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A Message from



Amanda Copeland
Property Manager

Welcome to September! As we transition into autumn, we have a few important community updates and seasonal reminders to ensure our property stays beautiful and safe for everyone.

🍁 **Labor Day Holiday Closure**

Our office will be **closed on Monday, September 7, 2026**, in observance of Labor Day.

- For any **emergency maintenance requests** during the holiday, please call our 24/7 emergency line 806-342-5530.
- Regular office hours will resume on Tuesday, September 8.

🍂 **Annual Fall Clean-Up**

Help us keep our community looking its best as the seasons change. Please take a moment to refresh your space:

- **Patios & Entries:** Remove or neatly store summer items, clutter, and dead plants.
- **Common Areas:** Keep walkways, stairwells, and entryways completely clear of personal belongings.

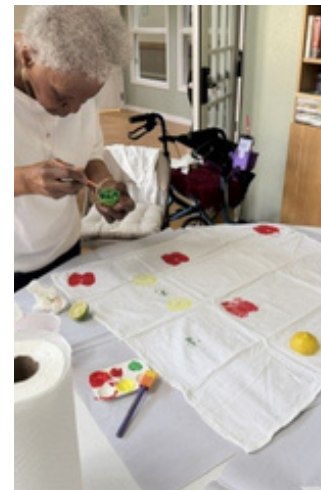
Thank you for your cooperation in maintaining a clean and pleasant environment for all residents!



at the **August Village**

Nothing says summer quite like watermelon! With over 35 days of 100+ weather, we cooled down with an afternoon in the Building A Community room and enjoyed one of the season's favorite treats.

We also created tea towels with paint stamps made from fruit! Keep an eye out for crafts you can join in September!



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?

September Birthdays

Wishing everyone in September a very Happy Birthday!

All residents below will receive cookies and don't forget to join us in celebrating with a party on **September 24** in the Building A Community Room.

September 3

Bobbie Clark | Apt. 303

September 5

Lynne Guyette | Apt. 512

September 6

Geraldine Stephens | Apt. 101

September 12

Pamela Akers | Apt. 409

September 13

Gerardo Trujillo | Apt. 318

September 13

Margaret Acklin | Apt. 113

September 14

Lidia Anaya | Apt. 114

September 14

Steven Thurman | Apt. 12

September 24

Cheryl Kelley | Apt. 202

September 27

Carleen Hamel | Apt. 307

September 28

Debra Rivera | Apt. 206

September 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
31	1 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Canasta A 3:00 BINGO	2 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	3 A 8:00 Indoor Walk J 10:00 Chair Yoga Spaghetti Bash A 11:30 - 12:30 A 3:00 BINGO	4 A 10:00 Chair Yoga A2 1:30 Table Games
7 A 10:00 Chair Yoga A2 1:30 Table Games	8 A 8:00 Indoor Walk J 10:00 Chair Yoga Word Game A 1:00 - 2:00 A 3:00 BINGO	9 A 8:00 Indoor Walk Vaccine Clinic A 9:00 - 11:00 Uno Card Game A 1:00 - 2:00 A 3:00 Diamond Art	10 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Movie A 3:00 BINGO	11 A 10:00 Chair Yoga A2 1:30 Table Games
14 A 10:00 Chair Yoga A2 1:30 Table Games	15  Library A 2:30 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Monthly Craft A 3:00 BINGO	16 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 1:00 Rummikub A 3:00 Diamond Art	17 A 8:00 Indoor Walk J 10:00 Chair Yoga J 1:00 Monthly Craft A 3:00 BINGO	18 A 10:00 Chair Yoga A2 1:30 Table Games
21 A 10:00 Chair Yoga A2 1:30 Table Games	22 A 8:00 Indoor Walk J 10:00 Chair Yoga Word Game A 1:00 - 2:15 A 3:00 BINGO	23 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Dominoes A 3:00 Diamond Art	24 A 8:00 Indoor Walk J 10:00 Chair Yoga Birthday Social A 1:00 - 2:00 A 3:00 BINGO	25 A 10:00 Chair Yoga A 1:00 Colby Crafts A2 2:00 Table Games
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	2

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, Sept. 6 and 20 at 6:00 PM in Building J.

