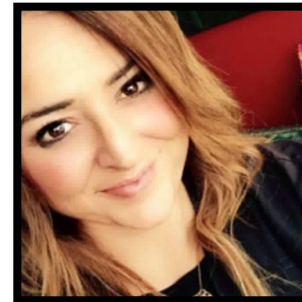


THE VILLAGE VOICE



THE VILLAGE VOICE



Tammy Talk

There is a song that always plays in my head every year at this time. Written by Gretchen Peters and performed by country artist Martina McBride. Independence Day was a song that was very relatable. The way she would belt out, "Let freedom ring" would just give you the chills. We will celebrate the 4th of July as we do every year, But, this year it seems like our independence has been stripped from us in so many ways. Since learning the new normal, I don't like it, I don't

like it at all. I cannot greet you with a hug or a handshake! I learned very early that a handshake is very important when it comes to business. It opens the deal and it seals the deal. We have to stand 6ft from each other and cannot touch. It feels awkward to meet someone new and not shake they're hand. It feels awkward when walking away not to hug or shake hands. We have all lost our independence when it comes to good manners. The ones that our parents and grandparents work so hard to teach us. As the tough Americans we are we will make due. We will bump elbows, wave or maybe our neighbors in China have had it right all along? Just bow to each other. Say hello and nice to meet you. You have to wear a mask here and wear a mask there, events are even getting cancelled. Our way of life is being cancelled. Life as we knew it, because of one pesky little germ! I want to go back. Back to the way it was. Back to planning a function and enjoying the fellowship. Back to making plans and traveling and dang it.... Back to getting hugs! They are good for the soul ya know?

We are trying to be as creative as we can with our new normal. We have decided to bring back the "Yard of the Month" here at Westminster Village. Let us know if you will want to participate and nominate your favorite yard. The winner will get a sign in their yard and maybe a little gift card? We have a committee but I think that your neighbors should nominate you as well. Some rules will apply. You have to be the one doing your yard (no professional help allowed). What will be judged you ask? Your flower gardens and your landscaping of course. I see so many wonderful landscapes here. We have a Village full of green thumbs. I am trying desperately not to kill my aloe vera or my Kimberly ferns. I may need some of you to come pray over mine and pass on the good mojo to them.

My new grandbaby Kirsten Grey will be her in about 70 day or so. I cannot wait! September 17th can't get here fast enough.

Angela your accounting director has asked me to pass along something to you . She needs everyone to make sure and read your statements. Back at the first of the year we had a rent increase and we have had several who have not paid that yet. They continue to pay the old monthly amount. So please read your statements. Sometimes we put very important information in with your statements. You never know, there might be money in your envelope, you never know? Everyone have a great month and enjoy the pool! It feels very nice.

Hugs to you all,

Tammy Swanson
Executive Director

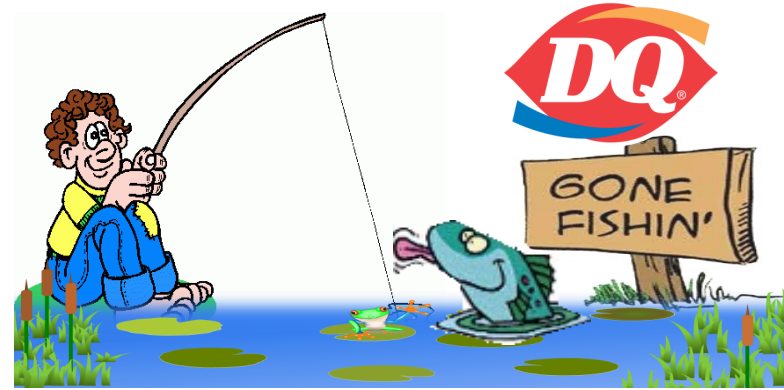


Our Mission Statement

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.



July 4th Fireworks at the Blytheville Sports Plex at dusk. Provided by the City of Blytheville Tourism



Lets Go fishin.... Friday, July 24th at 7 AM.
You pay for your lunch and the fish you catch.
We will eat at the Dairy Queen around 1pm
Sign up with front desk.

