



• A Message from the Property Manager	2
• Welcome and Birthdays	3
• Community Calendar.....	4
• Special Events and Activities	5
• Bivins Market	9
• Notices and Reminders	10
• Resource Spotlight	13
• Brain Games	14
• Tips for Aging Well	19
• Other Flyers	21



Amanda Copeland
Property Manager

A Message from Amanda

It's hard to believe summer is beginning to wind down!

Before we know it, students will be heading back to school. We hope you'll take some time this month to enjoy the activities on our calendar, visit with neighbors, and make the most of these last weeks of summer.

As our community gets a little busier with the start of the school year, please remember to **drive carefully**. Watch for children in school zones, obey school bus stop laws, and stay alert by limiting distractions while driving. A little extra caution helps keep everyone safe.



Everyone came decked out in their red, white, and blue for our 4th of July cookout! We enjoyed hot dogs and each others company as we celebrated 250 years of America! Thanks for joining us.



Welcome **New Residents**

No new residents this month!

Each month, we ask questions to get to know our new residents. There are no new residents this month.

Have you met someone new at Bivins Village recently?

What is one way you've made some else feel welcomed or something someone did for you that made you feel a little more at home?

August Birthdays

Wishing everyone in August a very Happy Birthday!

All residents below will receive cookies and don't forget to join us in celebrating with a party on **August 20** in the Building A Community Room.

August 2

Christine Luera | *Beauty Shop*

August 15

L.K. Denni | Apt. 314

August 5

Margaret Inmon | *Apt. 103*

August 16

Georgia Carlson | *Apt. 211*

August 6

Toni Admire | *Apt. 408*

August 20

Marilyn Carter | *Apt. 411*

August 8

Deborah Larkin | *Apt. 209*

August 22

Ignacio Herrera | *Apt. 506*

August 13

Mike Speed | *Village Staff*

August 28

Loretta Riddle | Apt. 19

August 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
3 A 10:00 Chair Yoga A2 1:30 Table Games	4 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Monthly Craft A 3:00 BINGO	5 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	6 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Monthly Craft A 3:00 BINGO	7 A 10:00 Chair Yoga A2 1:30 Table Games A 1:00 Bid Whist
10 A 10:00 Chair Yoga A2 1:30 Table Games	11 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Wii Bowling</i> A 1:00 - 2:45 A 3:00 BINGO	12 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	13 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Movie A 3:00 BINGO	14 A 10:00 Chair Yoga A2 1:30 Table Games A 1:00 Bid Whist
17 A 10:00 Chair Yoga A2 1:30 Table Games	18  Library A 2:30 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Crafts with Nelda</i> A 1:00 - 2:45 A 3:00 BINGO	19 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	20 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Bunco Birthday Social</i> A 1:00 - 2:00 A 3:00 BINGO	21 A 10:00 Chair Yoga A2 1:30 Table Games A 1:00 Bid Whist
24 A 10:00 Chair Yoga A2 1:30 Table Games	25 A 8:00 Indoor Walk J 10:00 Chair Yoga <i>Watermelon Social</i> A 1:00 - 2:45 A 3:00 BINGO	26 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	27 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Movie A 3:00 BINGO	28 A 10:00 Chair Yoga A2 1:30 Table Games A 1:00 Bid Whist
31 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, August 2 and 16 at 6:00 PM in Building J.

Special Events



Watermelon Social

August 25 | 1:00 PM

Nothing says summer quite like watermelon! Join us for an afternoon in the Building A Community room as we enjoy one of the season's favorite treats. It's the perfect excuse to escape the heat, catch up with friends, and savor the last days of summer together.



Bid Whist

Every Friday | 1:00 PM

Looking for a new game to enjoy? Give Bid Whist a try! Whether you're a seasoned player or curious to learn something new, this classic card game is a great way to challenge your mind, enjoy friendly competition, and spend Friday afternoons with friends.



Barker Family Bible Study

Now Every 1st and 3rd Sunday | 6:00 PM

The Barker Family Bible Study now meets twice each month! Gather with friends and neighbors on the first and third Sundays for a time of faith, fellowship, and meaningful discussion in the Building J Community Room. Thank you to the Barker Family for leading this study and to resident Carley Hamel for helping organize this special gathering.

