



The Villager

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Amarillo, TX 79104



BIVINS VILLAGE

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Amanda Copeland
Property Manager

A Message from Amanda

Spring is here!

As we move into spring, we're excited to see the community come alive with warmer weather and longer days. This is a great time to refresh your space, enjoy outdoor areas, and connect with neighbors.

A few quick reminders: please report any maintenance requests through the usual channels and help us keep shared spaces clean and welcoming for everyone.

Thank you for being a valued part of our community!



Shout out to resident Michael Gorman - he was "caught doing good" while picking up litter on the property! Thank you for helping keep Bivins Village beautiful!

March at the **Village**

Have a photo to share? Use the #BivinsVillage on social media and it may appear in the next newsletter!

Everyone wore their green and enjoyed a special holiday themed session of BINGO for our **St. Patrick's Day Party!** The lime sherbet punch was a hit - thanks for coming out to celebrate with us!

Senior Dance Night was a blast! Expect to see this on the calendar again soon with another opportunity to listen to your favorite music, dance, and enjoy each others company.



Welcome **New Resident**

Join us in welcoming this new resident to our community!

Barbara Clanton | *Apt. #309*

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

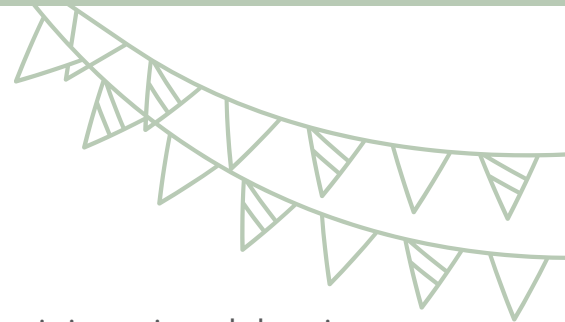
Where are you from?

Amarillo

What hobbies or activities do you enjoy the most?

Cooking

April Birthdays



Wishing everyone in April a very Happy Birthday!

All residents below will receive cookies and don't forget to join us in celebrating with a party on **April 23 at 1:00 PM** in the Building A Community Room.

April 1

Fillipe Ochoa | *Apt. #26*

April 17

Annie McClain | *Apt. #511*

April 9

Marie Ochoa | *Apt. #22*

April 28

Jane Barnes | *Apt. #501*

April 10

Darrell Luke | *Apt. #315*

April 29

Jim Breton | *Apt. #204*

April 11

Herlinda Najera | *Apt. #510*

Karen Sievers | *Apt. #510*

Tell your neighbors and friends, Happy Birthday!

April 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
30	31	1 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	2 A 8:00 Indoor Walk Trivia & Dessert A 1:00 A 3:00 BINGO	3 A 10:00 Chair Yoga A2 1:30 Table Games
6 A 10:00 Chair Yoga A2 1:30 Table Games	7 A 8:00 Indoor Walk A 1:00 JW Bible Study A 3:00 BINGO A 4:00 Music	8 A 8:00 Indoor Walk A 10:00 Chair Yoga A/J 1:00 Movie A 3:00 Diamond Art	9 A 8:00 Indoor Walk A 1:00 Colby Crafts A 3:00 BINGO	10 A 10:00 Chair Yoga A2 1:30 Table Games
13 A 10:00 Chair Yoga A2 1:30 Table Games	14  Library A 1:30 A 8:00 Indoor Walk A 1:00 Monthly Craft A 3:00 BINGO A 4:00 Music	15 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	16 A 8:00 Indoor Walk J 1:00 Monthly Craft 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 Caption Call In-Service A 1:00 A 3:00 BINGO A 4:00 Music	22 A 8:00 Indoor Walk A 10:00 Chair Yoga Rummikub Game A 1:00 A 3:00 Diamond Art	23 A 8:00 Indoor Walk Birthday Party! A 1:00 Bunco Social 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 Memory Lane A 1:00 A 3:00 BINGO A 4:00 Music	29 A 8:00 Indoor Walk A 10:00 Chair Yoga A/J 1:00 Movie A 3:00 Diamond Art	30 A 8:00 Indoor Walk Pictionary & Dessert A 1:00 A 3:00 BINGO	1

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, April 5 at 6:00 PM in Building J.

Special Events



Trivia & Pictionary

April 2 and April 30 | 1:00 PM

We're setting aside time this month for games and dessert!