REELFOOT LAKE

Tuesday
July 7
11:30

Reelfoot Lake, TN have lunch at the
Lakeview Restaurant and then go to
Full Throttle S'loonshine in Trimble,
TN. Tuesday the 7th we will leave at
11:30AM Sign Up!



Friday the 10th
2 PM
Popcorn Snacks,
Sodas
& a Movie
In the Ramey Center
Sign Up!

MISSISSIPPI COUNTY ROADS 10AM August 5th

Northeast Arkansas Roads Sight
Seeing Road Trip Dell, Victoria,
Rivervale, Lepanto, Dyess, Wilson &
Hog Pen Picnic Lunch at Osceola San
Souci MS River overlook. We will
leave at 10 AM Wednesday, August 5th



12:30 Thursday, July 23rd
Mae's Grill to go order lunch.
Menu - Pork Chops, Mac n Cheese,
Creamed Potatoes, Cabbage. Brown Beans,
& Fried Okra.
1 Pork Chop with 1 Side \$7.75
2 Sides \$9.50 3 Sides \$11.00 4 Sides \$12.75
Extra Pork Chop add \$4.00
Prepay please when place your order.
Sign Up!

Resident Services News Trip Planning Ideas

Some good suggestions for a trip were made at the
July Activity Meetings about safe places for lunch
and safe trips to do. Thank you for all the activity
ideas!

I appreciate how everyone is trying to social distance
and wear their masks at all of our activities.
I understand and respect the fear many of you have
about the COVID-19 Virus. We all have to strive to
be as safe as we can at all the times. Wash your
hands frequently!

We doing simple trips just to get outside and finding
safe ways to dine out. Dining at the Reelfoot
Lakeview Restaurant is very social distanced. They
seat us away from others. The staff there are very
conscientious by wearing their masks. There are
other restaurants like Grecian in Blytheville
providing good social distancing food service we
going to visit. We are planning to visit the Hog Pen
in Osceola on Wednesday August 5th which will be
a Mississippi County Roads trip we will get out
food to go and picnic by the Mississippi River.
I am working on activities to get us outside and
together more like Bocce Ball and fishing. If you
would like to play 6 foot distancing Croquet, or
Horse Shoes let me know. Sign up for the activities
it really helps with making things work best for you.
Check the calendar for activities you need to sign up
for. Stay active and safe!

God Bless America and God Bless Westminster
Village!

Kendall Berry,
Resident Services Director

Remember to social distance 6 feet apart and
wear a mask when you cannot be 6
feet apart from others.



Water Aerobics Mondays & Thursdays 11:30 AM

Sign Up!

Water Aerobics is good for everyone.
Come join us at the Pool!

American Cancer Society

Westminster Village has been a long
time supporter of the
American Cancer
Society in the fight
against cancer, through
fundraisers, luminary
sales, and participating
with the annual Relay
for Life event for many
years. When you help even in small
ways you help our Relay Team.



If you have not joined the Westminster
Village Relay Team please sign up as
soon as possible. Do it for someone in
Memory Of! Do it for someone in
Honor of the fight!

Relay for Life 9/18/20

Is planning a non traditional Relay on
Friday the 18th of September. Things
are still in the works on how and what
can or will be done this year.

You can still purchase luminaries in
memory or in honor of someone that has
dealt with fighting cancer for \$5 each.

Yes. Relay will be different this year.
We can all still be a part of the fight
against cancer by showing our support.



Tuesday, July 21st at 4:00 pm & 5 pm
Come to the Ramey Center and cool off
and enjoy some good ole fellowship and Ice Cream!

**Sign up to reserve your seating
time 4 or 5 pm**

Sponsored by: Cobb Funeral Home

WOW NEWS

No Wow Meetings until
10AM Saturday,
September 12th Sign Up!
We will have a planning meeting.



Book Club
The Westminster Village Book Club
will meet again in September.

