



The Villager

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Amanda Copeland
Property Manager

A Message from Amanda

Every May, Older Americans Month celebrates the contributions of older adults and reaffirms our commitment to serving them. This year's theme, Champion Your Health, is a reminder that physical activity and healthy habits are important at every age. No matter how you choose to move, daily activity supports strength, balance, and independence.

Here at Bivins Village, we want to help you champion your health this Older Americans Month and every month!

Our calendar is filled with opportunities to stay active, engaged, and connected, from Chair Yoga and Wii Bowling to walking, crafts, games, and social gatherings. I encourage you to take part, try something new, and enjoy all this month has to offer. Here's to a healthy, active, and joyful May!



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

In April, we played Rummikub for the first time and even had a trivia session - everyone had so much fun, we are bringing both activities back for May!

We also had Sergeant Carla Burr talk with us about how to stay safe and be aware of phone scams.



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:

Sharon Crosley | Apt. 212

What are you most looking forward to living here?

Being happy.

What is something you've always enjoyed doing?

Garage sales, going to the park, and cookouts.

Gerardo Trujillo | Apt. 318

What made you choose Bivins Village?

Be closer to my children.

What is something you've always enjoyed doing?

When I worked, I enjoyed maintenance and mechanical work.

May Birthdays



Wishing everyone in May a very Happy Birthday!

All residents below will receive cookies and don't forget to join us in celebrating with a party on **May 21 at 1:00 PM** in the Building A Community Room.

May 2

Thomas Balulis | Apt. #28

May 23

Barbara Clanton | Apt. #309

May 9

Albert Perez | Apt. #320

May 30

Joy Rawle | Apt. #508

May 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
27	28	29	30	1 A 10:00 Chair Yoga A2 1:30 Table Games
4 A 10:00 Chair Yoga A2 1:30 Table Games	5 A 8:00 Indoor Walk J 10:00 Chair Yoga Nachos A 11:30 - 12:30 A 1:00 JW Bible Study A 3:00 BINGO	6 A 8:00 Indoor Walk A 10:00 Chair Yoga J 1:00 AAI Crafting A 3:00 Diamond Art	7 A 8:00 Indoor Walk J 10:00 Chair Yoga A/J 1:00 Movie J 1:00 Monthly Craft A 3:00 BINGO	8 Mother's Day Tea & Coffee A 9:30 - 10:30 A2 1:30 Table Games
11 A 10:00 Chair Yoga A2 1:30 Table Games	12 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Monthly Craft A 3:00 BINGO	13 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	14 A 8:00 Indoor Walk J 10:00 Chair Yoga A 1:00 Colby Crafts A 3:00 BINGO	15 A 10:00 Chair Yoga A2 1:30 Table Games
18 A 10:00 Chair Yoga A2 1:30 Table Games	19  Library A 2:30 A 8:00 Indoor Walk J 10:00 Chair Yoga Wii Bowling A 1:00 - 2:30 A 3:00 BINGO	20 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 AAI Crafting A 3:00 Diamond Art	21 A 8:00 Indoor Walk J 10:00 Chair Yoga Birthday Bunco A 1:00 - 2:00 A 3:00 BINGO	22 A 10:00 Chair Yoga A2 1:30 Table Games
25 Memorial Day Office Closed	26 A 8:00 Indoor Walk J 10:00 Chair Yoga Trivia Game A 1:00 - 2:30 A 3:00 BINGO	27 A 8:00 Indoor Walk A 10:00 Chair Yoga A 1:00 Rummikub A 3:00 Diamond Art	28 A 8:00 Indoor Walk J 10:00 Chair Yoga A/J 1:00 Movie A 3:00 BINGO	29 A 10:00 Chair Yoga A2 1:30 Table Games Dance Night A 6:00 - 8:00

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, May 3 at 6:00 PM in Building J.

Special Events



Cinco de Mayo Nachos

May 5 | 11:30 AM

Grab a plate of nachos and join us for a festive Cinco de Mayo celebration filled with flavor, fun, and good company.



Mother's Day Tea & Coffee

May 8 | 9:30 AM

Pour a cup and stay awhile! Start your Friday morning with coffee or tea as we celebrate the mothers and women in our community ahead of Mother's Day.



Wii Bowling

May 19 | 1:00 PM

Step up to the lanes for Wii Bowling, where a little friendly competition and plenty of laughs are always part of the game. Whether you're aiming for a strike or cheering others on, this interactive activity is a fun way to stay engaged and enjoy time together.