We'll put your knowledge to the test with Trivia on April 2, then switch things up with a round of Pictionary on April 30 in the Community Room of Building A.

Whether you want to join in or just sit back and watch, come spend the afternoon with us and enjoy a sweet treat too.



Memory Lane

April 28 | 1:00 PM

Take a walk down Memory Lane with us!

We are gathering in the Building A Community Room on April 28 to answer some prompt questions about the past.

We'll go around and answer questions, reminisce, tell stories, and reflect.

Whether you choose to share or simply listen, we'd love to have you join us. Come as you are and participate in whatever way feels comfortable!

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.

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.



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.

Music

Every Tuesday at 4:00 PM in Building A.

Come down to listen to music together. We'll have live music played by residents when available, and queue up some recorded favorites for everyone to enjoy.



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.



April Craft Painting Birdhouses

Just in time for Spring! We'll have little birdhouses to paint with flowers and blue skies to welcome the start of the new season.

Afternoon Movie

The second and fourth Wednesday 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.



New Activity!
Meet the Barker's

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/



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 appropriate timeframe below and pickup items once a month.

The Cottages and Building A

Order Form Available: **April 5 - 8**

Order Form Due: **April 8 at 12:00 PM**

Order Pickup at the Market: **April 15**

Building J

Order Form Available: **April 20 - 22**

Order Form Due: **By April 22 at 12:00 PM**

Order Pickup at the Market: **April 29**

BIVINS MARKET

Resident Survey

We had **48 residents** complete the Bivins Market survey! **Thank you all for your feedback.** Each survey was numbered and a random number generator gave #12 and #25 as the winners of the drawing for a \$50 food basket!



**Congratulations to our winners,
Donna Allen and Alicia Armadillo!**

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.



Cash Rent Payments

If paying by cash, please bring the exact amount. We will no longer be making change.



Change in Income

It is a HUD requirement that changes in your income be reported. If your income increases by \$200+ or, if your income decreases by any amount, please let us know so that your rent can be adjusted.



Hall Windows

If you open a hall window, please close it. This wastes electricity and is not good for our heating and cooling units.



Stray Animals and Birds

Please do not put out food for stray animals or birds. This attracts many animals that we do not want on the property.

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.

Fall 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.

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.

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.

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.



Find more community resources near the Main Office.

Talking Book Program

Free library services for Texans who cannot read standard print due to a visual, physical, or reading disability.

The Texas Talking Book Program (TBP) offers a world of reading to individuals who are blind, have a visual impairment, a physical disability that prevents holding books, or a reading disability such as dyslexia.

Administered by the Texas State Library and Archives Commission, this free service provides access to thousands of books, magazines, and newspapers in digital audio or Braille delivered by mail or downloaded instantly through the BARD (Braille and Audio Reading Download) app.

Who qualifies for the Talking Book Program?

Texans of all ages who have a qualifying visual, physical, or reading disability certified by a professional such as a doctor, nurse, social worker, or librarian.

What kinds of materials are available?