Special Events



Games! All Month

Check out the calendar for a special feature of new games this month including gatherings to play Canasta, Dominoes, Uno, and two word games on September 8 and 22: **"How many words can you make?"** and **"Say it, without it!"**



End of Summer Spaghetti Bash September 3 | 11:30 AM - 12:30 PM

We are ushering summer out and welcoming the fall on September 3 with a special spaghetti lunch! Join us for food and fellowship this day as we reflect on the changing of the seasons.



Vaccine Clinic September 9 | 9:00 AM - 11:00 AM

Stop by the Building A Community Room to get your vaccines ahead of the fall from Martin Tipton Pharmcy.



Crafts with Colby is Back! September 25 | 1:00 PM

The Amarillo Museum of Art is now back after the summer break and we are kicking off with a craft on Friday, September 25. You won't want to miss the return of this monthly activity with hands on instruction and guidance from AMOA.

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

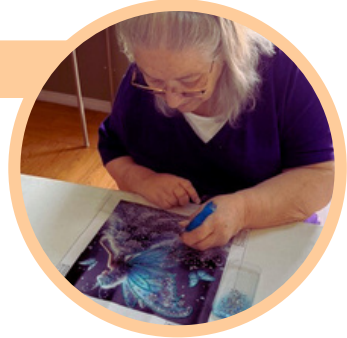
Every month in Building J and in Building A.

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.



September Craft **Fall Pinecone Wreaths**

This month, we're turning pinecones into beautiful fall flowers! Paint your pinecone blooms in warm autumn colors, then add bows and other decorations to create a cheerful wreath that will bring a touch of fall to the halls of Bivins Village.

We hope you'll join us!

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

Once a month 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.

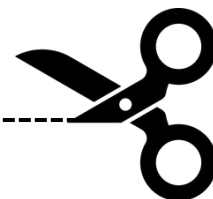
Facilitated by Carly Hamel, Apt. 307. All are welcome!



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:

August 28, 5:00 PM - September 2, 12:00 PM

Order Form Due:

September 2 at 12:00 PM

Order Pickup at the Market:

September 9

Building J

Order Form Available:

Sept. 11, 5:00 PM - Sept. 16, 12:00 PM

Order Form Due:

September 16 at 12:00 PM

Order Pickup at the Market:

September 23

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



BIVINS MARKET

Changes are Coming to Bivins Market

September will be 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, 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.

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

Please be sure to pick up your orders on September 9 and 23.

Bivins Market will re-open on October 19.



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.

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.

Affordable Dental Care

Regence Health Network, RHN, provides a comprehensive array of affordable dental services in Amarillo.

Dental services are not covered by traditional Medicare (Parts A and B). While some Medicare Advantage plans may offer limited services, they often do not cover any extensive work that may become necessary as we age.

RHN provides a solution for older adults to access the care they need at a price they can afford.

What services do they offer?

Services include cleanings, digital X-rays, and preventive care, fillings, extractions, and dentures.

What payment options do they have?

RHN utilizes a sliding scale based off of the individual's income to assess the cost of dental services.

All RHN Dental locations now offer Cherry financing – so you can get the treatment you need now and pay over time.

Where can I learn more?

Visit the Regence Health Network website to learn more about dental services <https://rhnmd.com/dental-services/>

Contact their office for more information and to schedule an appointment at **806-374-7341**.

Fall Hidden Objects!



