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Amanda Copeland
Property Manager

A Message from **Amanda**

Summer is in full swing, and we hope you're finding plenty of opportunities to enjoy the season!

A reminder as the year goes on -

If you receive a notice from Social Security or SSI regarding any change to your income, please bring it to the office immediately. This can affect your rent.

If you receive something from Medicaid or Social Security that you do not understand or you need help with, please come to the office and we will help you. We do not want you to lose any benefits because you didn't respond timely to a request from one of these agencies!



June at the **Village**

We helped residents beat the heat and welcome the summer season with in June with an ice cream social! We enjoyed different toppings and getting to visit with everyone.

We also had fun making an American flag clothespin wreath just in time for the July 4th holiday.



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:

Jon Mosley | Apt. #205

What made you choose Bivins Village?

Melinda, she was very accommodating to his needs.

What hobbies or activities do you enjoy the most?

Wood working.

Sandra Murphy | Apt. #214

What are you most looking forward to living here?

Peace and quiet, the people are very nice.

What is something you've always enjoyed?

Games.

July Birthdays

Wishing everyone in July a very Happy Birthday!

All residents below will receive cookies and don't forget to join us in celebrating with a party on **July 21** in the Building A Community Room.

July 2

Lucinda Gray | Apt. #23

July 2

Rosa Figueroa | Apt. #106

July 5

Betty Martin | Apt. #401

July 5

Marilyn Headings | Apt. #505

July 7

Richard Ramirez | Apt. #406

July 16

Marsha Favor | Apt. #8

July 18

Jackie Privett | Apt. #108

July 18

Sara Quirino | Apt. #513

July 27

Anthony Love | Apt. #418

July 30

Emma Johnson | Apt. #413

July 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
29	30	1 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	2 A 8:00 Indoor Walk J 10:00 Chair Yoga July 4 th Picnic & Cornhole A 11:00 A 3:00 BINGO	3 Office Closed For the July 4 th Holiday
6 A 10:00 Chair Yoga A2 1:30 Table Games	7 A 8:00 Indoor Walk J 10:00 Chair Yoga Canasta Card Game A 1:00 - 2:30 A 3:00 BINGO	8 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	9 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Monthly Craft A 3:00 BINGO	10 Security Meeting A 10:00 A2 1:30 Table Games
13 A 10:00 Chair Yoga A2 1:30 Table Games	14  Library A 2:30 A 8:00 Indoor Walk J 10:00 Chair Yoga Wii Bowling A 1:00 - 2:45 A 3:00 BINGO	15 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	16 A 8:00 Indoor Walk J 10:00 Chair Yoga A/J 1:00 Movie A 3:00 BINGO	17 A 10:00 Chair Yoga A2 1:30 Table Games
20 A 10:00 Chair Yoga A2 1:30 Table Games	21 A 8:00 Indoor Walk J 10:00 Chair Yoga Crafts with Nelda A 1:00 - 2:45 A 3:00 BINGO	22 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	23 A 8:00 Indoor Walk J 10:00 Chair Yoga Bunco Birthday Social A 1:00 - 2:00 A 3:00 BINGO	24 A 10:00 Chair Yoga A2 1:30 Table Games
27 A 10:00 Chair Yoga A2 1:30 Table Games	28 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Monthly Craft A 3:00 BINGO	29 A 8:00 Indoor Walk A 10:00 Chair Yoga Dominoes A 1:00 - 2:45 A 3:00 Diamond Art	30 A 8:00 Indoor Walk J 10:00 Chair Yoga A/J 1:00 Movie A 3:00 BINGO	31 A 10:00 Chair Yoga Senior Dance A 2:30 - 4:30

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, July 5 and July 19 at 6:00 PM in Building J.

Special Events



July 4th Picnic and Cornhole July 2 | 11:00 AM

We are celebrating 250 years of America with hot dogs, music, and a game of cornhole! We hope you'll join us for a time to gather and have fun for the 4th of July holiday!



Security Meeting July 10 | 10:00 AM

Katharyn Wiegand, President and CEO of the Mary E. Bivins Foundation, will be at Bivins Village to hold the regular security meeting and speak with residents. We'll discuss safety on and around the property.