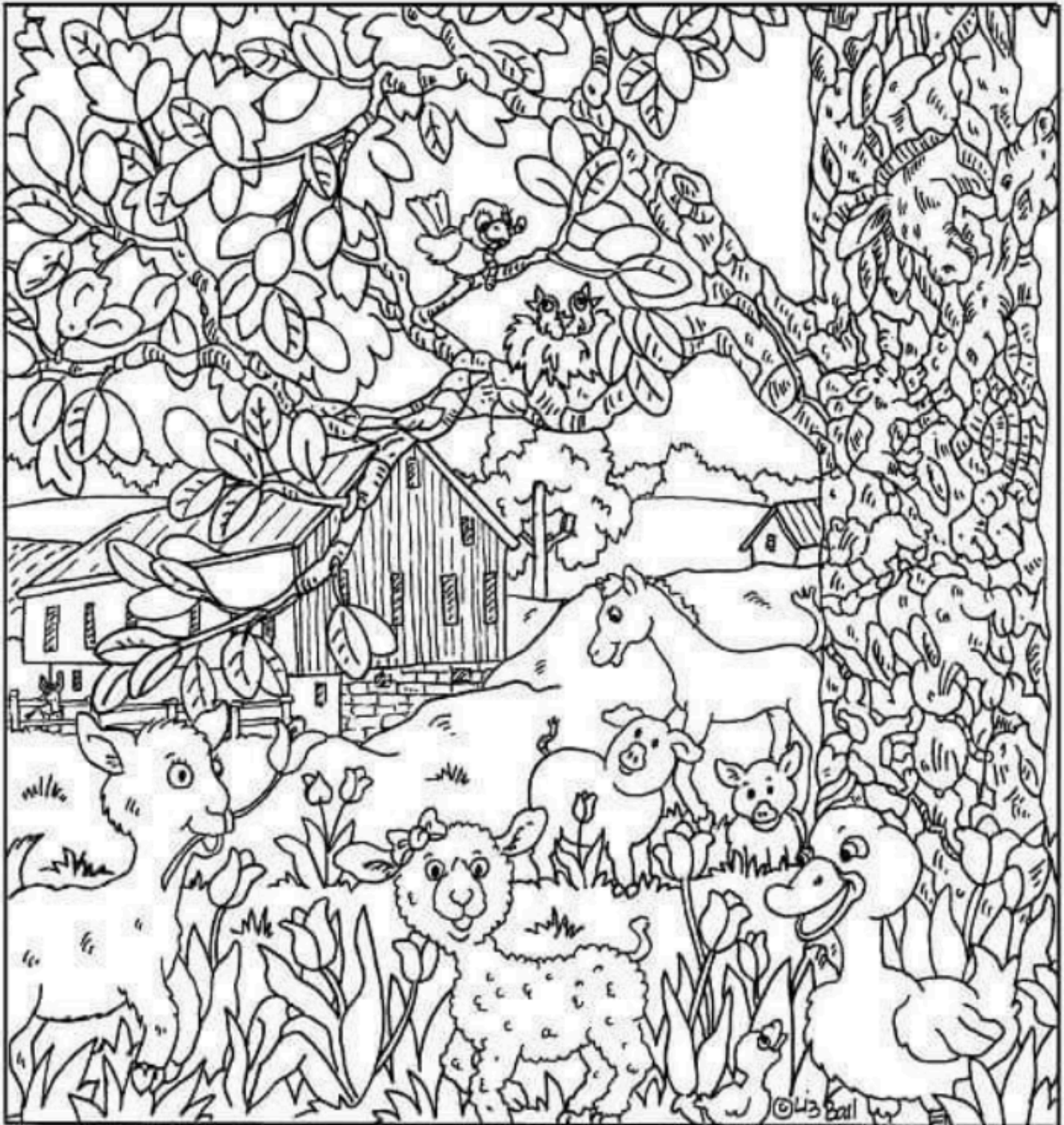
The program offers bestsellers, classics, nonfiction, magazines, children's books, and even newspapers—many narrated by human voices. Materials are available in English and Spanish, and the collection is always growing.

How does the program work?

Eligible individuals receive a free digital audio player and can borrow books by mail or download them anytime using the BARD app. There are no due dates and no late fees!

How can I apply or learn more?

Visit www.TexasTalkingBooks.org or call 1-800-252-9605 to request an application or get help enrolling.



www.hiddenpicturepuzzles.com



April Word Search

APRIL
ARBOR DAY
ARIES
BASEBALL
BLOSSOMS
DAFFODIL
DAISY

DIAMOND
EARTH DAY
EASTER
FOOL'S DAY
GARDENING
GREEN
KITE

POETRY
RAIN
RENEWAL
SHOWERS
SPRING
SPROUTS
SUNSHINE

TAURUS
TAXES
THAW
TULIPS
UMBRELLA
WINDY

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

April Crossword

ACROSS

- 1) Nut center
- 5) Bring up
- 9) Ekberg of "La Dolce Vita"
- 14) "___ Angel" (Mae West movie)
- 15) Director Kazan
- 16) French red wine
- 17) In shape for Waikiki?
- 19) For all to see
- 20) Full scholarship, informally
- 21) Hall of Famers
- 22) Ancient Iranian
- 23) Take wing
- 24) Spray graffiti on, say
- 27) Curative vegetation?
- 32) Part of UAR
- 34) Feedbag morsel
- 35) "A," in NATO code
- 36) Lower-class, to Brits
- 37) Gridiron series
- 39) Minor complaints
- 40) Knot or watt
- 41) First lady McKinley
- 42) Pub missile
- 43) Stolen indoor ball?
- 48) Carrier to Bergen
- 49) Red-___ (wieners)
- 50) Lo or chow follower
- 52) Some Millrose Games runners
- 55) Shimmer iridescently
- 59) Warnings of gas leaks
- 60) Lawbreaking abandoned child?
- 61) Charity recipient
- 62) Cruel dude
- 63) Coup d'___
- 64) Toys with runners
- 65) Applied henna to
- 66) Speed Wagons of autodom