September Word Search

ACORN	APPLES	AUTUMN	BACKPACK
BOOKS	COLORS	EQUINOX	FOOTBALL
HARVEST	LABOR DAY	LEAVES	LIBRA
PATRIOT DAY	RAIN	ROSH HASHANAH	SCHOOL
SEPTEMBER	THIRTY	VIRGO	WARM
WEATHER			



September Crossword

ACROSS

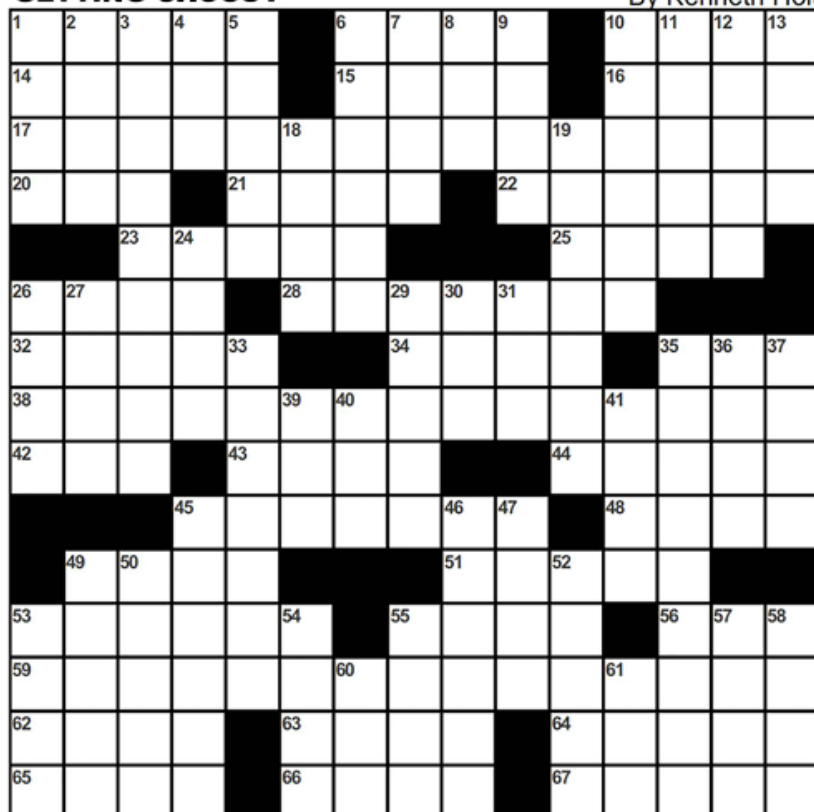
- 1) Glitterati
- 6) Kerplunk
- 10) Starter for "chute" or "sail"
- 14) Elizabeth of cosmetics
- 15) "Tomb Raider" superhero
- 16) Ear-related
- 17) Law of the jungle
- 20) Come to understand
- 21) They may be black-eyed
- 22) Churchill successor
- 23) Smoke detectors
- 25) Single and double, e.g.
- 26) Pressing letters
- 28) Kingly trappings
- 32) Natalie and the old king
- 34) Large-scale
- 35) Word with "date" or "process"
- 38) Halloween tradition
- 42) Memb. of Congress
- 43) Machu Picchu resident
- 44) Lady vampire
- 45) Forms mental pictures
- 48) No longer working (Abbr.)
- 49) Await
- 51) Ancient Roman calendar day
- 53) Heart up one's sleeve?
- 55) Source of trouble
- 56) However briefly?
- 59) Using any means
- 62) Descried
- 63) Capital of Cambodia?
- 64) 38th parallel peninsula
- 65) A Dumas
- 66) Captain's heading
- 67) Run down

