

The Village Voice

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June 2008



The beautiful cake at our birthday and move-in celebration!



Mary Lee Caldwell introduced us to Mona-Vie health drink!



Linda introduced Bob Howerton to us at Coffee. Bob is our new Assistant Environmental Services Director.



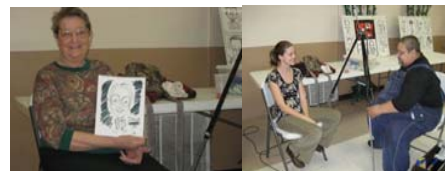
Peggy Kenner, the new Wellness Nurse, is excited to be working for Westminster Village!



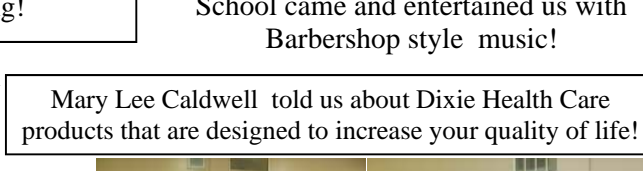
Grace Culbreath amazed us with her wonderful singing!



The Men's Choir from Gosnell High School came and entertained us with Barbershop style music!



Residents enjoy the talented Mr. Dan Martin & his caricatures!



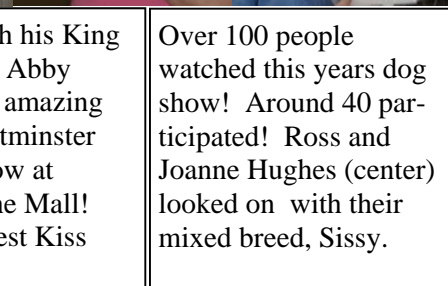
Mary Lee Caldwell told us about Dixie Health Care products that are designed to increase your quality of life!



Our Marketing Ladies; Dana, Lavella, & Annette, are lovely characters!



Gage Reese, with his King Charles Spaniel, Abby (left) gave us an amazing show at the Westminster Village Dog Show at Springtime on the Mall! They won the Best Kiss Award!



Over 100 people watched this year's dog show! Around 40 participated! Ross and Joanne Hughes (center) looked on with their mixed breed, Sissy.



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Volume 06-08

June 2008

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June Fun In The Sun

Can you feel the excitement in the air? Spring ends on June 20 and summer fun begins early for us as we take a mid-month trip to Memphis on June 11 to see the Redbirds play on Senior Day. This will prove to be a fun day for all, please join us for a great day of sharing memories. We also have another trip planned in June on the 24th to Sikeston, MO to shop at the discount mall and have lunch at Lambert's. If you have not been to Lambert's to eat you are missing a good meal and lots of laughs as the waiter's come around to the tables throwing rolls to you. Believe me when I say you will not go away hungry so bring your appetite and enjoy walking off the calories at the Mall with many interesting stores. Please call the office to sign up for these trips to help us plan transportation.

We are very excited about the opportunities we now have at the Village for wellness and health. Please take the time to read the enclosed brochure for our Wellness Center. This brochure explains all the services accessible from the Wellness Center and is most impressive. We urge you to take advantage of this valuable asset now obtainable to all our residents of the Village. We are excited to have Peggy Kenner, RN available to serve our residents needs. Peggy also has information on hand for you from HomeInstead Senior Care with opportunities in companionship services and home helper services when you need them at an affordable price. We continue to be pleased with the progress of S.A.F.E.

(Safe Aging for Elders) in our community. This is an inexpensive way to know that help is just a click away in an emergency. For more information or to have the S.A.F.E. system installed please call the office to make arrangements. Each week I have someone come up to me to tell me they have joined the YMCA. This is exciting news as the YMCA can help our seniors stay lively and on the go with the programs offered. They have something for everyone and will help you start an exercise program in the correct way to avoid injury. Please remember they now have the Silver Sneakers Program available where several insurance companies pay the YMCA for your trips to the Y when you belong to this program. Be sure to inquire about this free way to join the YMCA and be active.

