easy to learn and fun to play, this classic tile game combines strategy, numbers, and a little friendly competition. Whether you're new to the game or already a fan, all are welcome to join in.



### 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..

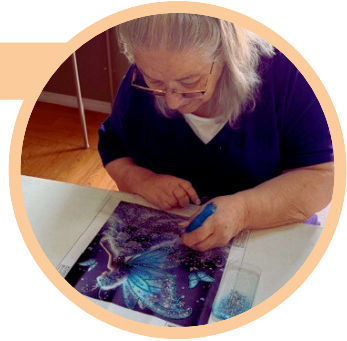
Enjoy a guided art experience led by instructors from the Amarillo Art Institute. Each session offers an opportunity to explore new techniques and express your creativity.



### 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

Once a month from 1:00 PM - 2:30 PM on a Tuesday in Building A and a 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.



### June Craft American Flag Clothespin Wreath

Join us for an easy, patriotic craft ahead of the 4<sup>th</sup> of July holiday and make a wreath out of clothespins to look like an old American flag.

### Afternoon Movie

*The second and fourth Thursday 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

*Once a month (until May, breaks for the summer) in Building A.*

The Amarillo Museum of Art will come out 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.



### 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.

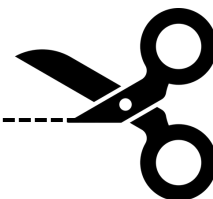
***Facilitated by Carly Hamel, Apt. 307. All are welcome!***



## 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/](https://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 timeframe below and pickup items once a month.

### The Cottages and Building A

Order Form Available:  
**May 29, 5:00 PM - June 3, 12:00 PM**

Order Form Due:  
**June 3 at 12:00 PM**

Order Pickup at the Market:  
**June 10**

### Building J

Order Form Available:  
**June 12, 5:00 PM - June 17, 12:00 PM**

Order Form Due:  
**June 17 at 12:00 PM**

Order Pickup at the Market:  
**June 24**



**B** BIVINS  
MARKET

## Mixed Vegetables

Beginning June 1, Mixed Vegetables will be available to order from the Market.

### Simple Recipe Ideas Using Mixed Vegetables

**Vegetable Fried Rice** - Cook rice and stir-fry with drained mixed vegetables, scrambled eggs, soy sauce, and garlic.

**Quick Chicken Pot Pie** - Combine mixed vegetables with cooked chicken and cream soup, then top with biscuits or crescent rolls and bake.

**Hearty Vegetable Soup** - Add mixed vegetables to broth with diced tomatoes, pasta, beans, or leftover meat.

**Cheesy Vegetable Pasta** - Mix cooked pasta, mixed vegetables, shredded cheese, and a little milk or cream sauce for a comforting dinner.

**Easy Shepard's Pie** - Layer seasoned ground beef, mixed vegetables, and mashed potatoes in a baking dish and bake until golden.

**Tuna Vegetable Casserole** - Combine noodles, tuna, cream soup, and mixed vegetables for a budget-friendly casserole.



### Here's a Tip!

Mixed vegetables can taste even better with just a few simple additions. Try heating them on the stove with a little olive oil or butter, garlic powder, black pepper, and your favorite seasoning blend for extra flavor. You can also add onions, shredded cheese, or herbs like parsley or Italian seasoning to give them a homemade touch.

## Janaé Out of the Office

This summer, Janaé will be out of the office for at least two weeks. In the meantime, Kat English with the Mary E. Bivins Foundation will be operating the Bivins Market.

Stop by to say hi to Kat! You can help us out while Janaé is away by timely submitting order forms and by picking up your orders on the designated days.

Kat is looking forward to seeing everyone and helping out with the day-to-day operations of the Bivins Market.

# 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.

## 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.**

## 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.

## 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.

## 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.



**Please do not place items beside the dumpsters.** 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.

## 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.

## Food Bank Boxes

**If you receive food bank boxes and wish to donate items not used to others, please discard the box.** Do not leave it under the donation table for others to dispose of.

## Donation Tables

**Donation tables are only for unexpired food items not requiring refrigeration.** Do not put any household items or decorations out to give away.



**Community  
Resource**

**Spotlight**

Find more community resources near the Main Office.

## Senior Planet from AARP

**Senior Planet from AARP helps adults age 60 and older learn new technology skills and stay connected through online programs and resources.**

Participants can join live virtual classes and lectures from home on a variety of topics relevant to seniors and it is all offered for free.