Crafts with Nelda July 21 | 1:00 PM - 2:45 PM



Senior Dance July 31 | 2:30 PM - 4:30 PM

Get ready for an afternoon 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. Bring your song requests to Veronica!

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

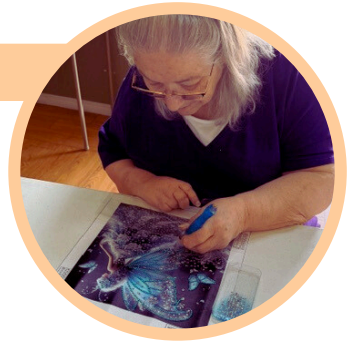
The first Wednesday of every month at 1:00 PM in Building J and the third Wednesday of every month at 1:00 PM in Building A..

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.



July Craft Hello Summer Wall Hanger

Celebrate the summer season with this beach-themed craft. We'll paint popsicle sticks and create a wall hanger with sea shells, stickers, and other accents of your choice.

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.

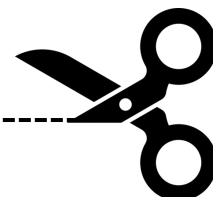
Facilitated by Carly Hamel, Apt. 307. All are welcome!



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 3, 5:00 PM - July 8, 12:00 PM

Order Form Due:
July 8 at 12:00 PM

Order Pickup at the Market:
July 15

Building J

Order Form Available:
July 17, 5:00 PM - July 22, 12:00 PM

Order Form Due:
July 22 at 12:00 PM

Order Pickup at the Market:
July 29

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.

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.

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.



Find more community resources near the Main Office.

Aging in Place Resources

Find community resources for older adults from the Mary E. Bivins Foundation at SeniorHungerSolutions.org.

As we grow older, the right support can make it easier to remain independent and continue living in the community we call home. The Aging in Place Resource Guide connects older adults and their families with trusted local information designed to help navigate everyday needs and unexpected challenges. It includes topics such as transportation, caregiving, support groups, and veteran services, bringing helpful information together in one place.

What is the Aging in Place Resource Guide?

It is a free online collection of community resources relevant to Amarillo and the Texas Panhandle, covering the top 26 counties. It is designed to help older adults stay independent and connected as their needs change over time.

How do I use the guide?

The guide is organized into 19 different resource categories, making it easy to find information on specific topics such as transportation, caregiving, support groups, and veteran services. You can search by category to quickly find the type of help or information you are looking for.

Where can I find the guide?

The Aging in Place Resource Guide is available at:
SeniorHungerSolutions.org/Aging.