We look forward to our Tuesday, June 3 cookout and Neighborhood Watch meeting in Candyland Park at 6 pm. Neighborhood Watch is getting to know your neighbors and reporting any unusual situations to our staff or authorities, neighbors watching out for neighbors. We will have hot dogs and BBQ bologna and a lot of good conversation. Please come out of your homes and meet your neighbors at this meeting. We look forward to seeing many of you participate in this evening in the park and know you will enjoy this fellowship with your neighbors as we promote safety in our community. We hope to have our girl's softball team, the Westminster Twisters, be a part of this night out as we encourage them in their fun and fitness program.

Continue to enjoy the remainder of spring and enjoy the fun filled summer ahead. I look forward to seeing many of you at the Relay for Life on June 6 and the Car Show on June 7. Please come out to these events and support our community as we fight for a cure for cancer. A big thanks to all who have worked tirelessly to sell luminaries and get donations for the beautiful ten year anniversary quilt made from past Relay for Life tee shirts. Great Job! Keep our military in your thoughts and prayers.

Sincerely,

Executive Director



Our Mission Statement
 Westminster Village is committed to providing an environment that encourages and enables our residents to enjoy life to the maximum of their capabilities in a relaxed atmosphere of security, comfort and dignity.



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2008 Resident Council Representatives and Alternates

Section 1

Pine, Southside, Spruce, Palm Circle
Joe Amos – Representative
Cloody Baker—Alternate

Section 2

Candyland Park, Palm Circle
Ellie Miller– Representative
Sally Mc Mechen– Alternate

Section 3

Candyland Park, Appletree Circle
Patsy Smith - Representative
Doug Forrester - Alternate

Section 4

Cherrytree Circle, Grapevine
Beverly Storey - Representative
Harold Pulley - Alternate

Section 5

Plum, Village
Glenn Mayher - Representative
Janet Napier - Alternate

Section 6

Peachtree, Westminster
Sara Guthrie- Alternate

Section 7

Apricot, Daisy
Richard Prior - Representative
Pat Schroader -Alternate

Executive Board

Joe Amos - President
Glenn Mayher - Vice President
Richard Prior - Secretary/Treasurer

Resident Council Meeting

The Resident Council is meeting **Wednesday, June 4th at 9:30am** in the Ramey Center. All residents are invited to attend. For more information concerning the Resident Council, contact your representative or the Resident Services Department.

Health Facts & Info

There are many books and websites that contain useful information on health for Active Seniors. One great website is <http://www.aarp.org/health/fitness>. Some books you could look into are *Lifetime Fitness: Staying Active After 50*; *Walking for the Health of it*; and various *Doctor's Books of Home Remedies*. Check out the web and these books! Staying active is vital to staying healthy!



Peggy Kenner, Westminster Village Wellness Nurse, came to Coffee and explained the “Vile of Life.” The vile of life is for your security and well being. Peggy will provide the vile to you at our cost and assist

you in getting the needed information into the vile. You would fill out paper work on your medical conditions and medication. These papers, along with your living will, durable power of attorney, & other pertinent data, will be placed in this tube and put in your freezer. Then first responders would be able to retrieve this information and offer you the proper medical assistance in case of an emergency. We believe this program will improve your quality of life and give you and your family piece of mind.

Memorials For Crepe Myrtles

James Leathers
By Linda & Jess O’Guin

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Birthdays For June 2008

1st—Jan Atkin
2nd—Betty Brown
3rd—Boohee Jeon
3rd—Linda Johnson
6th—Henry Applegate
7th—Vicki Alls
8th—June Cherry
8th—Betty Gillham
9th—Freddie White
12th—Ronald D. Henexson
13th—Carmen Davila
14th—Sally McMechen
16th—Paul Jenkins
16th—Bessie Jones
16th—Miriam Saltzman Rasis
17th—Sherry Amos
18th—Sandra Jones
22nd—Bowen Travis
23rd—Merle Burnett
24th—Eula Ciggs
24th—Rosetta Draper
24th—Glenda Krafft
26th—Larrie Bell
27th—Robert Jordan
27th—Patricia Schroader
28th—Linda Crabtree
28th—Leo Henke
29th—Linda Elias



Welcome New Neighbors

Mike & Patty Castle
Hong & Boohee Jeon
Gene & Sandra Lodwick
Ken Sonoda

Staff Birthdays

1st—Lavella McWilliams
5th—Bert Dowless
10th—Debra Tate

Staff Anniversaries

10 years—George Woodard
1 year—Angela Presnell

Birthday & Move-in Celebration
June 25th @ 3pm in The Ramey
Center. Everyone is Invited!