### What kinds of online programs does Senior Planet offer?

Senior Planet offers live online classes, workshops, lectures, and fitness programs covering topics such as using smartphones, internet basics, online banking, telehealth, social media, and cybersecurity. They also offer unique programs on subjects like travel, creative arts, genealogy, wellness, job searching, entrepreneurship, and using technology to pursue hobbies and lifelong learning interests.

### How can I access Senior Planet programs?

Anyone can visit Senior Planet's website - [SeniorPlanet.org](http://SeniorPlanet.org) - to browse upcoming online classes, register for programs, read helpful articles, and explore free resources available from home using a computer, tablet, or smartphone.

### What if I need help with technology?

Senior Planet offers a free technology hotline where older adults can call with questions about devices, apps, video chatting, email, or other basic technology concerns. The hotline provides friendly support to help participants feel more confident using technology.

Website: **[www.SeniorPlanet.org](http://www.SeniorPlanet.org)**

Hotline: **888-713-3495**

Monday - Friday, 8:00 AM - 7:00 PM | Saturday, 8:00 AM - 1:00 PM



www.hiddenpicturepuzzles.com



# June Word Search

BARBECUE  
BASEBALL  
BEACH  
BIKINI  
CAMP  
HAMMOCK  
ICE CREAM

LAKESIDE  
LEMONADE  
LIFEGUARD  
PARK  
PICNIC  
POOL  
POPSICLE

RELAX  
SAND  
SANDALS  
SEAGULLS  
SEASHELLS  
SHADE  
SUN

SUNSET  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SWIMSUIT  
VACATION  
WATERMELON

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

# June Crossword

## ACROSS

- 1) In \_\_ land (spaced)
- 5) Millan, "the Dog Whisperer"
- 10) Wall St. whiz
- 13) Perp's cover story
- 15) All together
- 16) Heckler's hoot
- 17) Hinged Andersen products
- 20) Zener cards test for it
- 21) Wards (off)
- 22) Spot for a roast
- 23) He sang of Alice
- 24) Beanery patrons
- 26) NBC drama starring Martin Sheen
- 31) Beer belly, say
- 32) Hosp. triage worker
- 37) Pulitzer winner James
- 38) Uses serrated shears
- 40) Actress Downey
- 41) Sharpton's title
- 43) More tender
- 44) Port or sauternes, e.g.
- 47) Focused at work
- 51) Laundry unit
- 52) Brilliant stroke
- 53) Hawaii's "Pineapple Island"
- 55) AOL, e.g.
- 58) Sweepstakes payouts
- 62) Play for a sap
- 63) Palin's 2008 counterpart
- 64) In a way, slangily
- 65) Visibly embarrassed
- 66) Low man at the Met
- 67) Place that's for the birds?

## DOWN

- 1) Add kick to, as punch
- 2) "Sigh!"
- 3) Talk like Daffy Duck
- 4) Rushmore prez
- 5) Defeatist's word
- 6) Cornerstone abbr.
- 7) Sty dwellers
- 8) Singer DiFranco
- 9) Latest "Star Wars" villain Kylo
- 10) Higher-ranking than
- 11) Crew team member
- 12) They serve under cap'n's
- 14) Escapee's cry
- 18) Wiggly swimmers
- 19) Braille bit
- 23) "Bummer!"
- 24) Pulls the plug on
- 25) In the past
- 26) Skier's ride
- 27) Ginormous
- 28) Everest fig.
- 29) Makes one's way
- 30) Grate on
- 33) Get too close to
- 34) "Crucify" singer Amos
- 35) Gathering clouds, say
- 36) Hard to find
- 38) Sneak a look
- 39) Helpful connections
- 42) Country rtes.
- 43) Deck treatments
- 45) Current event around Christmas?
- 46) Parti-colored horse
- 47) Take place
- 48) Lariat loop
- 49) Brought into pitch
- 50) Well-chosen
- 53) Old Ford models
- 54) Leaves slack-jawed
- 55) Memo opener
- 56) Boot camp barkers (Abbr.)
- 57) HS junior's exam
- 59) Flow back
- 60) "Chandelier" singer/songwriter
- 61) Charged bit

## DOUBLE CROSSED

By Elizabeth C. Gorski

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			

# Crossword Solution

## ACROSS

- 1) In \_\_ land (spaced)
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- 59) Flow back
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By Elizabeth C. Gorski