DOWN

- 1) Offend a bit
- 2) Kuwaiti bigwig
- 3) One chip, perhaps
- 4) Tribal carving
- 5) Dwell
- 6) Slipped past
- 7) River of Leeds
- 8) UK fliers
- 9) Indifferent to ethics
- 10) Peter Pan's home
- 11) Creative spark
- 12) Grounds for a suit
- 13) Takes measures
- 18) City near Provo
- 21) Petting zoo animals
- 23) Read the UPC of
- 24) Show some backbone, slangily
- 25) Quaker's Rice-___
- 26) Took to the clink
- 28) Dubuque native
- 29) Disney's middle name
- 30) TV workers' union
- 31) Goes hungry
- 33) Totally ruined
- 37) Loses on purpose?
- 38) Bookie's concern
- 44) Carousel units
- 45) Roman or Ottoman
- 46) Chewed out
- 47) Nail salon need
- 51) Not as stale
- 52) Stylish Brits of the '60s
- 53) One on a pedestal
- 54) Like a hermit
- 55) Wild party
- 56) Fill to the gills
- 57) "See ya"
- 58) Direct deposits, e.g. (Abbr.)
- 60) Oft-fried fish

F TROOP

By Fred Piscop

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

Crossword Solution

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By Fred Piscop

1	M	2	E	3	A	4	T	5	R	6	E	7	A	8	R	9	A	10	N	11	I	12	T	13	A		
14	I	15	M	16	N	17	O	18	E	19	L	20	I	21	A	22	M	23	E	24	D	25	O	26	C		
17	F	18	I	19	T	20	T	21	O	22	S	23	U	24	R	25	F	26	O	27	V	28	E	29	R	T	
20	F	21	R	22	E	23	E	24	R	25	I	26	D	27	E	28	G	29	R	30	E	31	A	32	T	S	
22	M	23	E	24	D	25	E	26	S	27	O	28	A	29	R	30		31		32		33		34		35	
24	M	25	A	26	R	27	M	28	E	29	D	30	I	31	C	32	A	33	L	34	L	35	E	36	A	F	
32	A	33	R	34	A	35	B	36	O	37	A	38	T	39	A	40	L	41	F	42		43		44		45	
36	N	37	O	38	N	39	U	40	D	41	O	42	W	43	N	44	S	45	N	46	I	47	T	48	S		
40	U	41	N	42	I	43	T	44	I	45	D	46	A	47	D	48	A	49	R	50	T	51		52		53	
43	P	44	I	45	N	46	C	47	H	48	E	49	D	50	N	51	E	52	R	53	F	54	S	55	S	56	
49	H	50	O	51	T	52	S	53	M	54	E	55	I	56	N	57		58		59		60		61		62	
52	M	53	I	54	L	55	E	56	R	57	S	58	O	59	P	60	A	61	L	62	E	63	S	64	C	65	E
59	O	60	D	61	O	62	R	63	S	64	C	65	R	66	I	67	M	68	E	69	W	70	A	71	I	72	F
61	D	62	O	63	N	64	E	65	E	66	O	67	G	68	R	69	E	70	E	71	T	72	A	73	T	74	
64	S	65	L	66	E	67	D	68	S	69	D	70	Y	71	E	72	D	73	R	74	E	75	O	76	S	77	

Gratitude Journaling for April

S	M	T	W	T	F	S
29 	30 	31 	1 The best thing that happened this year.	2 The kindest thing someone did for you.	3 Any things you have that the majority of people don't.	4 The best thing that's ever happened to you.
5 Your greatest achievement.	6 Your biggest supporters in life.	7 Your best friends.	8 Skills or talents you have.	9 Things that you appreciate about yourself.	10 The nicest compliment you've received.	11 Your favorite memory.
12 People in your life who inspire you.	13 Your favorite trip.	14 The most important lesson you've learned.	15 Something you're looking forward to.	16 The best advice you've ever received.	17 A book that had a big impact on you.	18 Little things that bring you happiness.
19 The people in your life who make you smile.	20 The best job you've had.	21 Recent new opportunities.	22 What you like about the city/town you live in.	23 The times you felt truly loved.	24 What you like about your job.	25 Times you've felt appreciated.
26 Songs that uplift you.	27 Seasonal things that make you happy.	28 Quotes that inspire you.	29 The thing you're most grateful for.	30 The person you're most grateful for.		

