

THE VILLAGE VOICE

Activities will be able to continue in the Ramey Center, Craft Hut, Library and outings in the Village Bus. They will be different because of limitations of numbers of residents at a given time. **You will also be logged in at every meeting or trip individually. You will be ask how you feel have you had a fever in 24 hours and you will have your temperature taken and hands sanitized upon arriving for all events and trips. We are in the process of preparing to be able to meet these guidelines for all activities.**

Activities will have limitations on the number of people able to attend.

Signing up for activities will be required so scheduling can be done to make your seat available. Please be courteous and show up for each activity you sign up for.

For instance the Village Bus will only be able to allow 9 passengers wearing masks while on the bus. The Ramey Center coffee room and Gym will have a limit on seating to maintain social distancing so sign up for the activities you want to attend.

I am very excited about making the new normal as easy as possible. Everyone will be expected to adhere to the social distancing guidelines. Wearing a mask is required when you cannot maintain a 6 foot distance from others. When the 6 foot social distancing is able to be done you do not have to wear a mask. You should always have your mask with you so you can be able to put it on when near others.

Just as a matter of fact ... When you are outside in your yard enjoying the weather you are safe to not wear a mask. Even on windy days. The warmer weather and sunshine helps kill the Coronavirus.

Wash you hands often for 20 seconds soap and water to help you stay safer from infection.

A good practice would be to carry your own Travel Mug, ink pen and hand sanitizer for your convenience at activities.

Sign Up so I can schedule your seat for each activity. Thank you.

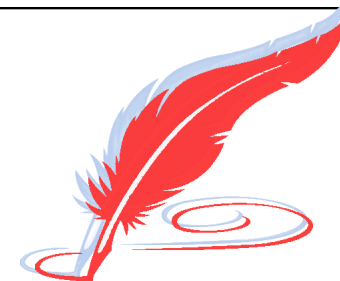
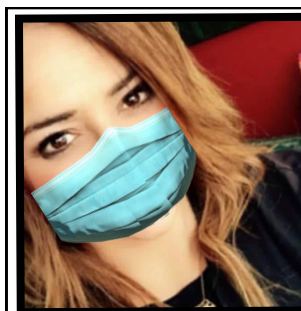
Kendall Berry,
Resident Services Director



THE VILLAGE VOICE



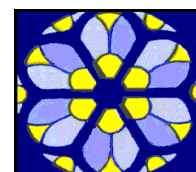
We want to thank the wonderful women of Westminster Village that are making lovely creative masks for the nurses and first responders.



Tammy Talk

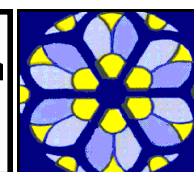
So I am not talking about the “C” word this month. Nope not doing it! Let’s talk about the weather, Mother’s Day. Anything but that. So I hope everyone had a special mother’s day. Mine was Fantastic. My kids spoiled me rotten, so I cooked them a meal they would never forget! I made a garlic parmesan encrusted pork loin with shells and cheese, mashed potatoes and glazed baby carrots. I even went all out and did the yeast rolls. For dessert, my granddaughter and I made two pans of brownies and had it with ice cream and hot fudge. Now I can hear Mary Rixse is screaming “what about the KETO!” lol Well let me tell you about that. I did it for about 6 weeks and it was working. I dropped 9lbs in 6 weeks. Then my daughter made brownies, they are my weakness. I had one, then two then.... Well I’ll just stop it there. I Felt bad about what I had done and went in search of a replacement for my beloved brownie. I found a Duncan Hines half a cup just add water cook in the microwave replacement. I mixed it up and put it in the microwave. I crossed my fingers, prayed and fidgeted like a crack head needing a fix. Then the microwave beeps! Its time. Time to redeem myself and love this replacement chocolate confection and replace my beloved brownie.

I tried, I really did.
(continued on page 2)



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.

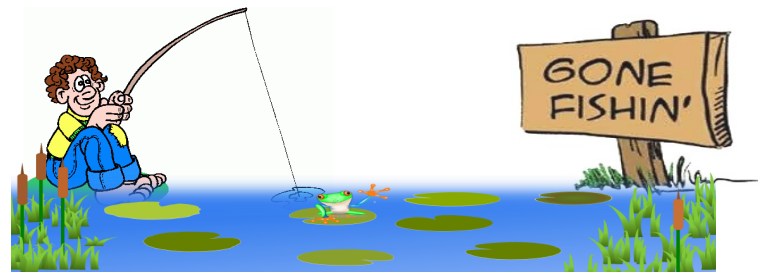


(Continued from main cover)

I took my first bite, not too bad, then a second bite, what is that bitter taste? I drink some water and take another bite. I'm crushed!! Folks, it was awful! It has the most bitter after taste I have ever tasted in all my life. I could not have been more disappointed. What am I going to do! I need 60lbs gone, and to never have another brownie in all my life is not an option. I refuse to pay \$12 for almond flour. So I've decided that if it takes any kind of flour at all, I'm not eating it. With the 6 weeks that I was doing right, I was able to lower my A1C from 9.3 to 6.8. There are no other options, I will start all over again. I started it once I can do it again. It is a challenge living with a pregnant lady too and her cravings while trying to do right thing, but I shall try, try again. Speaking of pregnant, my daughter is half way through and the baby bump has made its presence known. I have decided to start a journal for my granddaughter. I will write in it once a week or once a month. I hope to continue it until she graduates high school and gift the journals' to her as a graduation gift. My son Jacob graduates this month too. Very proud of him! The take away from this month's article? I'm going to be a starving grandma, but at least I'll be here.