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 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.



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 2nd 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

Every month in Building J and 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.

August Craft Fruit Tea Towels

We are continuing to celebrate summer with our next craft! We'll take dried citrus and other fruits to create natural stamps. We'll have many colors to choose from to decorate tea towels with the fruit designs.



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.



Crafts with Colby - On Hold for Summer Months

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 and third 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.

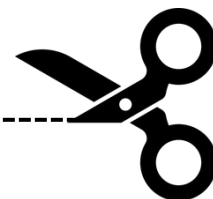
Facilitated by Carly Hamel, Apt. 307. All are welcome!



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/



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:
July 31, 5:00 PM - August 5, 12:00 PM

Order Form Due:
August 5 at 12:00 PM

Order Pickup at the Market:
August 12

Building J

Order Form Available:
August 14, 5:00 PM - August 19, 12:00 PM

Order Form Due:
August 19 at 12:00 PM

Order Pickup at the Market:
August 26

If you are unable to pickup your order on the date above, please contact the Market at 806-342-5530 to make arrangements.

Notices and Reminders

Rent Reminder

Monthly rent is due the 1st of each month.

Please ensure payments are submitted timely. 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.

Parking



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.

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.

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.

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.



Community Resource Spotlight

Find more community resources near the Main Office.

Assistive Technology

Try helpful technology before you buy it.

Assistive technology includes tools and devices designed to help older adults live more safely, independently, and comfortably. Through the Texas Technology Access Program (TTAP), eligible Texans can borrow assistive technology for up to 35 days to see if it meets their needs before making a purchase. Whether you're looking for extra support at home or want to explore new technology, the program makes it easy to try a variety of helpful devices.

What kinds of devices can I borrow?

The program offers a wide variety of assistive technology, including hearing and vision devices, speech communication tools, smart home technology, tablets, health monitoring devices, video doorbells, voice assistants, and other adaptive equipment designed to make everyday activities easier.

How does the device loan program work?

Eligible older adults and people with disabilities can borrow devices for up to 35 days at no cost. This gives you the opportunity to try technology in your own home and decide whether it meets your needs before purchasing it.