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.

April is National Foot Health Awareness Month: A Step Towards Healthier Feet

As we step into April, it's time to put a spotlight on a crucial but often overlooked aspect of our health – our feet. In recognition of National Foot Health Awareness. Here are a few guides to help you with the importance of health. Surprisingly, research indicates that about 20% of Americans experience at least one foot problem annually. This statistic underscores the need for increased awareness and proactive care for our feet, which bear the brunt of our daily activities.

Understanding the Importance of Foot Health

Our feet are complex structures composed of 26 bones, 33 joints, and over 100 muscles, tendons, and ligaments. They play a fundamental role in our mobility and overall well-being. Neglecting health can lead to a range of issues, from minor discomfort to severe conditions that could impact our quality of life.

Common Foot Problems

Common foot issues include plantar fasciitis, bunions, hammertoes, and neuropathies. These conditions can arise from various factors, such as improper footwear, overuse, and even systemic health problems like diabetes. The good news is, many of these issues are preventable or manageable with the right care and attention.

Tips for Healthy Feet

- 1) Wear the Right Shoes:** One of the simplest yet most effective ways to care for your feet is by wearing proper footwear. Shoes should have a comfortable fit, provide adequate support, and be appropriate for your activities. Avoid high heels and shoes with narrow toe boxes, as they can lead to issues like bunions and hammertoes.
- 2) Maintain a Healthy Weight:** Excess weight can put undue stress on your feet, leading to pain and exacerbating foot conditions. Maintaining a healthy weight through diet and exercise can alleviate pressure on your feet and improve overall foot health.
- 3) Stay Active:** Regular exercise helps keep the muscles in your feet strong and improves blood circulation. Low-impact activities like swimming, cycling, or walking are excellent options. Remember to stretch your feet and calves regularly to maintain flexibility.

Continued on next page...

4) Practice Good Foot Hygiene: Wash your feet daily, dry them thoroughly, especially between the toes, and use a moisturizer to prevent dry skin. This reduces the risk of infections, such as athlete's foot.

5) Examine Your Feet Regularly: Regular self-examinations can help catch issues early. Look for changes in color, texture, or appearance. Diabetics or those with poor circulation should be particularly vigilant and seek prompt medical attention for any abnormalities.

6) Orthotics and Supportive Insoles: Custom orthotics prescribed by a specialist can address various foot problems by providing the right support and alignment. Over-the-counter insoles can also be beneficial for general comfort and support.

7) Seek Professional Help When Needed: Don't ignore persistent foot pain or discomfort. Early intervention by an orthopedic foot and ankle specialist can prevent minor issues from becoming major problems

This National Foot Health Awareness Month, let's take a step forward in acknowledging and caring for our feet.

Remember, taking care of your feet is not just about addressing current problems; it's about preventing future ones.

With these tips and the right care, you can keep your feet healthy, strong, and ready to carry you through life's many journey.

SEVERE WEATHER SAFETY – RESIDENT GUIDE

Your safety is our priority. Please review these important tips to stay prepared during severe weather:

Stay Informed

- Monitor local weather alerts and warnings.
- Enable emergency notifications on your phone.

Know Your Safe Spot

- Move to an interior room on the lowest floor.
- Avoid windows, balconies, and exterior walls.
- Bathrooms, closets, or hallways are often safest.
- Building A Basement (no pets please).

Prepare an Emergency Kit


- Flashlight + extra batteries
- Bottled water & non-perishable food
- First aid kit
- Phone charger/power bank


During the Storm

- Do NOT use elevators.
- Stay indoors and away from glass.
- Remain in your safe area until the danger has passed.