www.hillcountryart.com



July Word Search

AIRPORT
AIRPLANE
BEACH
FLIGHT
FUN

HOLIDAY
HOTEL
MOTEL
PACK
PASSPORT

POOL
RELAX
SUNSHINE
TICKET
TRAVEL

TRIP
VACATION
WINDOW

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

July Crossword

ACROSS

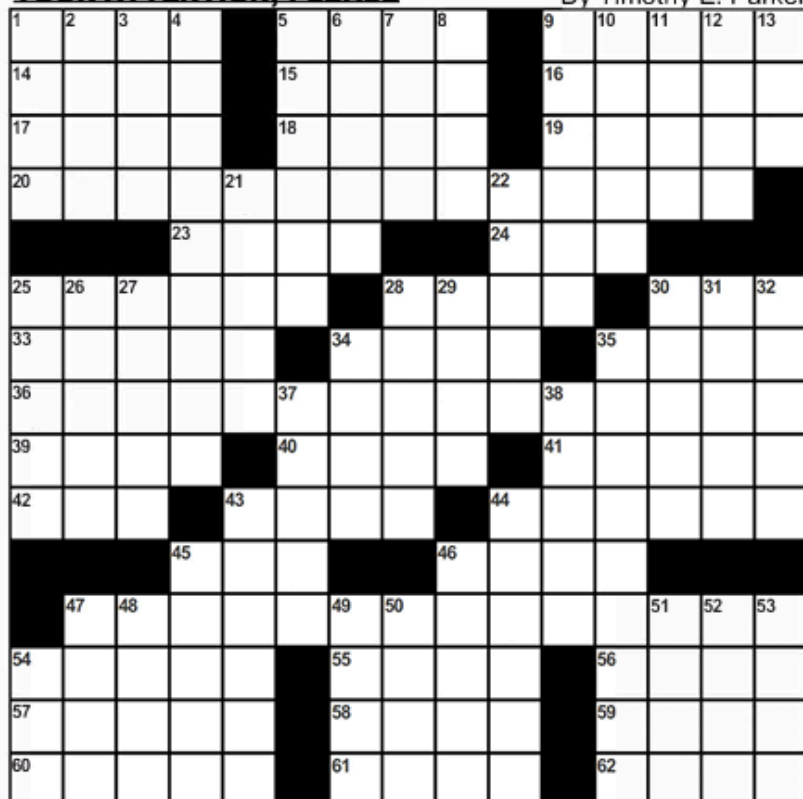
- 1) It's mounted on runners
- 5) Corleone in "The Godfather"
- 9) Illegal inducement
- 14) Serve the iced tea
- 15) ___ horse (locomotive)
- 16) Happen again
- 17) Hairstyle that's picked?
- 18) Like a lemon
- 19) Love to pieces
- 20) Is absolutely relentless
- 23) Cabbagelike veggie
- 24) Ballpark official, briefly
- 25) Spars that cross a sail
- 28) All hail them?
- 30) It can be an X or an O
- 33) It's charged
- 34) Cornmeal dish
- 35) Search, as for compliments
- 36) Goes around with bad intentions
- 39) Bugs on a hill
- 40) Top-of-the-line
- 41) Food for frogs
- 42) "All right!"
- 43) Britain, to the U.S.
- 44) "Finally!"
- 45) First word said after a birth
- 46) Have roots in (with "from")
- 47) Is as stubborn as a mule
- 54) Winged honker
- 55) Vigorous enthusiasm
- 56) Do as one's told
- 57) Nasal congestion locale
- 58) Vending-machine offering
- 59) Cyrano's large feature
- 60) Plus column entry
- 61) Capsize (with "over")
- 62) Collectors' goals

DOWN

- 1) Health club features
- 2) Hay or choir area
- 3) Dollar relative
- 4) Old field goal attempts
- 5) Heart rate, blood pressure, temperature, etc.
- 6) Good and steamed
- 7) Utterly undecided
- 8) Aware of, as a scam
- 9) Lullaby composer Johannes
- 10) Get more fondue
- 11) Desktop graphic symbol
- 12) Small town
- 13) Bard's "before"
- 21) Fills to excess
- 22) Starchy veggie
- 25) Spread apart, as fingers
- 26) Face downward
- 27) Civil disturbances
- 28) Like a Kansan's trite joke?
- 29) Poker-pot starter
- 30) Bone or flute
- 31) Tropical spots
- 32) Word with "medicine" or "cedar"
- 34) Place to swim
- 35) Monthly lunar phenomena
- 37) Not true
- 38) Quite a bit
- 43) Provide evidence for
- 44) Hardly melodious
- 45) 1/12 of a subscription, often
- 46) Lacking freshness
- 47) Clark's partner
- 48) Electrically charged particles
- 49) A real head-turner
- 50) Gin flavorer
- 51) Woodwind with a pastoral sound
- 52) Bluebird's residence
- 53) Things that may twinkle
- 54) Government procurement org.

YOUR ATTENTION, PLEASE

By Timothy E. Parker



Crossword Solution

ACROSS

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- 15) ___ horse (locomotive)
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1	S	L	E	D		5	V	I	T	O		9	B	R	I	B	E
14	P	O	U	R		15	I	R	O	N		16	R	E	C	U	R
17	A	F	R	O		18	T	A	R	T		19	A	D	O	R	E
20	S	T	O	P	S	21	A	T	N	O	22	T	H	I	N	G	
					23	K	A	L	E		24	U	M	P			
25	S	P	R	I	T	S		28	C	A	B	S		30	T	I	C
33	P	R	I	C	E		34	P	O	N	E		35	F	I	S	H
36	L	O	O	K	S	37	F	O	R	T	R	O	38	U	B	L	E
39	A	N	T	S		40	A	O	N	E		41	F	L	I	E	S
42	Y	E	S		43	A	L	L	Y		44	A	T	L	A	S	T
				45	I	T	S		46	S	T	E	M				
	47	L	I	S	T	E	N	49	S	T	O	N	51	O	N	E	53
54	G	O	O	S	E		55	E	L	A	N		56	O	B	E	Y
57	S	I	N	U	S		58	C	O	L	A		59	N	O	S	E
60	A	S	S	E	T		61	K	E	E	L		62	S	E	T	S