DOWN

- 1) Be bratty with
- 2) Like a sharpshooter's aim
- 3) Trademark name for a hormone
- 4) Gun an engine
- 5) Cuts
- 6) "The magic word"
- 7) Ho Chi Minh Trail nation
- 8) Bobby of hockey
- 9) Smurf elder
- 10) Shakespearean heroine
- 11) To one side
- 12) Ascends
- 13) Head woe
- 18) Make a sharp turn
- 19) Practicing moral values
- 24) Famous cartel initials
- 26) Takes the bull by the horns
- 27) Still aching
- 29) Determine
- 30) Tax time (Abbr.)
- 31) It's not to be believed
- 33) Old word after "23"
- 35) Five-and-10
- 36) Motel room
- 37) Euphemistic sound of shock
- 39) It contains four quarters
- 40) Company whose mascot was Nipper
- 41) Scale adjustment
- 45) Chant in an unvarying voice
- 46) Make possible
- 47) JVC competitor
- 49) Check entry
- 50) Upper atmosphere
- 52) Scrawny chicken parts
- 53) 1/2 fl. oz.
- 54) Stew ingredient
- 55) Fonda's role in "Klute"
- 57) Freed of weeds
- 58) In decent shape
- 60) Dressing ingredient
- 61) Lobster eggs

GETTING CHOOSY

By Kenneth Holt



Crossword Solution

ACROSS

- | | |
|-----------------------------------|--------------------------------|
| 1) Glitterati | 42) Memb. of Congress |
| 6) Kerplunk | 43) Machu Picchu resident |
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GETTING CHOOSY

By Kenneth Holt

1	S	2	T	3	A	4	R	5	S		6	P	7	L	8	O	9	P		10	P	11	A	12	R	13	A
14	A	15	R	16	D	17	E	18	N		19	L	20	A	21	R	22	A		23	O	24	T	25	I	26	C
17	S	18	U	19	R	20	V	21	I	22	V	23	E	24	O	25	R	26	P	27	E	28	R	29	I	30	S
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32	C	33	O	34	L	35	E	36	S		37	E	38	P	39	I	40	C		41	D	42	U	43	E	44	
38	T	39	R	40	I	41	C	42	K	43	O	44	R	45	T	46	R	47	E	48	A	49	T	50	I	51	G
42	S	43	E	44	N		45	I	46	N	47	C	48	A		49	L	50	A	51	M	52	I	53	A	54	
		45	I	46	D	47	E	48	A	49	T	50	E	51	S		52	R	53	E	54	T	55	D			
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53	T	54	A	55	T	56	T	57	O		58	O	59	B	60	A	61	N	62	E	63		64	T	65	H	66
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62	S	63	E	64	E	65	N		66	R	67	I	68	E	69	L		70	K	71	O	72	R	73	E	74	A
65	P	66	E	67	R	68	E		69	A	70	L	71	E		72	S	73	E	74	E	75	D	76	Y	77	