Life Springs
Life Counsel/Coaching
4110 Memorial Drive
In the Connection Church office
complex behind the Chapel, suite 1 and 2.
LIFE CAN BE FUN AGAIN!

Worry, Fear, Loneliness, want to discover your
Purpose? Want to forgive but can't seem to do it?
Has grief been controlling your night and days?
**IT' TIME TO FIND LIFE AGAIN,
THE JOY OF LIVING!**

CALL US! 870-623-4988 DR Dale Ruddick
CERTIFIED Christian Counselor and Master Life
Coach. Office 870-623-2623. Rhonda Smith
Master Life Coach.

FREE 1 HOUR Consult for the
WESTMINSTER VILLAGE residents!
"WE ARE HERE FOR YOU"



Lions Club
glasses box is at
the front desk.
Donate your old
glasses to help
other see.

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

Move In Anniversaries

Patsy Andrews	21 years
Mary King	19 years
Beverly Storey	18 years
Diane Somers	17 years
Doris Marks	16 years
Johnnie Mizer	9 years
Karin Swanson	7 years
Judy Rodgers	3 years
Dorothy Keane	2 years
Harold Sudbury	2 years
Arthur & Pearl Arnold	1 year
Rick & Marjie Seitz	1 year



**Tuesday Night
Social Distancing**

5 to 5:40 PM Seating
and a 6 PM Seating
Sign Up!

August 18th Ramey Center

Fresh Hot Pizza

Pepperoni, Extreme Bacon,
5 Cheese, and Ultimate Meat
Please state which pizza you
desire most 1st & 2nd of these
choices. Please Sign up with the
front desk we need to know how
much Pizza to get.

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JULY

1st Al Tate
11th Wanda Dye
11th Johnnie Mizer
13th Katie Davenport
13th Helen Walker
23rd Todd Barnard
25th Mary King
26th Fontella Falls
27th Geraldine Hoag
30th Gary Walker
31st Leroy Tate

Employees

18th Michelle Predo
28th Butch Sanders



Morning Exercise with Peggy
Mondays and Thursdays
9 a.m. in the Ramey Center Gym. Bring a
bottle of water for hydration.



Water Aerobics with Peggy on
Mondays & Thursdays
at 11:30 AM in
at the Village swimming pool.

LIBRARY NEWS

It is hot outside come to
the library and enjoy one
of our cool books.

The library is open 1 to 3
Monday - Friday you must wear
a mask while in the Library.



Library volunteers:

Doris Marks, Loretta Heard, Eileen Thurman,
Donna Clayton, Nancy Frame, Emma Burns, and
Beverly Trusky.



**Birthday &
Move-In Anniversary
BINGO**
Tuesday
July 28th
At 3:00 pm
Ramey Center



Administrative News

Extraordinary Impressions

“Catch me if you can”. Just a reminder that if you catch an employee doing something over and above their job description don’t forget to report it. Extraordinary Impressions is our employee incentive program. We are privileged to have a caring staff here at Westminster Village. Our employees are genuinely a compassionate group of people. Our jobs make service a must, but as we all know, not everyone is born to serve. Therefore, it is truly a pleasure to work with so many caring people. Westminster Village wants to be known for it’s excellence in service. Although we already provide great service to the residents, this is a fun approach to enhance our service to residents, vendors, employees; well, everyone. If you the resident catch an employee going above and beyond their job description, let us know. People get in the habit of reporting an employee when something goes wrong. We want to hear what they did right! You all know the old saying “it is more blessed to give than receive”. As for me, I lurk around trying to “catch” someone. It is so much fun to report them. So come on, join in the fun with us. Catch me, if you can!

Something Special

It has been said that everyone has a special story. We want to hear yours. If you are interested in telling your story, contact Cindy Williamson or write your story and turn it in to the front office. Your story will be published in the monthly newsletter, Facebook and Westminster Village’s website. Tell us the basics.

Name? Age? Married? Children? Interesting events in your life.
Interesting jobs you’ve had. What brought you to Westminster Village?
And anything else you think we will find interesting to share in the newsletter.