1	L	A	L	A		5	C	E	S	A	R		10	A	R	B
13	A	L	I	B	I		15	A	S	O	N	E		16	B	O
17	C	A	S	E	M	E	N	T	W	I	N	D	O	W	S	
20	E	S	P		21	F	E	N	D	S		22	O	V	E	N
			23	A	R	L	O		24	E	A	T	E	R	S	
26	T	H	E	W	E	S	T	W	I	N	G					
31	B	U	L	G	E		32	E	R	D	O	C	T	O	R	
37	A	G	E	E		38	P	I	N	K	S		40	R	O	M
41	R	E	V	E	R	E	N	D		43	S	O	R	E	R	
				44	D	E	S	S	E	45	R	T	W	I	N	E
47	O	N	T	A	S	K		51	L	O	A	D				
52	C	O	U	P			53	L	A	N	A	I		55	I	S
58	C	O	N	T	E	59	S	T	W	I	N	N	I	61	N	G
62	U	S	E		63	B	I	D	E	N		64	S	O	R	T
65	R	E	D		66	B	A	S	S	O		67	N	E	S	T



## Bible Verses To Build Faith

- |                     |                       |
|---------------------|-----------------------|
| Hebrews 12:1-3      | Colossians 3:12-14    |
| 1 Peter 5:7         | 2 Timothy 1:7         |
| Psalm 91:15         | Philippians 4:19      |
| Psalm 121:1-3       | Philippians 4:6-7     |
| Matthew 11:28       | Luke 18:27            |
| Mark 10:9           | Hebrews 4:16          |
| Colossians 3:23     | Romans 8:28           |
| Psalm 16:11         | Romans 8:37           |
| Romans 8:31         | Matthew 6:25-26       |
| Isaiah 43:4         | James 1:2-5           |
| Philippians 4:8     | Proverbs 3:5-6        |
| 2 Corinthians 12:9  | John 16:33            |
| Deuteronomy 31:6    | Colossians 2:2        |
| Lamentation 3:21-23 | Matthew 7:24-25       |
| Romans 8:28         | Romans 8:1            |
| Proverbs 3:26       | 1 Chronicles 28:20    |
| 2 Corinthians 2:14  | Ephesians 3:20        |
| Isaiah 43:18-19     | 2 Corinthians 4:17-18 |
| James 1:5           | 2 Corinthians 3:18    |



*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.*

## Importance of Medication Management to Prevent Falls in Older Adults

### Falls are one of the most serious health risks facing older adults today.

According to the CDC, 1 in 4 older adults experiences a fall each year, and many of these incidents lead to injuries, hospitalizations, or a permanent loss of independence. While hazards like poor lighting or loose rugs are commonly addressed, one major contributor to falls often goes unnoticed: medication management.

Many seniors take multiple prescriptions to manage chronic conditions. While these medications are often necessary, certain side effects, especially when drugs are combined, can increase dizziness, confusion, fatigue, and balance issues. Understanding how medications impact fall risk and learning how to manage them safely can make a meaningful difference in helping seniors age safely at home.

### How Medications Increase Fall Risk in Older Adults

Medications affect the body differently as we age. Changes in metabolism, muscle mass, and kidney function can intensify side effects that may have been mild earlier in life. For seniors, even small medication-related changes can significantly increase the risk of a fall.

Common ways medications contribute to falls include:

- **Impaired Balance & Coordination:** Medications affecting the central nervous system can interfere with motor skills and balance.
- **Dizziness & Vertigo:** Certain drugs can lower blood pressure or alter inner ear function, leading to dizziness.
- **Sedation & Fatigue:** Many medications, especially those for pain or anxiety, cause drowsiness, slowing reflexes and reaction times.
- **Cognitive Impairment:** Confusion or delirium can make it difficult for seniors to navigate their environment safely.

Polypharmacy (typically defined as taking 4 or more medications daily) further increases risk. Research shows seniors managing multiple prescriptions are twice as likely to experience a fall compared to those taking fewer medications. And on average, older adults take 5 medications daily.

### Common Medications Linked to Increased Fall Risk

Not all medications increase fall risk. However, certain categories of medications are known to increase fall risk. Family caregivers should be especially aware of these medications and monitor for potential side effects.