Sincerely,

Tammy Swanson,
Executive Director



Lets Go fishin....
We will go on a pretty day.
Sign up with front desk I will call you the day before to see if we can get a group to go fishing.
The buss will be able to carry 9 passengers wearing their mask.



**Tuesday May 19th
& Wednesday May 27th**
Celebrate Spring leave at 9 AM
Lunch at the
Reelfoot Lakeview Restaurant
We will go to the New Madrid, MO
then ferry across the
Mississippi River to Kentucky to go
to Reelfoot, TN.
Sign Up!
If enough want to do this trip I can do the trip two times on different days.
Rain or Shine.

Have a happy Memorial Weekend!
God Bless America!

God Bless our Nurses & First Responders!

God Bless our Troops!



CRAFTY ONES
WILL BE BACK IN JUNE

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MAY

3rd Tom Hayes
9th Brenda Maharaj
10th Wanda Wattle
12th Norie Jacobs
13th Eileen Thurman
23rd Dessie Lipford
24th Judith Brandon
26th Paul Crump
29th Brad White
31st Elma Wallace
Employees
5th James Platt
7th Joe Ivey
17th Larry Green
28th Julius Snead

Buy a \$5 luminary in memory or in honor of someone that cancer affected their lives.



Happy Birthday to You

BINGO

Birthday & Move-In Anniversary Celebration
Tuesday, May 26th 3:00 PM
Ramey Center

Wear your mask and be social... keep your distance... seating in the Coffee room is designed for distancing.
PLEASE SIGN UP FOR YOUR SEAT...

Move In Anniversaries

Doug & Sue Forester	20 years
Audran Cavanaugh	18 years
Kenneth Kraft	11 years
Annie Campbell	10 years
Charles & Dessie Lipford	4 years
Phyllis McClendon	4 years
Theoda & Elam Hampton	2 years
Diann Jones	2 years
Billy Smith	1 year
Melchelle Wagner / Lorene McMillen	1 year
Michael Miller	1 year

New Neighbors
Greg & Typhani Davis
Johnnie Stubbs



Relay For Life

The 2020 Relay For Life will be at the Ramey Center
Friday, September 18th.
We need a good team this year please sign up and join our Relay Team to represent Westminster Village at the Relay for Life activities.

Please turn in your Participant and/or Survivor Registration ASAP to be on our team. The registration form is in this newsletter

You will also be logged in at every meeting or trip individually.
You will be ask how you feel have you had a fever in 24 hours and you will have your temperature taken and hands sanitized upon arriving for all events and trips.

We are in the process of preparing to be able to meet these guidelines for all activities.



Morning Exercise with Peggy
Mondays and Thursdays
9AM in the Ramey Center Gym.
Bring a bottle of water for hydration.
Wear your mask
and be social and keep your
social distancing.
Seating in the Gym
is designed for exercise distancing.



Stretch & Stress Relief with Peggy on Mondays & Thursdays at 11:45 in the Ramey Center Gym.
Bring a bottle of water for hydration.
Wear your mask and be social and keep your
social distancing.
Seating in the Gym
is designed for exercise distancing.



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.

Remember, you can always find the most current Village Voice in full color online at:
wmv.org/newsletter



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, Beverly Storey, Annie Campbell, Jean Scott, Beverly Trusky, Mary Rixse, Jack and Anita Thompson

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.



Swimming Pool & Water Aerobics
Will be announced in the June newsletter.

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

Westminster Village of the Mid-South
Active Adult Community






















5215 Southside Drive
Blytheville, AR 72315
(870) 532-4100

Don't forget about the 11/12 program.
Earn more interest than you can get from the bank!
Call the accounting office for more information about this program.



Village Voice May 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	You need to sign up for Activities you will be notified the day before the activity about your seating availability.		Let's Go Fishing Soon! Sign Up! I will call you the day before for lovely fishing day out.		1 	2 
3 	4 	5 	6	7 	8 	9 
10  Mother's Day!	11 	12 	13 	14 10 AM and 11 AM Coffee in the Ramey Center Coffee Room Sign Up! To be scheduled!	15 Group 1 9 AM Reelfoot / New Madrid Pg 2 Sign Up! 	16 
17 	18 11 to 12 WHERE IS KENDALL ON THE VILLAGE FIND KENDALL? FIND ME!!! Call the office if you find me!	19 Group 1 11 AM Lunch Picnic Osceola San Souchi River Park Rain or Shine Sign Up We will call you to confirm your seat.	20	21 9 AM Exercise 10 AM & 11 AM Coffee in the RC Sign Up! To be scheduled! 11:45 Stress Relief RC	22 Group 2 9 or 10 AM Reelfoot / New Madrid Pg 2 Sign Up! 	23 3:00 Dirty Bingo RC Sign Up!
24 	25 Office Closed Memorial Day	26 Birthday & Move-in Bingo Party 3 PM RC - page 7 Sign Up Please!	27 Group 2 11AM Lunch Picnic Osceola San Souchi River Park Rain or Shine Sign Up! We will call you to confirm your seat.	28 9 AM Exercise 10 AM & 11 AM Coffee in the RC Sign Up! 11:45 Stress Relief RC	29	30
31	9 AM Exercise Class RC 11:45 Stress Relief RC 5:30 TOPS	10 AM Walking at the Village Trail Just show up! Wear a mask. Weather Permitting		ANC - Arkansas Northeastern College CH - Craft Hut RC - Ramey Center VL - Village Library	