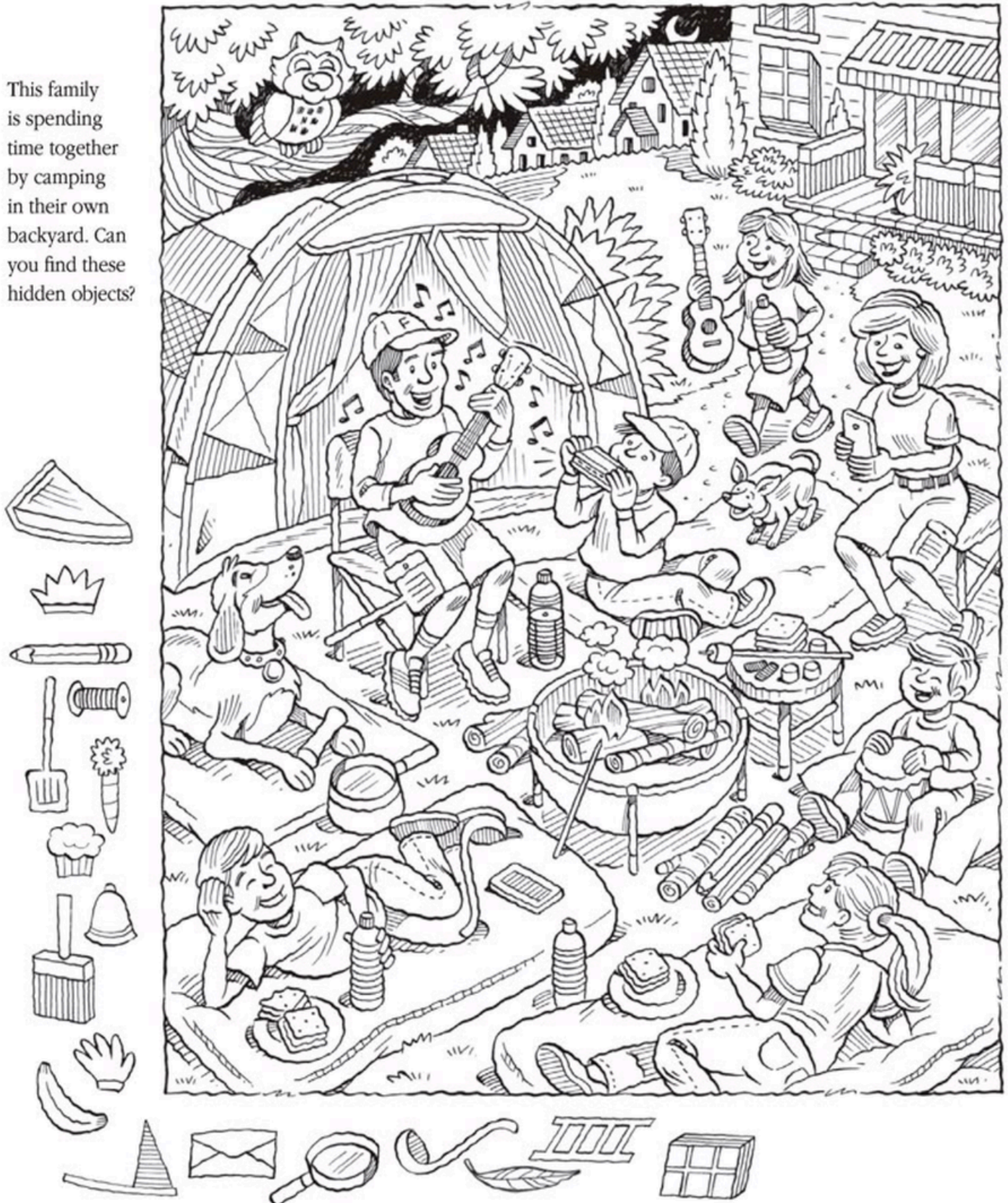
Where can I learn more?

Visit the Texas Technology Access Program website to learn more about available devices, eligibility requirements, and how to request a short-term device loan at www.ttap.disabilitystudies.utexas.edu/

Hidden Picture

By David Helton

This family is spending time together by camping in their own backyard. Can you find these hidden objects?



August Word Search

POTATO DAY	MEAD DAY	PLAY BALL DAY	LAZY DAY
DOG DAY	WAFFLE DAY	DOLLAR DAY	PROSECCO DAY
RUM DAY	LION DAY	BOW DAY	WATERMELON DAY
IPA DAY	OYSTER DAY	DOLL DAY	DINOSAUR DAY
CBD DAY	KIDS DAY	GEORGIA DAY	CAT DAY
GOSSIP DAY	VINYL RECORD DAY		