Remember, you can always find the most current Village Voice in full color online at:
<http://www.wmv.org/services.htm>

Happy Anniversary

10 years—Jewell Alley
7 years—Rosa Holley
7 years—Julia Polston
7 years—Florence Romero
6 years—Loretta Hunt
5 years—Dan Somers
4 years—Larrie Bell
4 years—June Cherry
4 years—William LaBonte
4 years—Robert Tucker
3 years—Van Rhodes
2 years—Linda Crabtree
2 years—Robert McKinley
1 year—Mike Carter
1 year—Sherry Cole
1 year—Margaret Singleton
1 year—Deannie West

IT'S A PARTY!

You're invited to
celebrate...

BOWEN TRAVIS'
90TH BIRTHDAY

with us!

When: June 22ND - 3 pm

Where: The Village Cafe

What to bring: Just yourself!!

(no gifts please)

Come by the Office to pick up your ticket & get counted in.

Faith in Action provides local transportation.
If you need a ride you must have an application on file and give 24-hour notice.

Please call 532-1501 for more information



If you're a member at the YMCA, you can take your summer visitors to the Y as your guests, free of charge.
For summer travel: Remember The YMCA's Away Program. Nearly 2,400 YMCAs will honor your AWAY membership at no charge (or for a nominal visitor fee).

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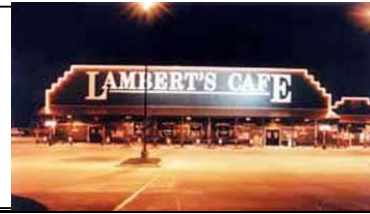
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Take Me Out To The Ball Game! We are going to Memphis to watch the Redbirds play. Wednesday, June 11th is Senior Day at the Ball Park! The game will start at 1:05 pm. We will leave the Village at 10:30 am. We will eat inside the ball park and enjoy all the festivities. If you are interested in going please call the office to sign up no later than June 4th. We must have you counted in to ensure we get tickets. Tickets are \$10 per person unless we get a group of 25 or more. In that case the cost is \$7 per ticket.

Come with us for a day of shopping and great food! We are going to Sikeston, AR to shop on Tuesday, June 24th. We will leave from the swimming pool parking lot at 9:00am. We will enjoy a day of shopping in Sikeston. We will lunch at Lambert's Café and then shop a little more! Please call the office to get counted in. We need a final count by June 13th so we can arrange transportation!



Don't forget Scrap-booking, June 30th, from 1:30-4pm in the Craft Hut. Bring your albums & photos to work on! Everyone is welcome!

Art class is taking a break for the summer months! Everyone please feel free to come to the Craft Hut to work on projects and create beautiful art during the break in classes! Have fun creating your art & enjoy your summer! Sincerely, Dana



Happy Hour

Happy Hour is June 20th from 5-7 pm in the Ramey Center. Light snacks and set ups are provided. Please call the office if you would like to host this or another Happy Hour!



The Westminster Book Club will meet Wednesday, June 11th at 2 pm in the Ramey Center to discuss the book *The Light of Day* by Graham Swift. Thurman Rowlett will lead the discussion.

A special thanks to First National Banks, Farmers Bank & Trust, Roto-Rooter, MCEC and N.E.T. Systems for sponsoring Richard and Marie Prior to go to the CRSA conference in Memphis during the month of May.

Library News— As you all know, I am still learning my way around Westminster Village. In May I went on my first visit to our Village Library. I have to tell you I AM IMPRESSED!! I love to read and the selection of books is wonderful. The library is peaceful and inviting. If you have company over the summer months make sure to visit the library and check out a good book. I'll see you there! From Becca Sunday



Line Dancing will resume this class the first week in July! Everyone is welcome to participate in the fun time at the Village! Come, learn, dance, and have fun!

We would like to thank First National Bank for a wonderful May Happy Hour!

The Red Hatters will have a meeting Wednesday, June 25th @ 2 pm in the Ramey Center! Everyone is welcome!