Senior Dance Night!

May 29 | 6:00 PM - 8:00 PM

Get ready for an evening 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.

Stop by and let Veronica know if you have any song recommendations!

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.



Jehovah's Witnesses Bible Study

The first Tuesday of every month at 1:00 PM in Building A.

A group study exploring scripture through guided discussion and shared insights. All residents are welcome.



BINGO

Every Tuesday and Thursday at 3:00 PM in Building A.

A Village favorite! Enjoy a lively game of Bingo with small prizes and plenty of fun. A wonderful opportunity to gather and socialize.

Rummikub

Every other Wednesday at 1:00 PM on the 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.



May Craft Flowers & Magnet Butterflies

Bring a little color to your space and celebrate spring by creating these vibrant paper flowers and butterflies with magnetic clips.

Afternoon Movie

The second and fourth Thursday of every month at 1:00 PM in Building A.

There's nothing like the smell of fresh popcorn and a good film. Join us for an afternoon movie as we share classic favorites and new releases in a comfortable group setting.



Colby Crafts

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

The Amarillo Museum of Art will come out each month to lead a fun and interactive craft experience. These hands-on sessions offer an opportunity to try something new, connect with neighbors, and enjoy a creative afternoon guided by a community partner.



Barker Family Bible Study

The first Sunday of every month at 6:00 PM in Building J.

Join the Barker Family - Sam, Dena, Todd, and Nik - for singing, a puppet play, and Bible study.

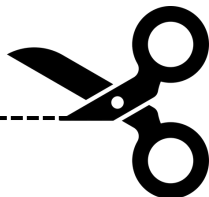
Facilitated by Carly Hamel, Apt. 307. All are welcome!



We want to hear from YOU!

What activities would you like to have? Let us know and we'll see if we can make it happen!

Please cut off and turn into the office.



Resident Name: _____

Group Activity Suggestion: _____



Online Order Form - Scan the QR code or go to:
BivinsVillage.wufoo.com/forms/bivins-market/



Bivins Market is available to all residents providing a selection of groceries and other household items at no cost.

Residents may order items during the timeframe below and pickup items once a month.

The Cottages and Building A

Order Form Available:

May 1, 5:00 PM - May 6, 12:00 PM

Order Form Due:

May 6 at 12:00 PM

Order Pickup at the Market:

May 13

Building J

Order Form Available:

May 15, 5:00 PM - May 20, 12:00 PM

Order Form Due:

May 20 at 12:00 PM

Order Pickup at the Market:

May 27

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.

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.


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.

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.