*Continued on next page...*

- **Pain relievers:** Opioids such as oxycodone or morphine may cause sedation and poor coordination.
- **Antidepressants:** Some types can contribute to dizziness or balance problems.
- **Blood pressure medications:** These may cause orthostatic hypotension, leading to dizziness when standing.
- **Antihistamines:** Often found in allergy or sleep medications, they can cause drowsiness and blurred vision.
- **Diuretics:** Increased bathroom urgency and dehydration may weaken muscles.
- **Sedatives & sleep aids:** Medications like benzodiazepines or zolpidem can impair alertness.
- **Anticonvulsants:** Used for seizures or nerve pain, these may affect balance and coordination.

Understanding these risks doesn't mean stopping medications; it means managing them carefully.

## Practical Medication Management Strategies to Reduce Fall Risk

### 1) Review Medications Regularly

Regular medication reviews with a healthcare provider are essential for identifying and mitigating fall risks. Tip: Bring a comprehensive list of all prescription medications, over-the-counter drugs, and supplements to every appointment.

### 2) Take Medications as Prescribed

Pay close attention to the correct dosage and timing. Medication bottles often look similar and have small print, which can easily lead to confusion.

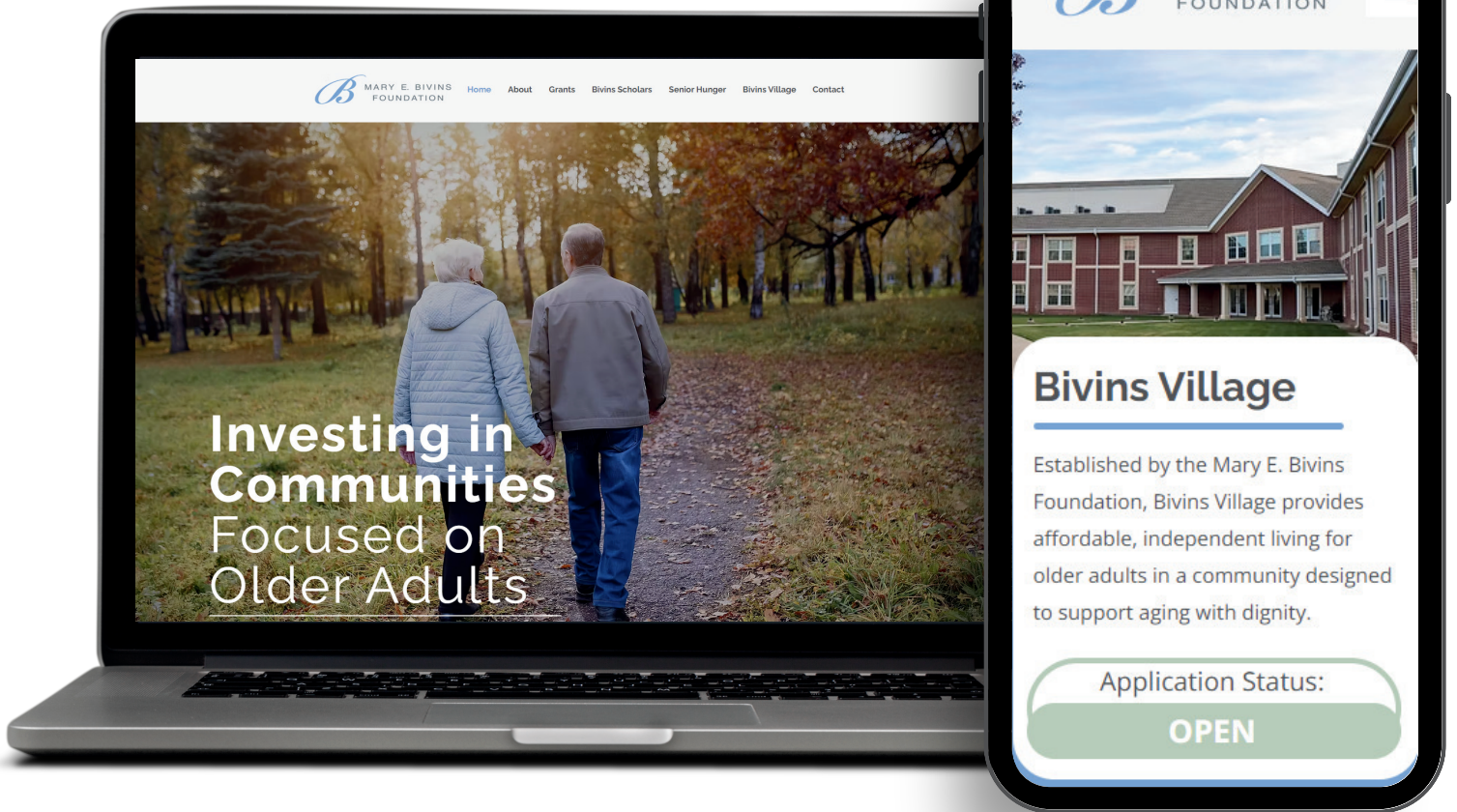
### 3) Monitor for Side Effects

Medications may cause minor to severe side effects. These effects emerge over time or when combined with other drugs. Tip: Keep a journal to track any new symptoms or falls, noting the timing and circumstances.

### 4) Be Cautious with Over-the-Counter Medication

OTC medications and supplements can interact with prescriptions, intensifying side effects. Always read warning labels carefully, consult a pharmacist before adding OTC medications, and inform your healthcare providers of all supplements you use.

# New Website Live Now



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

**Check out the new webpage for Bivins Village!**

You can find every issue of *The Villager* and more information on Resident Life including activities and other special events.



**Bivins Village Apts.**  
**Next Distribution: June 16<sup>th</sup>**  
**Starting at 8:30AM**



## Check Your Steps to Keep Food Safe

According to the CDC, food poisoning affects about one in six (48 million) Americans each year. About 128,000 of those people require hospitalization, and 3,000 die from food-borne illness. In order to keep you and your family safe, follow four basic guidelines for preventing the spread of food-borne illnesses: **Clean, Separate, Cook, and Chill.**