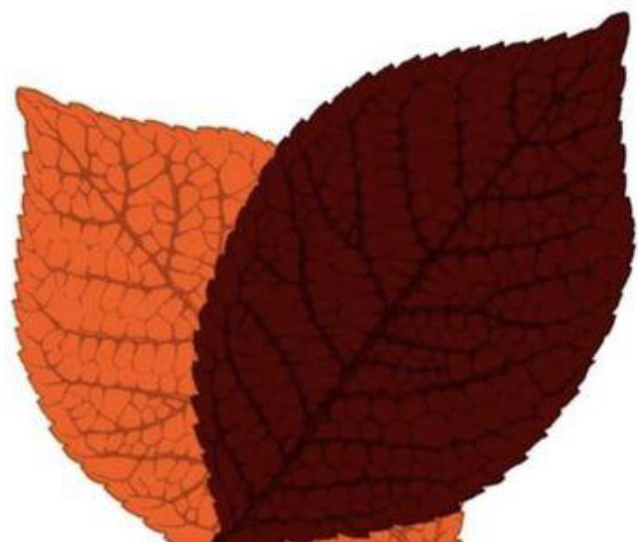


September

Courage

Day 1 – Joshua 1:9
Day 2 – Deuteronomy 31:6
Day 3 – 2 Timothy 1:7
Day 4 – Proverbs 28:1
Day 5 – Psalm 27:14
Day 6 – Psalm 31:24
Day 7 – Ephesians 6:10-11
Day 8 – Psalm 112:6-8
Day 9 – Isaiah 41:10
Day 10 – Psalm 16:8
Day 11 – Isaiah 12:2
Day 12 – Psalm 56:3-4
Day 13 – Psalm 27:1-3
Day 14 – 1 Corinthians 15:58
Day 15 – John 14:27
Day 16 – Ephesians 3:8-12
Day 17 – Acts 4:29-31
Day 18 – Hebrews 4:14-16
Day 19 – Hebrews 10:19-23

Day 20 – 1 John 5:14-15
Day 21 – Romans 8:15
Day 22 – Acts 1:8
Day 23 – Luke 10:19
Day 24 – 2 Corinthians 12:9
Day 25 – 1 Corinthians 4:20
Day 26 – Colossians 1:9-14
Day 27 – Ephesians 3:14-19
Day 28 – Isaiah 40:29-31
Day 29 – 2 Corinthians 3:9-12
Day 30 – Ephesians 3:20-21



alyssajhoward.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.

September is Healthy Aging Month:

A time to prioritize your health and raise awareness for cancer prevention and early treatment.

As we embrace the arrival of September, it's a perfect time to focus on healthy aging and the steps we can take to maintain our well-being as we grow older. September is not only designated as Healthy Aging Month, but it's also a month dedicated to bringing awareness to several dangerous cancers that can increase in risk as we age. This month, let's take a closer look at how we can age in a healthy way while also raising awareness and prevention on Leukemia, Lymphoma, Ovarian Cancer, Prostate Cancer, and Thyroid Cancer—conditions that are vital to monitor for early detection and effective treatment.

Leukemia and Lymphoma: Blood Cancers That Require Vigilance

September is recognized as Blood Cancer Awareness Month, bringing attention to leukemia and lymphoma. These cancers originate in the blood or bone marrow and lymphatic system, respectively, and can affect anyone, though the risk increases with age. Since blood circulates around the body, these cancers are notoriously difficult to contain, making early detection critical. It's important to be aware of symptoms like unexplained weight loss, fatigue, night sweats, and frequent infections. Routine blood tests and physical exams can help catch these conditions early, making treatment more manageable and increasing the chances of successful outcomes.

Ovarian Cancer: The Silent Killer

Ovarian cancer is known for not having any symptoms at the beginning stages and only having non-specific symptoms, such as bloating, pelvic or abdominal pain, and changes in appetite or bowel habits, in its later stages. Unfortunately, these symptoms are often mistaken for less serious conditions, leading to late-stage diagnoses. Regular check-ups and paying close attention to your body's signals are crucial, especially for women with a family history of ovarian or breast cancer.

Prostate Cancer: The Importance of Regular Screenings

Also in September, Prostate Cancer Awareness Month emphasizes the significance of regular screenings for men, particularly those over 50 or with a family history of the disease. Prostate cancer is one of the most common cancers in men, and early-stage prostate cancer can often have no symptoms. PSA (prostate-specific antigen) tests and digital rectal exams can detect prostate cancer early when it is most treatable. This September, encourage the men in your life to talk to their healthcare providers about their risk and screening options.

Continued on next page...

Thyroid Cancer: A Growing Concern

Thyroid cancer has been on the rise in recent years. The thyroid gland, located in the neck, plays a crucial role in regulating metabolism, and thyroid cancer often presents as a lump or swelling in the neck. Other symptoms can include hoarseness, difficulty swallowing, and unexplained changes in weight. Early detection through physical exams and, if necessary, imaging tests can lead to successful treatment outcomes. As with all of these cancers, vigilance and early detection are critical for positive results in treatment.