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

August Crossword

ACROSS

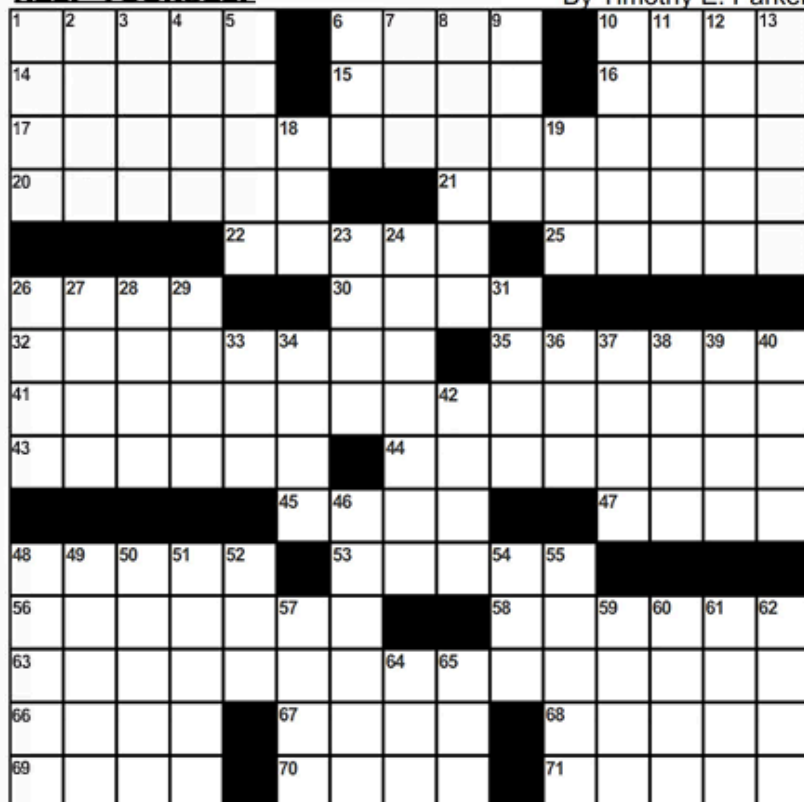
- 1) Open a pill bottle
- 6) Peke squeaks
- 10) Celebratory poems
- 14) La ____ University
(Philadelphia school)
- 15) Unglazed pot with a wide mouth
- 16) "____ Las Vegas" (Presley film)
- 17) What "helps the medicine go down," in song
- 20) Take off the books
- 21) Obscuring, in a way
- 22) "Filthy" dough
- 25) Uptight
- 26) Cannabis product
- 30) Oregano, e.g.
- 32) Walled off
- 35) ____-Lorraine (region of France)
- 41) Shortened weapon
- 43) Waterfall phenomenon
- 44) Received a varsity award
- 45) Surgery aftermath
- 47) Type of media
- 48) One in deep thought
- 53) Government operative
- 56) Remove, as a bracelet
- 58) Win, at an auction
- 63) Nondrinking period
- 66) A little over 2 pounds
- 67) Unstable subatomic particle
- 68) Ball charmer
- 69) No longer hidden
- 70) "Can I get you anything ____?"
- 71) Hurdles for graduate students

DOWN

- 1) Superpower no more
- 2) Neck section
- 3) Horse hooves sound
- 4) Moisturizer ingredient
- 5) Colony type
- 6) Not me or them
- 7) Sick
- 8) Sandpiper relative
- 9) Umpire's scream, sometimes
- 10) Developing egg
- 11) Cook's exhortation
- 12) The "Good Times" family
- 13) Nickname for a noncom
- 18) Winter malady
- 19) Take a seat
- 23) Culinary guru
- 24) It signals danger
- 26) Sound like a snake
- 27) Hairy twin in the Bible
- 28) Freshly cut, as a lawn
- 29) Academy freshman
- 31) Bangkok buck
- 33) "And now, without further ____ ..."
- 34) AAA offerings
- 36) Auctioneer's batch
- 37) Part of a flower
- 38) City in India
- 39) Billiard sticks
- 40) Make-meet connector
- 42) Dried up
- 46) Bottle top capacity
- 48) Some cologne scents
- 49) Get the knots out
- 50) It might go from 1 to 10
- 51) "Rocket Man" singer John
- 52) "Norma ____" (1979 movie)
- 54) San Francisco hill
- 55) Prefix with "jet" or "prop"
- 57) Unnamed quantity
- 59) Stadium seating level
- 60) Famed gymnastics coach Karolyi
- 61) "____ just have to do"
- 62) Changes color
- 64) This puzzle's theme
- 65) ____-two punch

HELP YOURSELF

By Timothy E. Parker



Crossword Solution

ACROSS

- 1) Open a pill bottle
- 6) Peke squeaks
- 10) Celebratory poems
- 14) La ____ University
(Philadelphia school)
- 15) Unglazed pot with a wide mouth
- 16) "____ Las Vegas" (Presley film)
- 17) What "helps the medicine go down," in song
- 20) Take off the books
- 21) Obscuring, in a way
- 22) "Filthy" dough
- 25) Uptight
- 26) Cannabis product
- 30) Oregano, e.g.
- 32) Walled off
- 35) ____-Lorraine (region of France)
- 41) Shortened weapon
- 43) Waterfall phenomenon
- 44) Received a varsity award
- 45) Surgery aftermath
- 47) Type of media
- 48) One in deep thought
- 53) Government operative
- 56) Remove, as a bracelet
- 58) Win, at an auction
- 63) Nondrinking period
- 66) A little over 2 pounds
- 67) Unstable subatomic particle
- 68) Ball charmer
- 69) No longer hidden
- 70) "Can I get you anything ____?"
- 71) Hurdles for graduate students