### 1. CLEAN

Illness-causing bacteria can survive all over your kitchen, so it's important to keep yourself and your kitchen clean to prevent the bacteria from contaminating your food. You should always wash your hands for 20 seconds with soap and water. Wash utensils, cutting boards, and counter tops with hot soapy water between uses. And always rinse fruit and veggies before preparing them, but don't wash meat, poultry, or eggs.

### 2. SEPARATE

To prevent cross-contamination, it's important to keep raw meat, poultry, seafood, and eggs separate from ready-to-eat foods. This step begins at the grocery store! Separate items in your basket to prevent bacteria from spreading. When preparing food at home, use separate cutting boards and plates for foods that carry bacteria. Also, keep meat, poultry, seafood, and eggs separate from all other foods in your refrigerator.

### 3. COOK

Bacteria multiplies more rapidly when it's in the *Danger Zone*, between 40 and 140 degrees Fahrenheit. It's important to heat food to a high enough temperature to kill harmful bacteria. Use a food thermometer when possible, because checking the color and texture of food isn't a foolproof method to ensure safety. Keep food hot before serving, as a temperature drop below 140 degrees can enable bacteria to thrive.

### 4. CHILL

With perishable food items, illness-causing bacteria begins to grow within two hours at room temp. To prevent food poisoning at home, refrigerate foods promptly and keep your fridge's temperature at 40 degrees or below. To thaw frozen foods safely, transfer them from the freezer to the refrigerator the night before cooking or use your microwave's defrost setting. Never thaw frozen foods on the countertop, as this method encourages bacterial growth.

## Cheesy Chicken, Rice & Bean Casserole

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### INGREDIENTS

- 1 cup uncooked rice
- 1½ cups water
- 1 cup milk
- 1 can chicken (12.5 oz), drained
- 1 can beans (black or vegetarian), drained and rinsed
- 1–1½ cups American cheese, diced or shredded
- Optional:
  - Half a can of diced tomatoes, drained
  - Half a can of spinach, drained and chopped
  - Half a can of corn, drained
- Simple spices:
  - Half a teaspoon of salt, quarter teaspoon of black pepper, half teaspoon of garlic powder, half teaspoon of onion powder



### DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Partially cook the rice. In a pot, combine rice, water, and milk. Bring to a gentle boil, then simmer covered for about 10 minutes (it should be slightly undercooked).
3. In a large bowl (or the baking dish), combine:
  - Partially cooked rice, chicken, beans, vegetables, spices and half of the cheese
4. Pour into a lightly greased casserole dish. Spread evenly.
5. Sprinkle remaining cheese over the top.
6. Cover with foil and bake for 20 minutes, then uncover and bake another 10–15 minutes until hot and bubbly.



### 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.