Chimes has taken on a new challenge. If you are interested in learning to play the chimes please contact Lyn Twining. A group from Westminster is going out into the community and playing the chimes for nursing homes and assisted living facilities. We are getting their residents involved in playing Chimes which enhances the quality of life of everyone involved. Everyone is welcome! We need your participation to make this program a success! Call Lyn Twining if you are interested!



JULY 4TH CELEBRATION

When: July 4th from 11am-1pm
Where: Between the office and the pool
Cost: FREE for residents; \$3 for guests
We will have a BBQ dinner w/ all the fixings, Hamburgers, Hotdogs, & BBQ Bologna!
We will also have live music!
Please come by the office to get your tickets. You must have a ticket to attend! The deadline to sign up is June 25th! Sponsored by the Resident Council.



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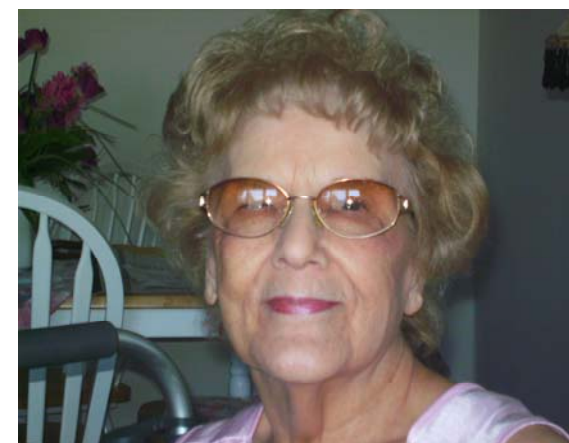
Take a minute and read about your neighbors. There are great people here in the Village and you never know what you might find in common.

Long Time Residents: George & Ann Martin 5573 Cherrytree Circle



George and Ann Martin have lived at Westminster Village since July of 1999. They are wonderful, interesting people with amazing stories. George & Ann married in 1951 after being introduced by Ann's brother. They have four sons and 2 foster-grandchildren. Before they met, George was a navigator in the Canadian Air Force. He flew with the RAF in England until 1945. In August of that year he got out of the service and started to college. During his summers he would work in a paper mill 500 miles north of Toronto. George worked for several large paper companies including Abitibi, Mead, Textile Paper Products, & Manufacturers Representatives. He also had his own business until 1999. These jobs allowed him to travel extensively. Now George enjoys painting. He uses water colors, pastels, and charcoals. His talented wife, Ann, is also a woman of many skills! Ann has done many note worthy things in her life. She produced a show for PBS and was the costuming director for a PBS movie. While George and Ann lived in Cedar Town, GA Ann was an occupational therapist. She was a Resident Manager for Boyle for 10 years. Ann has also organized four fashion shows and two dog shows. Now, Ann loves to read. She is also involved in the Blytheville Women's Club. If you haven't met George & Ann make a point too. They would love to get to know you!

New Residents: Hedy Conley 5437 Westminster Avenue



Hedy Conley is a new resident to Westminster Village. She moved here from Searcy, AR; which is about 50 miles north of Little Rock, AR, to be closer to her family. One of her five children lives in Gosnell. Hedy has three daughters and two sons. She has also been blessed with eight grandchildren, including twin grandsons. Her family is very important to her. She grew up in a family of seven brothers and sisters and she was the youngest. When she married, her husband worked on the pipeline so the family moved around a lot. She spent her time in the envious task of being a wife and mother. After raising her five children she will tell you being a "stay-at-home mom" is one of the hardest jobs she can imagine! Hedy says her main hobby is

spending time with her family! She actually lived near here at one time, but when she decided to move her family helped her find Westminster Village. Her daughter came here and looked at Westminster Village and thought it was the place for Hedy! We are so glad she was right! Hedy Conley is a wonderful, sweet lady. She is going to be a great asset to this community. If you see Hedy around be sure to stop and talk for a minute. Make her know she is welcome to our great Village!