Cindy Williamson,
Administrative Director



Accounting News

The accounting office is running smoothly. Everyone make sure to keep cool this summer and check on your neighbors and friends, have a glass of fresh squeezed lemonade or sweet tea.

Remember that we offer direct deposit for your rent. Sign up at the office, just bring in a voided check and we will give you a form to fill out and it will be worry free for you from then on. It’s just that easy.

Also don’t forget we offer the 11/12 Program to our Westminster Village residents. Prepay your rent for 11 months and the 12th month is FREE. This is a great deal and I enclose this flyer with your statements each month which explains the savings.

Please do not hesitate to call me if you have a question or concern, if I can’t answer or help you I will definitely get someone who can. I am always glad to hear from you. This is the only time I get to hear from some of you unless I happen to see you at one of our Thursday coffees, our Monthly Advisory Meetings or any one of our many other events. Please know that each and every one of you are important to us here in the office.

Angela Presnell
Accounting Director

Environmental Services News

Summer is here! Which means our air conditioners are running. Our desire is to keep you as comfortable as we can while trying to conserve electricity. Please keep in mind that our cooling systems can only be expected to reduce your indoor temperature approximately 20 degrees below the outside temperature. We will make every effort to keep the units clean and well-functioning as well as keeping the filters changed quarterly.

Our landscape crew is also having a busy season. Should you have any landscaping concerns, please contact the office. As always feel free to contact the office or help line to address any maintenance concerns.

Butch Sanders
Environmental Services Director



Marketing News
Be Safe Out There

Covid-19 has quickly expanded our vocabularies. Terms like coronavirus, social distancing, flattening the curve, contact tracing, asymptomatic, self-isolation, quarantine, N95 respirator, PPE (personal protective equipment), shelter in place, WFH (work from home), epidemic & pandemic...everyday it seems like there is a new word or phrase that is introduced. People around the world have been told to hunker down in their homes while this new normal has generated a journey that touches all aspects of society, from public health to the economy. Covid-19 has impacted absolutely everyone – it caused proms, graduations, birthday parties, weddings and funerals to be cancelled or limited these events to include just a few people.

In this new era of unpredictability, one of my first trips was to a large grocery store in Memphis. I got to the store about 10 minutes before they opened and watched as employees wiped down the grocery baskets with disinfectant. I put on my face mask and ventured inside to fill my basket with the items on my list along with searching for toilet paper, paper towels, hand sanitizer and Lysol spray. Customers created a maze from the front of the store to midway back down the aisles as lines stretched six feet apart. I started talking with the older gentleman in line behind me and he seemed surprised that anyone was making eye contact with each other – much less talking thru our face masks. He shared with me that he was taking care of his wife at home, who has dementia, and how anxious he is that he will somehow catch the virus and bring it home to her or get sick and not be able to care for her. He had just a few items and I suggested he go ahead of me in line. He went up and made his way up to the register as he finished paying for his purchases, he turned around and thanked me for visiting with him and said, “I’m smiling behind my face mask. Thank you for letting me talk.”

There are precautions and reminders everywhere that we are still in the middle of this pandemic. We have our own hidden heroes in maintenance, housekeeping, security and in the office that are working to keep our residents safe and continue caring for you and your home.

I can assure you that one thing remains constant – that each one of our residents is “essential” to us and we are smiling behind our face masks. Take extra care of yourself. Keep smiling behind your mask.

Leslie Acred,
Marketing Director



WOW - Women of Westminster

I just wanted to remind all the ladies that live here at Westminster Village, that you are automatically a member of (WOW), Women of Westminster Village. This group meets every 3rd Saturday of the month and the 3rd month a potluck breakfast meeting. Meetings are normally an hour long, we know how your weekends are busy, so we don't want to take away from that. There are no dues that you must pay.