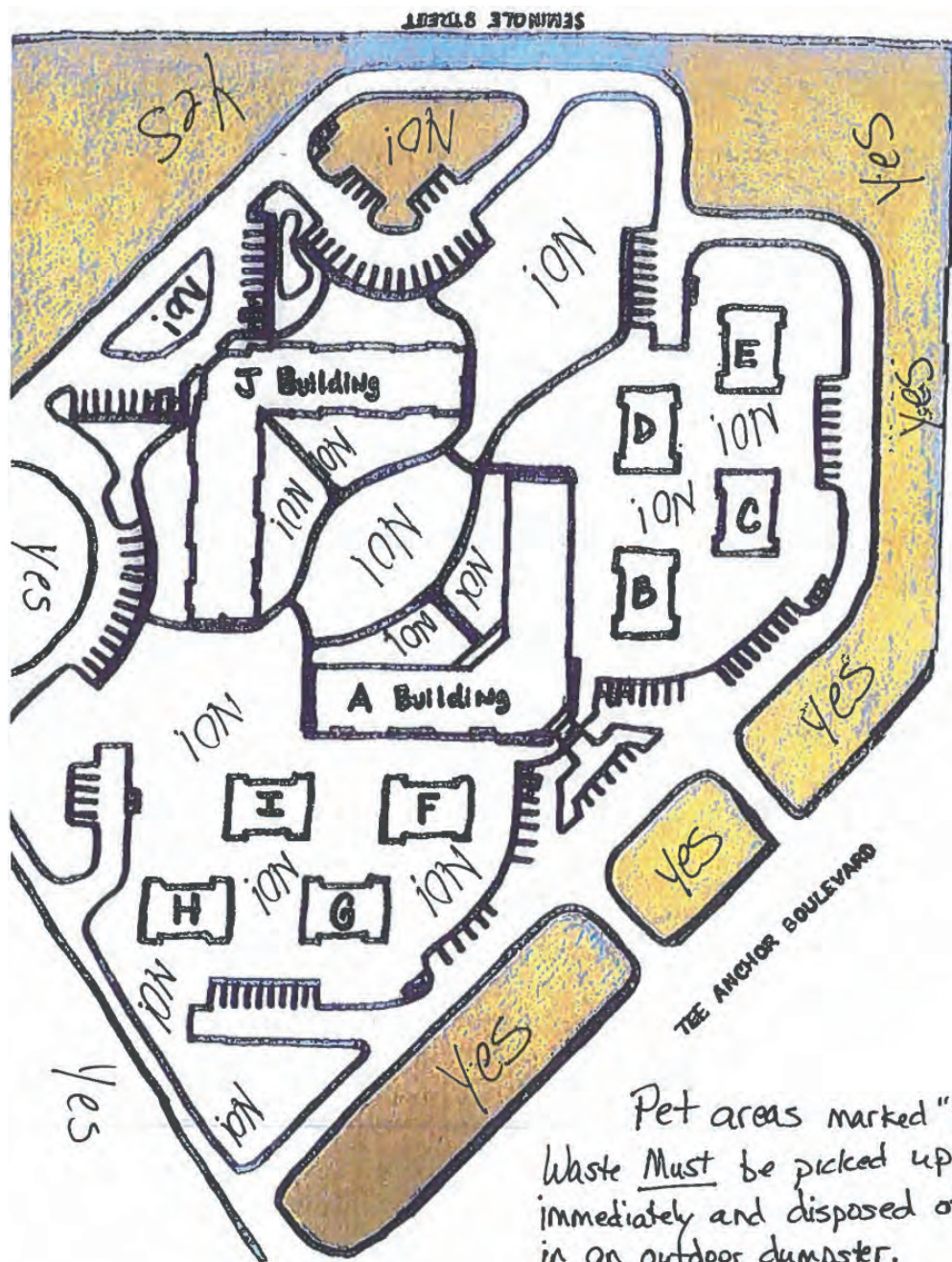
 **If someone knocks on your door during the night, please do not answer if you are not expecting anyone. Call 911 and report a suspicious person.**

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.



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.

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.



**Community
Resource**

Spotlight

Find more community resources near the Main Office.

ACT-Connect

ACT-Connect — Amarillo City Transit’s paratransit service — provides public transportation for certified riders who are unable to use fixed-route bus service.

The service focuses on reliability, accessibility, and helping riders connect to their day-to-day destinations throughout Amarillo. The service is curb to curb.

Who qualifies for ACT-Connect?

Individuals must submit an application with the Amarillo City Transit Office in order to qualify. The application includes a form to be filled out by a qualified medical professional who can give information on why you may not be able to ride the fixed route.

After completing the application, the Amarillo City Transit office will schedule a time for an interview and for you to submit your application. If necessary, you can request a complimentary round-trip ride to the ACT offices for this.

When can I schedule rides?

ACT-Connect provides rides 8:00 AM - 4:00 PM Monday through Saturday. You can schedule a trip in advance by using the Spare mobile app or by calling 806-378-3095.

How much do the rides cost?

A single ride within the regular service area is \$2.00 or \$4.00 if outside of the regular service area. You can purchase a 20-Ride Booklet for \$36.00. If you cannot afford the fares, speak with the ACT office.

How can I apply or learn more?

Visit www.amarillo.gov/amarillo-city-transit/act-connect/ to print the application or call 806-378-3095 to request an application be mailed to you. You can also pick up an application at 509 S Bowie St. Amarillo, TX 79106. Contact the Amarillo City Transit Office for any questions regarding the ride service.

Hidden Picture

By David Helton



FEATHER



CATERPILLAR



RULER

As a Mother's Day surprise, this family decided to give Mom a great big "Thank You!" Can you find the things hidden in the picture? Color it when you're done.