Healthy Aging: Preventive Measures for a Long, Healthy Life

Healthy aging is about more than just the absence of diseases like the cancers mentioned above; it's about living well, feeling good, and staying active and engaged as we grow older. This September, in addition to staying informed about these specific cancers, consider incorporating these general tips into your daily routine to promote healthy aging:

- **Stay Active:** Regular physical activity helps maintain muscle mass, flexibility, and cardiovascular health.
- **Eat a Balanced Diet:** A diet rich in fruits, vegetables, lean proteins, and whole grains supports overall health and reduces the risk of chronic diseases.
- **Stay Connected:** Maintaining social connections and engaging in community activities can improve mental health and reduce the risk of cognitive decline.
- **Regular Check-Ups:** Routine health screenings and check-ups are essential for catching potential issues early and managing chronic conditions effectively.

As we focus on healthy aging this September, let's also commit to raising awareness about Leukemia and Lymphoma, Ovarian Cancer, Prostate Cancer, and Thyroid Cancer. By staying informed, encouraging regular screenings, and adopting a healthy lifestyle, we can take meaningful steps towards a longer, healthier life.

POPCORN

MONDAY — FRIDAY

Enjoy
A BAG OF
POPCORN
with
FAMILY AND
FRIENDS!

GRAB
A BAG &
SHARE
THE FUN!

GOOD TIMES
• GREAT •
MEMORIES!

♥ Good popcorn, better together! ♥

Fall HEALTH & SAFETY

PROTECT YOUR HEALTH. PROTECT OUR COMMUNITY.

As we spend more time indoors this fall,
let's work together to stay healthy and keep our community strong.



WEAR A MASK IF YOU HAVE SYMPTOMS.

Wear a mask in common areas,
when around others, and
if you have symptoms.
It's a simple way to protect yourself
and those around you.

Kindness
is
Contagious



STAY HOME IF YOU ARE SICK

If you are not feeling well,
please stay home and rest.
**Even if you think it is allergies—
WHEN IN DOUBT, STAY HOME!**



WASH YOUR HANDS

Wash your hands often with soap
and water for at least 20 seconds.
Use hand sanitizer if soap and
water are not available.



STAY UP TO DATE ON VACCINES

Vaccines help protect you from
serious illness. Ask your doctor or
pharmacy about recommended
vaccines for fall and winter.

Flu, COVID-19
and RSV
vaccines
are important!



BE CONSIDERATE

Cover your coughs and sneezes.
Avoid close contact if you are sick.
Let's look out for one another!

Thank you for
doing your part
to keep our
community
healthy!

Stay Safe. Stay Healthy. Enjoy the Season!

Together, we can have a happy and healthy fall!

Mark Your
Calendars!

Bivins Village Tenant Holiday Luncheon



December 10 @ 11:30



Building A Community Room



We will provide the
*main meal, drinks,
and desert.*



Anyone that wants to bring something
will have the opportunity to
sign up in November.

Looking forward to
*fellowship, fun, great food,
and door prizes!*





Bivins Village Apts.
Next Distribution: September 15th
Starting at 8:30AM



Macros: Protein & Amino Acids

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

Protein is a nutrient that the body needs to grow and maintain itself. You need protein in your diet to help your body repair cells and make new ones, and every cell in the body contains some protein. Proteins are made of chains of **amino acids**. Amino acids are found in animal sources such as meats, milk, fish, and eggs. They are also found in plant sources such as soy, beans, legumes, nut butters, and some grains (such as wheat germ and quinoa).

Nutrients vary between protein sources, and many foods in the protein group are high in fat and cholesterol. Eating a variety of foods can provide your body with a range of nutrients necessary to keep your body functioning well. Many Americans get the right amount of protein needed from meat, poultry, and eggs, but do not meet the recommendations for seafood or nuts, seeds, and soy products. Meeting these recommendations can help increase the amount of important nutrients your body needs, like unsaturated fats, dietary fiber, and vitamin D. It also helps limit the amount of sodium and saturated fats found in processed meat and poultry.