After the Storm

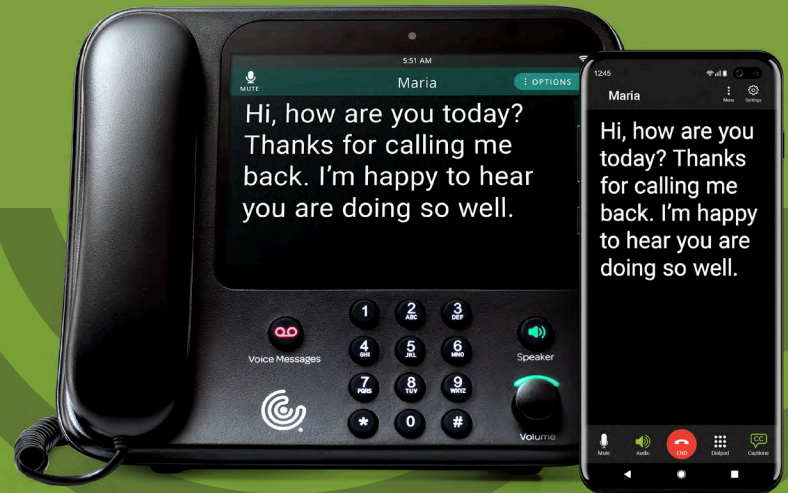
- Watch for hazards like downed power lines or debris.
- Report any damage or maintenance issues to management promptly.

 **Emergency: Call 911**

 **Property Management Contact: 806-342-5530**

Stay safe and prepared—being ready makes all the difference!

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4/21

Time:

1:00 pm

Location:

Community Room Bldg. A



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



Blood Pressure Changes Older Adults

February is American Heart Month. High blood pressure (hypertension) is a major health problem that is common in older adults. Our vascular system, which is the network of blood vessels in the body, changes as we age. Arteries become stiffer, causing blood pressure to rise. This can be true even for people who have healthy habits and feel fine. Called the silent killer: there are often no symptoms of hypertension that you can see or feel. Though hypertension affects nearly half of all adults, many may not be aware they have it. If hypertension isn't controlled with lifestyle changes and medication it can lead to serious health problems such as heart disease, stroke, vascular dementia, vision problems, and kidney disease. But the good news is that blood pressure can be controlled in most people.

Understanding blood pressure

Blood pressure is the force of blood pushing against the walls of arteries as the heart pumps blood. When a health care professional measures your blood pressure, the results are given in two numbers. The first number, called systolic blood pressure, is the pressure caused by your heart contracting and pushing out blood. The second number, called diastolic blood pressure, is the pressure when your heart relaxes and fills with blood. Blood pressure levels are classified based on those two numbers. Normal blood pressure for most adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80 1120/801.

For older adults, often the first number is 130 or higher' but the second number is less than 80. This problem is called isolated systolic hypertension and is due to age-related stiffening of the major arteries. It is the most common form of high blood pressure in older adults and can lead to serious health problems in addition to shortness of breath during light physical activity, lightheadedness upon standing too fast, and falls.

Controlling blood pressure

You can often lower your blood pressure by changing Your day-to. day habits and taking medication if needed. Treatment requires ongoing evaluation and discussions with your doctor, especially if you have other medical conditions such as diabetes.

- Aim for a healthy weight.
- Exercise regularly.
- Eat a balanced diet.
- Limit sodium intake.
- Don't smoke and limit drinking alcohol.
- Manage stress and plenty of sleep.

[MORE INFORMATION: HEART.org](http://HEART.org)

Hearty Veggie Bean Pasta Skillet



INGREDIENTS

- 2 cups elbow pasta
- 1 can (15 oz) canned vegetable soup
- 1 can (15 oz) beans (black beans, kidney beans, or pinto), drained & rinsed
- 1 can (15 oz) corn, drained
- 1–2 cups water (as needed)
- 1 tablespoon olive oil (optional but recommended)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning or chili powder
- Salt & pepper to taste
- Optional: red pepper flakes, shredded cheese, or a squeeze of lemon



DIRECTIONS

1. Boil elbow pasta in salted water until just al dente. Drain and set aside.
2. In a large skillet or pot, add canned vegetable soup and 1 cup water. Heat over medium.
3. Stir in the drained beans and corn. Add garlic powder, onion powder, and seasoning. Simmer 5–7 minutes.
4. Add the cooked pasta to the pot and stir well. If it looks thick, add a little more water (¼ cup at a time).
5. Simmer 3–5 more minutes so flavors combine. Taste and adjust salt/pepper.



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.