DOWN

- 1) Superpower no more
- 2) Neck section
- 3) Horse hooves sound
- 4) Moisturizer ingredient
- 5) Colony type
- 6) Not me or them
- 7) Sick
- 8) Sandpiper relative
- 9) Umpire's scream, sometimes
- 10) Developing egg
- 11) Cook's exhortation
- 12) The "Good Times" family
- 13) Nickname for a noncom
- 18) Winter malady
- 19) Take a seat
- 23) Culinary guru
- 24) It signals danger
- 26) Sound like a snake
- 27) Hairy twin in the Bible
- 28) Freshly cut, as a lawn
- 29) Academy freshman
- 31) Bangkok buck
- 33) "And now, without further ____ ..."
- 34) AAA offerings
- 36) Auctioneer's batch
- 37) Part of a flower
- 38) City in India
- 39) Billiard sticks
- 40) Make-meet connector
- 42) Dried up
- 46) Bottle top capacity
- 48) Some cologne scents
- 49) Get the knots out
- 50) It might go from 1 to 10
- 51) "Rocket Man" singer John
- 52) "Norma ____" (1979 movie)
- 54) San Francisco hill
- 55) Prefix with "jet" or "prop"
- 57) Unnamed quantity
- 59) Stadium seating level
- 60) Famed gymnastics coach Karolyi
- 61) "____ just have to do"
- 62) Changes color
- 64) This puzzle's theme
- 65) ____-two punch

HELP YOURSELF

By Timothy E. Parker

1	2	3	4	5		6	7	8	9		10	11	12	13				
U	N	C	A	P		Y	I	P	S		O	D	E	S				
14	S	A	L	L	E		15	O	L	L	A		16	V	I	V	A	
17	S	P	O	O	N		18	F	U	L	O	F	19	S	U	G	A	R
20	R	E	P	E	A	L				21	V	E	I	L	I	N	G	
					22	L	U	C	R	E		25	T	E	N	S	E	
26	H	E	M	P				30	H	E	R	B						
32	I	S	O	L	A	T	E	D		35	A	L	S	A	C	E		
41	S	A	W	E	D	O	F	F		42	S	H	O	T	G	U	N	
43	S	U	N	B	O	W			44	L	E	T	T	E	R	E	D	
							45	S	C	A	R		47	M	A	S	S	
48	M	U	S	E	R		53	A	G	E	N	T						
56	U	N	C	L	A	S	P			58	O	U	T	B	I	D		
63	S	T	A	T	E	O	F	S	O	B	R	I	E	T	Y			
66	K	I	L	O		67	M	U	O	N		68	B	E	L	L	E	
69	S	E	E	N		70	E	L	S	E		71	O	R	A	L	S	



Friendship in the Bible

August

Take 10 minutes each day to read that day's Bible verse and the surrounding passages. Write it in your journal and pray over it. Ask God to reveal to you what He wants to show you through His Word.

1st Proverbs 13:20

2nd Luke 6:31

3rd Proverbs 17:17

4th Philippians 2:3

5th Colossians 3:13

6th Galatians 6:2

7th Proverbs 18:24

8th 1 Samuel 18:4

9th Proverbs 16:28

10th James 4:11

11th 1 Corinthians 15:33

12th Psalm 37:3

13th 2 King 2:2

14th Job 2:11

15th Proverbs 18:24

16th Proverbs 19:20

17th Proverbs 24:5

18th Proverbs 22:24-25

19th Ecclesiastes 4:9-12

20th Colossians 3:12-14

21st Proverbs 27:5-6

22nd John 15:12-15

23rd Proverbs 17:9

24th Proverbs 27:17

25th Proverbs 12:26

26th Job 16:20-21

27th James 4:4

28th Proverbs 27:9

29th Philippians 1:3-5

30th Romans 12:10-11

31st 1 Thessalonians 5:11

www.womanofnoblecharacter.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.