SPOON



TELESCOPE



PAPER CLIP



BANANA



ENVELOPE



RING



TUBE SOCK



CANDLE



LEMON WEDGE



BOOK



SLICE OF PIE



LEAF



BOW TIE



BELL



FRIED EGG

May Word Search

Lily of the Valley
 Mother's Day
 Emerald

Cinco de Mayo
 Bumblebee
 Garden

Memorial Day
 Sunflower

Sunshine
 Ladybug

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

May Crossword

ACROSS

- 1) Petty quarrel
- 5) Throw, as mud
- 10) Tooth point
- 14) Korea's continent
- 15) Tea sweetener
- 16) Sui of fashion
- 17) Muslim palace area open only during the third month?
- 19) Stick around
- 20) Pale-looking
- 21) It often follows a noun
- 22) Irritates
- 23) Take steps
- 24) "Lenore" poet
- 26) Golfer Palmer, to pals
- 28) Musical group doing parody songs?
- 32) Stymie
- 35) Apollo org.
- 36) Prefix with "life" or "wife"
- 37) Jockey's handful
- 38) High peak
- 39) Fancy party
- 40) Busts and such
- 41) Barnyard bundle
- 43) Comments in parentheses
- 45) Potato in a still-life painting?
- 48) "All ___ in favor ..."
- 49) According to
- 50) One walking on foot, for short
- 53) Chicago mayor Emanuel
- 54) Pitching whizzes
- 57) Ballerina's rail
- 59) Arizona's ___ Fria National Monument
- 60) Look from a mesmerized cinema patron?
- 62) Mannerly guy
- 63) Flabbergast
- 64) Aroma
- 65) Regarding
- 66) Comic strip segment
- 67) Apt word spelled by the added letters of 17-, 28-, 45- and 60-Across

DOWN

- 1) Outback Bowl city
- 2) Sci-fi's Asimov
- 3) Winning position
- 4) Almanac tidbit
- 5) "Zip your lip!"
- 6) Bakery units
- 7) Regarding
- 8) At no time, to poets
- 9) Duffels carried to workouts, say
- 10) Place for high rollers
- 11) In need of clipping, as hedges
- 12) Rattler hazard
- 13) Ponies up
- 18) Really keyed up
- 25) Stable morsel
- 27) HDTV brand
- 28) Bronze-hued
- 29) Coastal arm
- 30) Catch a few Zs
- 31) Uplifting poems
- 32) Fairway hazard
- 33) Legacies
- 34) Unjustified persecution
- 38) Bristol brew
- 39) Pine relative
- 41) One of Greyhound's fleet
- 42) Guide for a walking tour
- 43) "Honest" U.S. prez
- 44) Croats' neighbors
- 46) Part of BLT
- 47) Expand, as a business
- 50) Madrid museum
- 51) Typo, for one
- 52) Name on a tractor
- 53) Shankar song, often
- 55) Very deep sleep
- 56) "___ Almighty" (2007 movie)
- 58) Quark's place
- 61) Wriggly fish

ADDED BONUS

By Frank Longo

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20						21					22			
23				24	25				26	27				
			28				29	30						31
32	33	34					35					36		
37							38					39		
40				41	42				43	44				
45			46						47					
	48								49			50	51	52
53					54	55	56			57	58			
59					60				61					
62					63						64			
65					66						67			

Crossword Solution

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ADDED BONUS

By Frank Longo

1	T	I	F	F		5	S	L	I	N	G		10	C	U	S	P
14	A	S	I	A		15	H	O	N	E	Y		16	A	N	N	A
17	M	A	R	C	H	H	A	R	E	M		19	S	T	A	Y	
20	P	A	S	T	Y		21	V	E	R	B		22	I	R	K	S
23	A	C	T		24	P	O	E		26	A	R	N	I	E		
			28	T	E	A	S	I	N	G	C	O	M	B	O		31
32	T	H	W	A	R	T		35	N	A	S	A		36	M	I	D
37	R	E	I	N			38	A	L	P			39	F	E	T	E
40	A	R	T		41	B	A	L	E		43	A	S	I	D	E	S
45	P	I	C	T	U	R	E	T	U	B	E	R					
	48	T	H	O	S	E		49	P	E	R		50	P	E	D	
53	R	A	H	M		54	A	C	E	S		57	B	A	R	R	E
59	A	G	U	A		60	M	O	V	I	E	S	T	A	R	E	
62	G	E	N	T		63	A	M	A	Z	E		64	O	D	O	R
65	A	S	T	O		66	P	A	N	E	L		67	M	O	R	E

MAY

31 Days of Trusting God's Plan *Bible Challenge*

AFFIRMATION : I WILL FOLLOW THIS ROUTINE EVERYDAY FOR THE NEXT 31 DAYS. I TRUST, PATIENT FAITH GUIDES MY STEPS AND PEACE AND PURPOSE AWAITS.