Things that we do are making lap blankets for our residents that have had to go to the nursing facilities. We also do things for the nursing facilities on Mother's Day and Father's Day. We make Christmas wreaths for their doors. We try to see how we can help the community as well as our residents here in the village. Social distancing makes more challenging and important. It is also a chance for all the ladies to get together and to get to know one another. Some things we do is run a food drive that is an ongoing drive and we take food to the Blytheville Food Pantry. We also collect adult women clothes and children's clothes, cleaning supplies for the Haven. If you don't know what that is, it is a shelter for battered women. We also collect old towels and blankets any cleaning supplies for the Humane Society that is located here on the base, the fur babies really appreciate this. Please feel free to bring items and place in the boxes we have in the Ramey Center.

WOW along with Resident Services also sponsors several events during the year, Super Bowl parties, New Year's Eve parties, Sock hops, we try to have fun things for our residents. We are one big family here in the village so if you have any ideas of things to do, please come to us on September on the 12th at 10 AM in the Ramey Center and share your ideas and meet other ladies in WOW, we hope to see you there.

If you have any questions, feel free to contact me. Have a wonderful summer.

Mary Rixse

TOPS AR- 0614

TOPS (Taking off Pounds Sensibly) is a group that meets for motivation, support, and to discuss personal experiences about losing weight.

TOPS focuses on your health and when that number on the scale goes down is an added bonus.

Meeting are held every Monday at the Ramey Center we weigh in at 5:30 pm and the meeting begins at 6pm. Our leader encourages us to interact during the meeting because we all can learn from one another. Listening to everyone else you can learn what works for them and see if it works for you or you can also learn what hasn't worked for them and you may realize you have been doing the same. We recently started are using a tip jar (ideas). Everyone can write down 2 questions that may help encourage things that you could be doing to help your goals.

During future meetings we will ask members to discuss their ideas and everyone will have an opportunity to give feedback on ways to make the tips a reality. Our goal is to support one another while we all get healthier. It can be a slower process for some to start sharing their thoughts, but we are all a family and here to support each other. Showing up is half the battle and it helps keep you be accountable. We would love to have you come for a visit and join our TOPS family. If you are tired of taking all of that medicine, and you need motivation to exercise, or just want to feel better about yourself, come and join us on Mondays at 5:30PM!

Candace Guthrie—Web Designate
Loretta Heard---Leader
Weight Recorder—Leona Tate
Treasurer--Mary Rixse
TOPS



Thunder Bayou Golf Course
is ranked # 4 in the state of Arkansas Call Tony, Van or Ron for more information. 532-2621.

The Advisory Committee : Edith Sellers, Loretta Heard, Jean Scott, Mary Rixse, Ann Campbell, Gary Walker, Jack and Anita Thompson

Westminster Village Directors

Tammy Swanson	Executive Director
Cindy Williamson	Administrative
Leslie Acred	Marketing
Kendall Berry	Resident Services
Butch Sanders	Environmental Services
Angela Presnell	Accounting
Peggy Kenner	Wellness Nurse

Board Members

Judge David Burnett, Beth Fitzgerald, Tom Henry, Helen Milam, Roger Oldham, Bob Ramey, Janet Robertson, Bill Sullivan, Pastor Mike Wey, Glen Whitener, Bruce Young,

Board of Directors

President	Pastor Mike Wey
Vice President	Janet Robertson
Secretary/Treasurer	Roger Oldham
Finance Chairman	Bob Ramey

Westminster Village is a 501(c)3 non-profit corporation

Signs and Symptoms of Dehydration

Now that summer is here we need to remember that increased heat often causes sweating and loss of water from our bodies. It is important to stay hydrated.

Some signs of mild to moderate dehydration are:

- Dry mouth
- Decrease in urination and/or dark colored urine
- Dry, cool skin
- Headache
- Muscle cramps

Sever dehydration can have the following symptoms:

- Very dry cool skin
- Dizziness
- Rapid heartbeat
- Sunken eyes
- Sleepiness
- Lack of energy
- Confusion
- Fainting



Often times older generations forget to drink and don't realize they are thirsty. There are many electrolyte drinks that may help keep you hydrated better that just plain water and some come with low sugar content.