Tips for Healthful Eating from the Protein Group

- Choose lean cuts of beef, such as ground round and ground chuck, which are lower in cholesterol and saturated fats.
- Remove the skin on poultry to lower cholesterol and saturated fat consumption.
- Eat unsalted nuts, seeds, beans, and peas.
- Eat unsalted sunflower seeds, almonds, and hazelnuts which are good sources of vitamin E.
- Choose salmon, trout, and herring, which are high in omega-3 fatty acids and lower in mercury.
- Limit products such as hot dogs, sausage, bacon, and deli meats that have added sodium.

Tips for Healthful Cooking with Protein Group Foods

- Trim off all visible fat from meats and poultry before cooking.
- Use low-fat cooking methods: broil, grill, roast, poach, or boil meat, poultry, and seafood.
- Drain off any fat during and after cooking.
- Limit the breading on meat, poultry, and seafood—breading adds extra calories.
- Avoid adding fat when preparing beans and peas.
- Avoid prepared foods with high-fat sauces and gravies.

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

This institution is an equal opportunity provider.

MOBILE HARVEST



Free Fresh Fruits & Veggies

11:30-12:15

Mondays

3421 6th Ave

11:30-12:15

Wednesdays

202 S Louisiana

10:30-11:15

Thursdays

1305 NW 9th Ave



HIGH PLAINS FOOD BANK

HEAL the CITY

NEW HOPE BAPTIST CHURCH



Text **HARVEST** to
(877) 839-3792
for updates.



Mobile Harvest is canceled in the event of inclement weather including rain, snow or temperatures below 40 degrees.

f @THEGARDENATHIGHPLAINSTOodbANK

@THEGARDENATHPEB

This institution is an equal opportunity provider.

COSECHA MÓVIL



Frutas y Verduras Frescas Gratis

11:30-12:15

Los Lunes

3421 6th Ave

11:30-12:15

Los Miercoles

202 S Louisiana

10:30-11:15

Los Jueves

1305 NW 9th Ave



HIGH PLAINS FOOD BANK

HEAL the CITY

NEW HOPE BAPTIST CHURCH



Mande **HARVEST**
al (877) 839-3792
para recordatorios por
mensaje de texto.



Cosecha Móvil se cancela en caso de mal tiempo, como lluvia, nieve o temperaturas inferiores a 40 grados.

f @THEGARDENATHIGHPLAINSTOodbANK

@THEGARDENATHPEB

Esta institución es un proveedor que ofrece igualdad de oportunidades.

AREA AGENCY ON AGING
OF THE PANHANDLE

DESTINATION MEDICARE

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

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

Are you turning 65? Have questions about Medicare?

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

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

Tuesday, September 22 | **Thursday, September 24**
9:00 AM - 11:00 AM | 5:30 PM - 7:30 PM



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

For additional information and to register, contact:

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

WE WON'T LET YOU WANDER ALONE.



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ROADMAP



FIRST STOP

- Eligibility and Enrollment

SIGHT-SEEING

- Medigap (Medicare Supplement Plans)



WHICH ROAD TO TAKE?