DAY 16

Psalm 37: 3-4

DAY 17

Joshua 1:9

DAY 18

Proverbs 19:21

DAY 19

Romans 8:18

DAY 20

Philippians 1:6

DAY 21

Ecclesiastes 3:11

DAY 22

Psalm 138:8

DAY 23

Romans 15:13

DAY 24

John 13:7

DAY 25

Isaiah 40:31

DAY 26

Jeremiah 1:5

DAY 27

Hebrews 10:35-36

DAY 28

Isaiah 46:4

DAY 29

Hebrews 11:1

DAY 30

1 Peter 5:6-7

DAY 31

Psalm 27:14

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.

What Are the ABCDEs of Skin Cancer?

The ABCDEs of skin cancer is a technique that providers use to examine your skin for signs of skin cancer.

The ABCDEs of skin cancer are five warning signs of melanoma. Melanoma is the most serious type of skin cancer. Each letter stands for a feature that describes a cancerous freckle or a mole:

- **A is for asymmetry.** One half of the mole doesn't match the other.
- **B is for border.** It has uneven or blurred edges.
- **C is for color.** It has multiple colors or shades.
- **D is for diameter.** A mole is larger than a pencil eraser.
- **E is for evolving.** Any change in size, shape, color or height — or new symptoms like itching or scabbing — should be checked by a provider.

If you notice any of the ABCDEs of skin cancer, call your provider right away. An early diagnosis and treatment improve outcomes.

Why should I check my skin for early signs of melanoma?

Melanoma is serious, but it's highly treatable when caught early. That's why it's important to check your skin regularly. You know your skin best, so you're most likely to spot changes, like a new mole or a freckle that looks bigger or crustier than before. Catching these signs early gives you the best chance for a cure.

What's the ugly duckling sign of melanoma?

If you have lots of freckles or moles, you might notice one that looks different from the rest. Maybe it's scabbed over, has grown or is more raised than before. That one spot stands out. That's what providers call the "ugly duckling" sign. Just like in the childhood story, it refers to a mole or freckle that doesn't match the others. It could be a warning sign of melanoma.

How do I check my skin for melanoma?

You can perform this skin check at home. Use a well-lit room, a full-length mirror and a hand mirror. Follow these steps:

- 1) Start with your front and back. Use the full-length mirror to examine your entire front and back.
- 2) Check both sides. Raise your arms and look at the left and right sides of your body.

Continued on next page...

- 3) Look inside your mouth. Check your lips, tongue and inner cheeks.
- 4) Examine your arms and hands. With your elbows bent, check your forearms, upper arms, palms and between your fingers.
- 5) Check hard-to-see areas. Use mirrors to look at your back, butt and genital area.
- 6) Lift your breasts. If you have breasts, lift them to see the skin underneath.
- 7) Look at your legs and feet. Sit down if needed. Check the backs of your legs, soles of your feet and between your toes.
- 8) Check your scalp and neck. Use both mirrors to inspect the back of your scalp and neck. Part your hair or use a blow dryer for a closer look. Ask your hairdresser or barber to point out any unusual spots.

During your self-exam, note any moles, blemishes or birthmarks from head to toe. Use a small ruler to measure their size, and watch for changes in color, shape or size, or any sore that doesn't heal. Taking photos can help you track changes over time.

How often should I examine my skin?

Check your skin about once a month, ideally after a bath or shower. Keep track of any spots or changes and where they appear. Contact your provider if you notice anything new or changing.

What are the benefits of skin self-examination?

Checking your skin may feel unfamiliar at first, but it's a simple habit that comes with real power. There's no harm in doing it, and it could help you spot something important. Skin changes often appear slowly. Getting to know your skin well means you'll be able to easily spot when something's out of place. That awareness may lead to faster answers. Catching skin cancer in its early stages gives you more options — and a much better shot at successful treatment.

But don't panic — not every skin change is cancer.

And not every lesion that meets the ABCDE or ugly duckling criteria is skin cancer. You should still trust your instincts. And if something doesn't look or feel right, reach out to your provider. A quick check-in could make all the difference.

When should I call my doctor about a change in my skin or a mole?

Reach out to your provider if you notice:

- A change in the size, color or shape of an existing mole or skin marking.
- A sore that doesn't heal.
- A mole that itches or bleeds.
- Your dermatologist can evaluate and treat suspicious areas early. They'll also track any changes over time. If you're at a higher risk for melanoma or other skin cancers, your provider may recommend regular checkups.



CHAMPION



OLDER AMERICANS MONTH CELEBRATION

**THURSDAY
MAY 21, 2026
9 AM - 3 PM**

**REGION 16 EDUCATION
SERVICE CENTER**

5800 BELL ST., AMARILLO, TX 79109

Together we grow stronger - *Register and invite someone to join you!