Hydration and Older Adults: Why Water Matters More as You Age

Good hydration is a healthy habit. Because our bodies are made up of 65% water, we need fluids to support important functions, including digestion and temperature regulation. Dehydration happens when we don't drink enough fluids to replace what the body loses throughout the day. As we age, it becomes harder for the body to hold onto water, making it easier to become dehydrated. In fact, up to 40% of adults older than 65 experience chronic dehydration, which can lead to fatigue, confusion, and serious health problems such as life-threatening infections

Why Staying Hydrated Becomes More Challenging

- **Weaker sense of thirst:** The natural impulse to drink water fades over time. One study found that healthy older participants who went without water for 24 hours did not feel as thirsty or experience as much dry mouth as younger participants.
- **Declining kidney function:** The kidneys filter and conserve water, but their efficiency drops with age. This leads to more frequent urination and greater fluid loss.
- **Chronic health conditions:** Illnesses like heart disease and diabetes disrupt fluid balances. For example, heart failure can cause fluid buildup, while high blood sugar from diabetes forces the body to flush out excess glucose through urine.
- **Lower overall water storage:** Natural aging causes a decrease in muscle mass. Because muscles store water, having less muscle means the body retains a lower percentage of total body water content.
- **Mobility challenges:** Physical limitations like arthritis, joint pain, or general mobility issues can make it physically difficult to get up and grab a glass of water.
- **Medications:** Diuretics for high blood pressure and certain diabetes medications accelerate fluid loss by increasing urine output.
- **Poorer temperature regulation:** Research shows that men ages 56–66 have a harder time maintaining a healthy body temperature (98.6°F), making it easier to become dehydrated after sweating during a workout or sitting in the sun.

How to Drink More Water as You Age

The daily fluid recommendations for adults ages 65 and older are 13 cups for men and 9 cups for women, though individual needs may vary. You can take a proactive approach to your health with these simple habits:

- **Eat water-rich foods:** Incorporate fruits and vegetables with high water content—like watermelon, cucumbers, and strawberries—into every meal. Clear broths and soups are also great choices during colder months, provided they align with your sodium restrictions.

Continued on next page...

- **Keep water within reach:** You are more likely to drink water if it is convenient. Keep a water bottle nearby throughout the day.
- **Make water more exciting:** If plain water bores you, freeze fruit, herbs, or coconut water into ice cubes to create a slow-release flavor boost.
- **Sip through a straw:** Using a reusable stainless steel or silicone straw often prompts people to drink more fluids without even realizing it.
- **Create healthy drinking habits:** Build a routine by linking hydration to an existing habit. For instance, drink a glass of water every time you use the restroom to consistently replace lost fluids.

Take the Next Step

To learn more about how better hydration can promote healthy aging, reach out to your primary care physician.

7 Layer Tex-Mex Dip

2 cans of Frito Bean Dip

2 Cups Avacado Dip- Buy 15oz. of mild Guacamole dip

1 large Sour Cream -Mix in 2 pkgs of Taco Seasoning mix

1 Cup chopped tomatoes

¾ Cup chopped green onions

1 small can of black olives-chopped

2 Cups Fiesta Blend Shredded cheese

Spread in container one layer at a time, spreading each layer up to the sides.

Then add tomatoes, onions, black olives and spread cheese piling on top.

Refrigerate and make the night before.

This feeds a crowd.

You can cut recipe in ½ if only 8-10 people.

Can make your own avacado dip.





Bivins Village Apts.
Next Distribution: August 18th
Starting at 8:30AM



Macros: Carbohydrates & Fiber

Macronutrients are types of foods that are needed in large quantities in the diet. These include carbohydrates, fiber, proteins, fats, cholesterol, and water.

Carbohydrates (or carbs) are one of the main nutrients in our diet. They provide energy for our body. There are three main types of carbs found in foods: sugars, starches, and fiber. Your body needs all three forms to function properly, and many different foods contain one or more type.

Sugars and most starches are broken down by the body into glucose, which circulates in the blood to be used as energy. Eating too many carbs in the form of processed, starchy, or sugary foods can increase your total calories, which can lead to weight gain. It can also lead you to not consume enough fat and protein. Severely restricting carbohydrates can cause ketosis, when the body uses fat for energy because there are not enough carbs.