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Café Hours 11 am - 2:30 pm	2 Wellness Center 9am-12pm 10 am Exercise Class RC Café hours 11 am - 2:30 pm 2 pm Women's Pool RC	3 10 am Bible Study RC Café hours 11 am - 2:30 pm 1 pm Bridge RC 5:30 pm Water Aerobics 6 pm Men's Pool RC 6 pm Candyland Park—Town Meeting & Cookout	4 Resident Council Meeting 9:30 am RC 10 am Exercise Class RC Café Hours 11 am - 2:30 pm	5 Wellness Center 1-3pm 10 am Coffee RC Program: Eleanor Farber; MSSW, LCSW, w/ Arkansas Hospice will discuss volunteerism Café hours 11 am - 2:30 pm 5:30 pm Water Aerobics 6:30 pm Game Night RC (6 pm Pool)	6 10 am Exercise Class RC Café Hours 11 am - 2:30 pm 1 pm Bridge RC 6 pm Relay for Life @ Walker Park	7 Café Closed Men's Breakfast 8am RC Menu: eggs, bacon, sausage, gravy & biscuits, & pancakes Car Show @
8 Café Hours 11 am - 2:30 pm	9 Wellness Center 9am-12pm 10 am Exercise Class RC Café hours 11 am - 2:30 pm 2 pm Women's Pool RC 6-8 pm Monthly Might Out at the Café	10 10 am Bible Study RC Café hours 11 am - 2:30 pm 1 pm Bridge RC 5:30 pm Water Aerobics 6 pm Men's Pool RC	11 Senior Day @ The Memphis Redbirds Game Leaving the Village at 10:30 am 10 am Exercise Class RC Café hours 11 am - 2:30 pm	12 Wellness Center 1-3pm 10 am Coffee RC Program: Becca Sunday; singer Café hours 11 am - 2:30 pm 5:30 pm Water Aerobics 6:30 pm Game Night RC (6 pm Pool)	13 10 am Exercise Class RC Café Hours 11 am - 2:30 pm 1 pm Bridge RC	14 Café Closed Marketing Crawfish Boil 11am-2pm
15 Café Hours 11 am - 2:30 pm	16 Wellness Center 9am-12pm Wellness Center Open House 1pm - 3pm 10 am Exercise Class RC Café Hours 11 am - 2:30 pm 2 pm Women's Pool RC	17 10 am Bible Study RC Café Hours 11 am - 2:30 pm 1pm Bridge RC 5:30 pm Water Aerobics 6 pm Men's Pool RC	18 Activities Committee Meeting 10:30 am RC 10 am Exercise Class RC Café Hours 11 am - 2:30 pm 2 pm Book Club RC	19 Wellness Center 1-3pm 10 am Coffee RC Café Hours 11 am - 2:30 pm 5:30 pm Water Aerobics 6:30 pm Game Night RC (6 pm Pool)	20 10 am Exercise Class RC Café Hours 11 am - 2:30 pm 1 pm Bridge RC 5-7 pm Happy Hour	21 Dirty Bingo 2 pm RC Café Closed
22 Café Hours 11 am - 2:30 pm <i>Bowen Travis'</i> <i>90th Birthday Party</i> <i>3 pm in the Café</i>	23 Wellness Center 9am-12pm 10 am Exercise Class - RC Café Hours 11 am - 2:30 pm 2 pm Women's Pool RC	24 9 am Shopping in Sikeston and Luncheon at Lamberts 10 am Bible Study RC Café Hours 11 am - 2:30 pm 1 pm Bridge RC 5:30 pm Water Aerobics 6 pm Men's Pool RC	25 10 am Exercise Class RC Café Hours 11 am - 2:30 pm 2pm Red Hatters RC 3pm Birthday & Move-in Celebration RC	26 Wellness Center 1-3pm 10 am Coffee RC Program: Activities Showcase Café Hours 11 am - 2:30 pm 5:30 pm Water Aerobics 6:30 pm Game Night RC (6 pm Pool)	27 10 am Exercise Class RC Café Hours 11 am - 2:30 pm 1 pm Bridge RC	28 Café Closed
29 Café Hours 11 am - 2:30 pm	30 Wellness Center 9am-12pm 10 am Exercise Class - RC 1:30 pm Scrap-booking CH Café Hours 11 am - 2:30 pm 2 pm Women's Pool RC			Are you in need of transportation? Call Faith in Action to receive Local transportation absolutely free. 532-1501	June Bible Study <i>Will be led by Roland Chapel</i>	RC – Ramey Center CH – Craft Hut