July

SCRIPTURE WRITING PLAN

Seeking the Truth

- | | |
|--------------------------|-------------------------------|
| Day 1: Psalm 15:2-5 | Day 17: 1 Corinthians 2:12-13 |
| Day 2: Psalm 25:5 | Day 18: Ephesians 1:13-14 |
| Day 3: Psalm 51:6 | Day 19: Ephesians 4:15-16 |
| Day 4: Psalm 86:11 | Day 20: Ephesians 4:25 |
| Day 5: Psalm 119:160 | Day 21: Ephesians 6:13-15 |
| Day 6: Proverbs 12:17 | Day 22: 1 Timothy 3:15 |
| Day 7: Isaiah 45:18-19 | Day 23: 2 Timothy 2:15 |
| Day 8: Zechariah 8:16-17 | Day 24: 2 Timothy 4:3-5 |
| Day 9: John 1:14, 17 | Day 25: Hebrews 10:26 |
| Day 10: John 4:23-24 | Day 26: James 1:18 |
| Day 11: John 8:31-32 | Day 27: James 5:19-20 |
| Day 12: John 14:5-7 | Day 28: 1 Peter 1:22 |
| Day 13: John 14:15-17 | Day 29: 2 Peter 2:1-2 |
| Day 14: John 17:13-19 | Day 30: 1 John 3:18-19 |
| Day 15: John 18:37-38 | Day 31: 3 John 2-4 |
| Day 16: Romans 2:6-8 | |

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

The Ruffled Mango

Tips for Aging Well

Bringing you practical guidance for healthy, confident aging.

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

July is Social Awareness Month

Social wellness refers to the ability to interact with people around you. It involves using good communication skills, having meaningful relationships, respecting yourself and others and creating a support system that includes family members and friends. **The social dimension of wellness involves developing, nourishing and encouraging satisfying relationships.**

Social wellness is one of the eight dimensions of wellness, which also include emotional, financial, physical, and spiritual wellness. Social wellness is an important aspect of good mental health, although each aspect of wellness can affect overall quality of life.

July is considered Social Wellness Month, so it's a good time to take a step back and look at the connections you've made in your life. **For seniors, staying socially active can be just as effective as exercise for improving your mood and quality of life.** Use this month to develop some new friendships and get reacquainted with those you may have lost touch with. Research shows that socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who maintain good social relationships.

Some good ways to improve your own social wellness this month include:

- **Talk to a friend.** Call or visit someone you may not have spoken to in a while and have a positive interaction. Really listen and find out what is important or what issues the person has been facing. Practice empathy by putting yourself in the person's shoes.
- **Know your needs.** Get to know your own personal needs, and find people who can help nurture those needs. While pursuing your own needs, help others with theirs. Talk to people who are supportive of your needs.
- **Allow others to care for you.** Sometimes it can be difficult to admit when there's something you can no longer accomplish on your own. When you need assistance with something, even if it's just going to the grocery store or household chores, allow the people who care about you to help you. There's no shame in admitting you can't do it all on your own.
- **Develop a new friendship.** You're never too old to make a new friend, so don't be afraid to go up and talk to a peer. Enjoy being with others. Social interactions help improve your mood and enhance your self-esteem. Remember, sometimes laughter really is the best medicine.

Continued on next page...

- **Relax and find inner peace.** Relaxation is a great way to clear your mind and find inner happiness. Rest and get a good night's sleep- sleep is just as important as leading an active life to keep you alert and healthy.

Social wellness helps create an overall feeling of good health and wellness in mind, body and soul. If you're curious about your own social wellness, this quiz provided by [Definition of Wellness](#) assesses your current situation. Read each statement slowly and respond honestly. Use your score as a guide as to how your current social situation can be improved, if necessary.