Join the **Area Agency on Aging of the Panhandle** for a **free community event** promoting healthy living through movement, nutrition, and connection—while empowering you to take charge of your health!

- ★ Interactive sessions & activities - wellness, technology, safety, & more!
- ★ Door prizes and giveaways
- ★ Community resources for organizations serving older adults
- ★ Free Breakfast & Lunch Sponsored by: *Mary E. Bivins Foundation*

*** Register by May 15 to attend (required for meal planning) call Michelle Surace at 806-331-2227**



Area Agency on Aging of the Panhandle

A program of the Panhandle Regional Planning Commission
Funded by the Texas Health and Human Services Commission

Health Maintenance

Has your doctor recommended nutritional drinks or shakes to help you meet daily protein goals, improve mobility, or reduce your risk of falls—but rising costs make them difficult to afford? The Area Agency on Aging of the Panhandle offers a **one-time assistance program** to help purchase supplemental nutritional drinks.

The program may also offer a **one-time assistance program** to help purchase **incontinence supplies**.



Eligibility Requirements

- ✓ **Must be 60 years of age or older.**
- ✓ **The applicant must be capable of completing the intake process for program assistances.**
- ✗ **Individuals enrolled in Medicaid Star Waiver program are ineligible.**
- ✗ **Individuals residing in a nursing home or assisted living facility do not qualify.**

How to Get Assistance

- **Speak with Case Manager Felicia Shaffer, who will screen for eligibility.**
- **If eligible, a phone appointment will be scheduled.**
- **If approved, case worker will arrange for supplies to be ordered & shipped directly to your home.**
- **No insurance claims required and no cost to you.**



Bivins Village Apts.
Next Distribution: May 19th
Starting at 8:30AM



Tips to Reduce Food Waste at Home

People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days. It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount does not even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home. A good place to start is right in your own kitchen. Here are a few tips that will help:

- **Plan meals based on what you already have on hand.**
 - Check your refrigerator, freezer and pantry for foods that need to be used. Try searching online for recipes that include the ingredients you have.
 - Buy only the amount you need of perishable foods like fresh produce, meat, dairy and seafood. If you buy in bulk to save money, promptly portion and freeze what you won't use within a few days.
- **Get creative and transform leftover meat and veggies into new dishes.**
 - Use as a topping for salads or cooked grains like rice or pasta.
 - Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
 - Combine to make soup, then enjoy or freeze for future use.
 - Plan to use leftovers for another meal later in the week or pack leftovers for lunch.
- **Master the shelf life of foods.**
 - Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it does not necessarily mean they should be thrown out.
 - "Use by", "Best by" and "Best Before" dates are found on many different foods. These products usually don't need to be refrigerated until they are opened. In many cases, they are safe to eat beyond the date if they have been stored properly.
 - "Sell by" dates are displayed on perishable foods, such as meat and dairy products. It's possible these foods may be used a few days after that date, if they were stored properly at a safe temperature and don't show signs of spoilage.

MORE INFORMATION: eatright.org

This institution is an equal opportunity provider.

Peanut Butter Fruit Crunch Cups



INGREDIENTS

- 1 cup corn flakes
- ½ cup applesauce (unsweetened if possible)
- ½ cup canned pears (drained and chopped)
- 2–3 tablespoons peanut butter



DIRECTIONS

1. In a bowl, combine the applesauce and peanut butter. Stir until smooth.
2. Add the fruit, fold in the chopped canned pears.
3. Gently mix in the corn flakes. Try not to crush them too much—you want texture.
4. Scoop into small cups or bowls (or even muffin liners).
5. (Optional) Refrigerate for 20–30 minutes if you want it a bit firmer.



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.



KNOW THE SIGNS

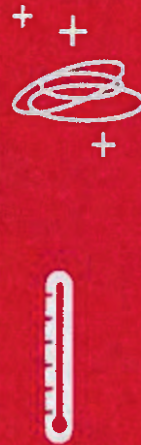
HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature



HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature more than 40°C
- Convulsions, seizures or coma
- May be sweating, skin may feel deceptively cool



WHAT TO DO

- > Lie down in shade or air-conditioning
- > Drink water
- > Cool compress or tea towel

● Cool shower or bath

WHAT TO DO

- > Call 911 immediately
- > Reduce temperature until ambulance arrives