- Coverage Options:
Original Medicare vs.
Medicare Advantage

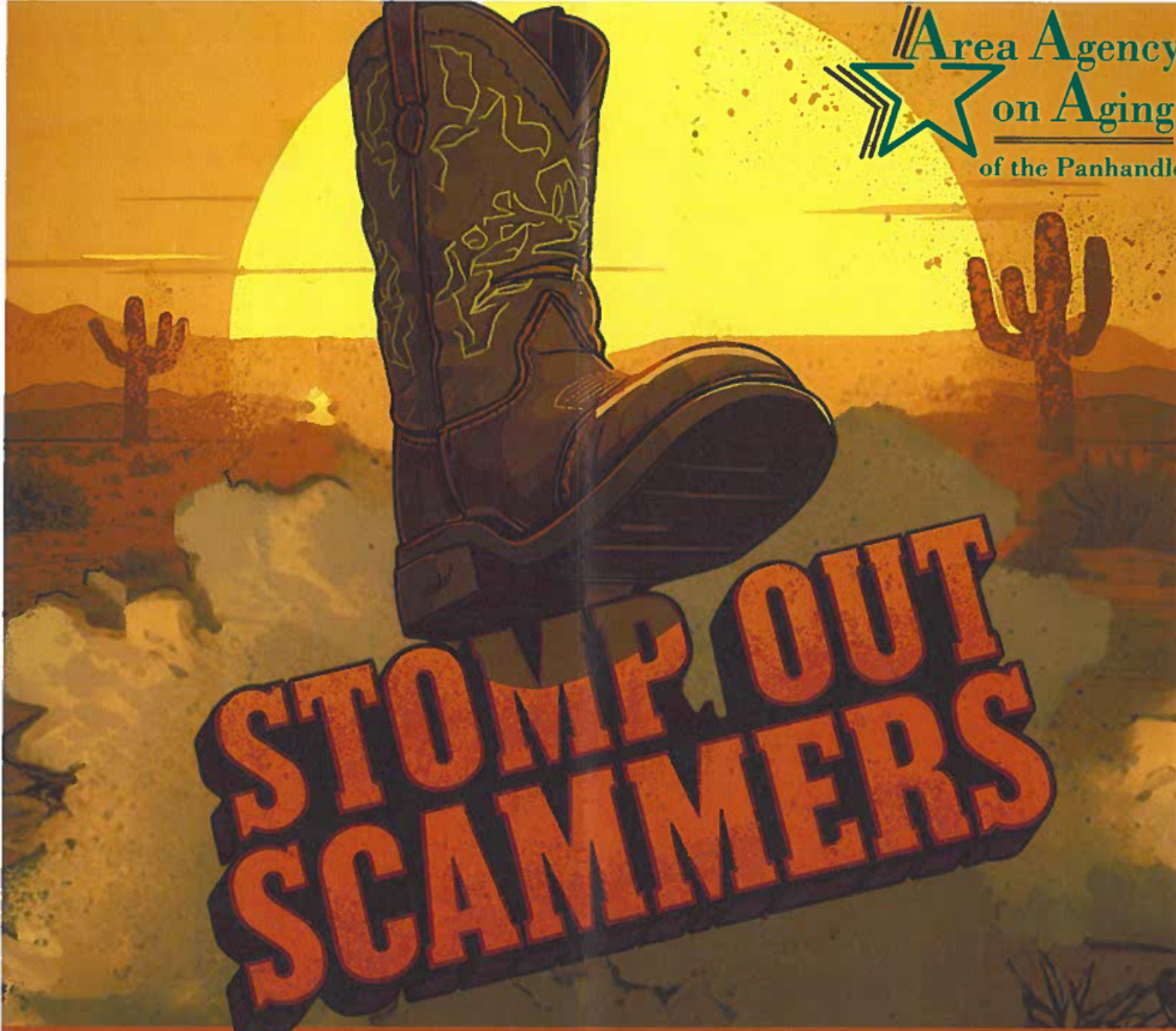
DETOUR

- Medicare Costs and
Medicare Savings Programs



**Area Agency
on Aging
of the Panhandle**
A program of the Panhandle Regional Planning Commission
Funded by the Texas Health and Human Services Commission

SHIP
State Health Insurance
Assistance Program
Navigating Medicare



STOMP OUT SCAMMERS

Seniors saddle up and learn how to spot scams, protect yourself from financial fraud, and navigate AI and Disinformation with confidence!

WHERE: Amarillo Area Foundation | 919 S Polk St.

WHEN: Tuesday, September 15, 2026

TIME: 8:30 AM -12:15 PM

Ready to Stomp out Scammers?

Call the Area Agency on Aging at 806-331-2227 to register!