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- ____ 1. I contribute time and/or money to social and community projects.
- ____ 2. I am committed to a lifetime of volunteerism.
- ____ 3. I exhibit fairness and justice in dealing with people.
- ____ 4. I have a network of close friends and/or family.
- ____ 5. I am interested in others, including those from different backgrounds than my own.
- ____ 6. I am able to balance my own needs with the needs of others.
- ____ 7. I am able to communicate with and get along with a wide variety of people.
- ____ 8. I obey the laws and rules of our society.
- ____ 9. I am a compassionate person and try to help others when I can.
- ____ 10. I support and help with family, neighborhood, and work social gatherings.

____ **Total for Social Wellness Dimension**

Score: **15 to 20 Points** – Excellent strength in this dimension.

Score: **9 to 14 Points** – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. **Remember: The goal is balanced wellness.**



MARY E. BIVINS
FOUNDATION



OFFICE & GROUNDS *Tours*



SEE WHERE
WE WORK.
LEARN ABOUT
OUR HISTORY.



Join us for a guided tour of the
Mary E. Bivins Foundation office and
grounds in Amarillo, TX.



LEARN about our mission
EXPLORE our beautiful grounds
CONNECT with our team

*We look forward to
welcoming you!*



**MAXIMUM OF 8 PEOPLE
EACH TOUR DAY**



**SEE AMANDA TO
SIGN UP FOR TOUR**
(NO TRANSPORTATION PROVIDED)

TOUR DATES



JULY 9



JULY 15



JULY 20



JULY 23



9:00 AM – 10:30 AM





Bivins Village Apts.
Next Distribution: July 21st
Starting at 8:30AM



Monitoring Hydration Levels

As the weather warms, the risk for dehydration increases. Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Anyone can become dehydrated, but the condition is especially dangerous for older adults.

Older adults naturally have a lower volume of water in their bodies, and may have health conditions or take medications that increase the risk of dehydration. This means that even minor illnesses, such as infections affecting the lungs or bladder, can result in dehydration in older adults. Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill.

Symptoms of dehydration in adults:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion
- Irritability
- Headache

Hydration tips:

- Consume water-rich foods such as cucumber, watermelon, tomatoes, celery, lettuce, soups or stews.
- Carry a water bottle with you.
- Avoid or reduce consumption of alcohol, which is a diuretic.
- Make hydrating a part of your routine, such as drinking a glass of water every morning and after meals

TIPS FOR
STAYING HYDRATED
WITH OLDER AGE

Drinking enough fluid throughout the day is important for older adults (65+).

SIGNS OF DEHYDRATION



Thirst, dry lips, or dry mouth



Flushed skin



Headache



Dark yellow, strong-smelling urine



Dizziness and/or fainting



Low blood pressure and high heart rate

HOW TO STAY HYDRATED

1. DRINK REGULARLY



Drink 8 cups* of fluid each day. This includes water, milk, coffee, tea, and soup. *1 cup = 250 mL

2. CHOOSE WATER



Choose water when you are thirsty. Drink water when you wake up, and during meals and snacks.

3. PLAN AHEAD



Drink more in hot weather and when you are active. Keep a bottle or glass of water with you during the day, and re-fill it regularly.

Mild Chili Rice Bowls



INGREDIENTS

- 1 can Chili with Beans (15 oz)
- 1 can Diced Tomatoes (15 oz)
- 1 can Corn (15 oz), drained
- 1 cup Rice
- 2 cups water
- Optional:
 - 1/2 cup Milk
 - 1/2–1 cup American Cheese
- Simple spices:
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp mild chili powder
 - 1/4 tsp cumin



DIRECTIONS

1. Cook 1 cup of rice with 2 cups of water. Bring to a boil, cover, lower heat, and cook 15–18 minutes until soft. For extra-soft rice, add 1/4–1/2 cup more water and cook a little longer.
2. In another pot, combine chili with beans, diced tomatoes, drained corn, (optional) garlic powder, onion powder, chili powder, and cumin. Heat on medium-low for 8–10 minutes, stirring occasionally. For a softer, milder mixture, you can add a little milk, mash some beans and corn, or stir in cheese until melted.
3. Serve by putting the rice in bowls and spooning the chili mixture on top. For a softer casserole-style meal, mix the rice directly into the chili and cook 2–3 more minutes together.



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.