Know these symptoms and make sure you stay hydrated well.

Avoid getting out during the extremely hot times of the day. Take you walks early in the morning or late evenings. Our home are often too warm so keep your fans running and stay cool and hydrated.

Have a safe and happy summer!

Yours in wellness,
Peggy Kenner

Faith In Action

Faith in Action offers the following services:
Light Housekeeping - Respite Care - Local Transportation
- Letter Writing - Telephone Reassurance.

If you need a ride you must have an application on file and give 24-hour notice. Please call 532-1501 for more information.

July 2020 Village Voice

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Library Open 1 to 3

Library Open 1 to 3

Library Open 1 to 3

Library Open 1 to 3

Library Open 1 to 3



CH = Craft Hut
RC = Ramey Center
VP = Village Pool
ANC = Arkansas Northeastern College
BAFB = Blytheville Air Force Base

1



Burger / Hot Dog
4 & 5 RC

2

9 AM Exercise Class RC
10 AM Coffee RC
Bingo!

Wellness Clinic 10 - 11:30 AM
11:30 Water Aerobic VP

3

Office is Closed July 3rd



4

July 4th Fireworks
at the Blytheville Sports
Plex at dusk.



5

6

9 AM Exercise Class RC
Wellness Clinic 10 - 11:30 AM
11:30 Water Aerobic VP
5:30 TOPS

7

11:30AM Reelfoot
Lakeview Restaurant
& Trimble, TN.
Sign Up! Pg 2

8

9 AM
Bocce Ball
Outside RC
Sign Up!
Weather Permitting

9

9 AM Exercise Class RC
10 AM Coffee RC
Trivia!

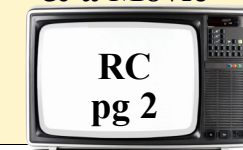
Wellness Clinic 10 - 11:30 AM
11:30 Water Aerobic VP

2 PM Kennett
Produce Run Sign Up!



10

2 PM
Popcorn, Snacks,
Sodas
& a Movie



11

9 AM Walking at the Village Trail
Just show up! Wear a mask.
Just a resident get together...
Call someone to join you.



12

13

9 AM Exercise Class RC
Wellness Clinic 10 - 11:30 AM
11:30 Water Aerobic VP
5:30 TOPS

14

15

11 AM El Acapulco
Sign Up!

16

9 AM Exercise Class RC
10 AM Coffee RC
Bingo!

Wellness Clinic 10 - 11:30 AM
11:30 Water Aerobic VP
2 PM Crafty Ones

17

18

BINGO											
4	26	43	59	70							
9	30	41	55	68							
7	23	35	50	63							
8	20	31	60	75							
13	18	34	52	69							

Dirty Bingo
2:30 - RC

19

20

9 AM Exercise Class RC
Wellness Clinic 10 - 11:15 AM
11:30 Water Aerobics VP
5:30 Tops

21

1:30 PM Advisory
Meeting RC

Sign Up for the
4 PM or 5 PM
Seating of the
Ice Cream Social RC pg 10



22

9 AM
Bocce Ball
Outside RC
Sign Up!
Weather Permitting

23

9 AM Exercise Class RC
10 AM Coffee RC
Geography

Wellness Clinic 10 - 11:30 AM
11:30 Water Aerobic VP

12:30 Mae's Grill to go
order lunch at RC pg 2

24 Lets Go fishin....
7 AM Pg 2



25

9 AM Walking at the Village Trail
Just show up! Wear a mask.
Just a resident get together...
Call someone to join you.



26

27

9 AM Exercise Class RC
Wellness Clinic 10 - 11:15 AM
11:30 Water Aerobics VP
5:30 Tops

28

Birthday & Move-in Bingo
Party 3 PM RC - page 7
Sign Up Please!



29

11 AM Blytheville Grecian
Sign Up!

30

9 AM Exercise Class RC
10 AM Coffee RC
History

Wellness Clinic 10 - 11:30 AM
11:30 Water Aerobic VP
2 PM Crafty Ones

31