Fiber is not broken down by the body. There are two types of fiber. *Insoluble* fiber adds bulk to your stools so you stay regular. *Soluble* fiber helps lower cholesterol levels and can help control blood sugar. Both types of fiber can help you to feel full and stay at a healthy weight.

● **SUGARS: Simple carbs**

- Occur naturally in nutrient-rich foods such as fruits and dairy products.
- Some foods have added sugar, such as candy, pastries, sodas and syrups.
- Refined grains with added sugar lack nutrients: vitamins, minerals, and fiber. Therefore, these foods provide "empty calories" and can lead to weight gain.

● **STARCHES: Complex carbs**

- Found in various beans and legumes, starchy vegetables such as potatoes and corn, and whole grains such as brown rice, oats, barley, and quinoa. These foods are often also rich in fiber.
- Refined grains, such as those found in pastries, white bread, crackers, and white rice lack B vitamins and other important nutrients unless they are marked "enriched." Foods made with refined or "white" flour contain less fiber and protein than whole-grain products and do not help you feel as satisfied.

● **FIBER: High-fiber foods include:**

- Whole grains, beans and legumes, vegetables and fruit, nuts and seeds.

MORE INFORMATION: <https://www.nal.usda.gov/human-nutrition-and-food-safety/>

Creamy Salmon and Corn Chowder



INGREDIENTS

- 1 can (14 oz) salmon, drained and flaked
 - 1 can (15 oz) corn, drained
 - 1 can (15 oz) peas, drained (optional, for added vegetables)
 - 4 cups (32 oz) milk
 - 12 oz American cheese, cut into small pieces
 - Simple spices:
 - 1 teaspoon onion powder
 - 1 teaspoon garlic powder
 - 1 teaspoon dried parsley
 - ½ teaspoon black pepper
 - ½ teaspoon paprika (optional)
 - Optional:
 - 1 cup uncooked rice, cooked separately and stirred in before serving
-



DIRECTIONS

1. Pour the milk into a large soup pot. Heat over medium-low heat, stirring occasionally. Do not let the milk boil.
 2. Add the American cheese a handful at a time. Stir continuously until the cheese melts completely and the soup base is smooth.
 3. Stir in the onion powder, garlic powder, parsley, black pepper & paprika (if using).
 4. Gently stir in the flaked salmon, corn, peas (if using). Reduce heat to low.
 5. Simmer for 10-15 minutes, stirring occasionally.
 6. Optional: For a thicker, more filling meal, stir in 2-3 cups of cooked rice during the last 5 minutes of cooking.
-



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.



August *15-Minute Daily* Deep Cleaning *Calendar*

	S	M	T	W	T	F	S
2 LAST DAYS	30 Spot clean the front door.	31 Clean the doormats by the entryway.	28 	29 	30 	31 Clean the baseboard in the living room.	
2	Vacuum under the couch cushions and under the furniture.	3 Dust the ceiling fan blades.	4 Wipe down door handles and light switches.	5 Spot clean the walls in the living room.	6 Polish any wood furniture in the living room.	7 Wipe down window sills and tracks in the living room.	8 Fluff and rotate the cushions in the living room.
9	Dust behind the TV & entertainment center.	10 Clean-upholstered furniture using a steam cleaner or fabric cleaner.	11 Clean inside the microwave.	12 Wipe down the kitchen cabinet doors.	13 Deep clean the kitchen sink and drain.	14 Clean the oven door glass.	15 Clean and organize the spice shelf.
16	Clean the dishwasher.	17 Deep clean the bed frame and headboard.	18 Spot clean the walls in the bedrooms.	19 Flip and rotate the mattress.	20 Vacuum the mattress and under the bed.	21 Wipe down window sills and tracks in the bedrooms.	22 Clean the nightstands.
23	Spot clean area rugs or carpets in the bedrooms.	24 Dust frames and artwork.	25 Clean the air vents.	26 Scrub the grout in the bathroom.	27 Deep clean the toilet base.	28 Scrub the shower head.	29 Run a cleaning cycle on the laundry machine.