

VILLAGE VOICE



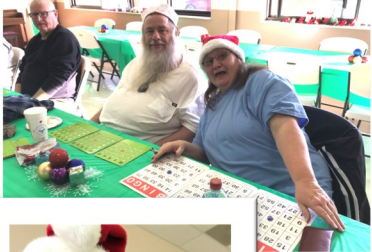
December flew by!



Donations for the Food Pantry



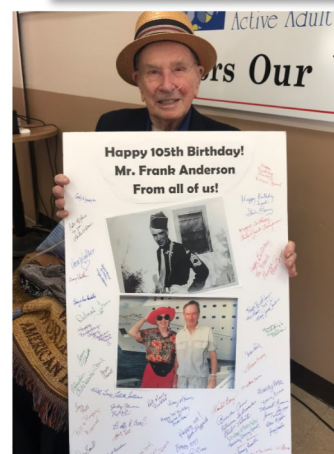
BINGO!



Christmas Party



Franks 105th Birthday!

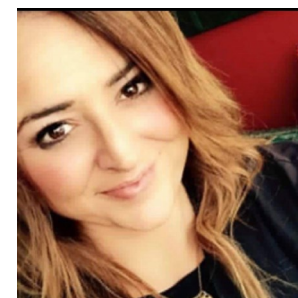


#mssetfrankandeson



VILLAGE VOICE

Happy New Year My Name is Tammy Swanson



So here we find ourselves once again welcoming another new year! What a blessing! 2019 like years past comes with many changes. Change can be scary. Change can also be positive for the good.

So here is the first change of 2019. Our beloved Linda O'Guin has retired. A huge congratulations is in order and I could not be happier for her.

Let me introduce myself. Some of you know me and some of you don't. We will have plenty of time to get to know each other.

My name is Tammy Swanson. I was born and raised in Blytheville. I grew up in Gosnell with children from all over the globe, because of the Eaker Air Force Base. I basically grew up on the base, staying overnight with friends, swimming etc.. I graduated Blytheville High School in 1991 and married the love of my life 3 months later. Roger and I have been married for 27 years and together 31 years. We have three beautiful children. Tyler 25, Allison 24 and the baby, Jacob, will be 17 in February. I have worked since I was 16. Sometimes working 3 jobs to raise my family. Not having as much time with my children meant that they would learn a great work ethic. Tyler is a professional working for Black Hills Energy. Allison is a nurse at Great River Hospital and Jacob works two jobs and goes to High School full time.

With every job I have worked I have been in some type of management. I was an assistant manager in 1998 where I was near fatally shot. After being brought back to life twice and a few surgeries, I vowed never to work again. After a year and a half of recovery I went into property management with Bailey Properties known as Capri. I love this type of work. After nearly 4 years I had to resign in order to take care of my mother. She had been diagnosed with terminal bone cancer. I spent her last four months with her and I don't regret it. Following that I went on to try different things. Curious about bartending and knowing nothing I became a licensed Mixologist and Restaurant Manager at Bistro 1121. My husband and I played music there also. My next step was beauty school. I am a licensed Cosmetologist.

My point is, when I decided to do it I decided to succeed. I have also done Radio announcing and DJ. So here I am now your new Executive Director. Questions have been raised and I am sure some eyebrows have too. One thing all of the jobs have in common is ... People! Anyone can learn reports, financials and other things. But, working with people, well that's the important part of my job. I love meeting new people, and making new friends. If you have any questions or concerns, my door is always open.

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.



Employee of the Year



Simon Eauclaire has been honored with Employee of the Year 2018 for his outstanding job performance in the Maintenance Department. Eauclaire has been with Westminster Village since September 2017 and has proven to be invaluable in many areas of expertise at the Village. Eauclaire is a dedicated and reliable employee to Westminster Village. Congratulations Simon!

Employee of the Quarter



Butch Sanders has been honored with Employee of the Fourth Quarter for 2018 for his outstanding job performance. Sanders began working for Westminster Village in maintenance in December 2010. Sanders is the Assistant Environmental Services Director and has proved to be a huge asset to the company. Sanders is a dedicated and reliable employee to Westminster Village and the residents of the Village. Congratulations Butch!

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

**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.**



**JONESBORO DINNER & MOVIE
11 AM TUESDAY, JANUARY 15TH**

**LET'S GO SEE MARY POPPINS
OR ANOTHER MOVIE OF YOUR
CHOICE ...**

**HAVE LUNCH & MOVIE
PAY AT THEATER**



Westminster Village Social Times

Canasta Tuesday 8th & 22nd 6 PM
WOW Meeting Saturday 19th 10 AM

Mondays & Thursdays
9 AM Exercise 11:45 noon Stretch & Stress RC

Tuesday & Friday
1 PM Bridge RC

CRAFTY ONES 2 PM Jan 3rd & 17th CH

Book Club 2 PM Wednesday, Jan. 9th RC

Thursday Coffees 10 AM RC

Friday Nights
5:30 PM Line Dancing RC
6 PM Mexican Train Dominoes RC

**Check the Village Voice Calendar for
Village Trips and Events
wmv.org/newsletters**

**Mark your calendar for the
Valentines Party on Thursday,
February 14th.**

**Westminster Village Night Out
will be in March 2017
in the Ramey Center.**



Elf Mail

Elf Mail is completed for another year. The elves sorted a total of 718 cards. The hardest working elf was Annie Campbell, who sorted the most cards. I want to give a big "Thank you!" to elves Jennye Carihfield, Vicki Schrimsher, Joe and Wanda Ivey, Gary Thurman, Myra Williams, Annie Campbell, Doris Marks, Sandra Harris, Vera Walker, Judy Rogers, and Susan Person.

Head Elf Eileen Thurman



**Hey save your Cards
for the
Abilities Unlimited**

**Abilities Unlimited can use all types of
Greeting Cards Fronts Only.**

**(the face of the card should not have any
handwriting on them)**

The cards are trimmed and a blank card is attached so they can be reused. There is a box in the Ramey Center for you to drop off any old cards to recycle for Abilities Unlimited in the months of January and February.



Thank you for all your time and care in making cakes and cookies for the Blytheville Police and Fire Departments and also the Gosnell Police Department.



The Westminster Village Book Club will meet Wednesday, January 9th at 2 p.m. in the Ramey Center.

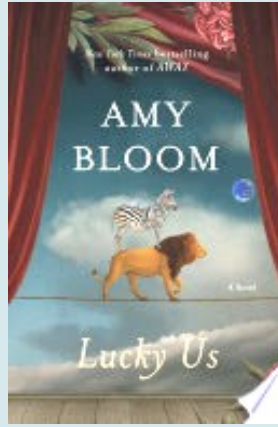
The book to be discussed will be:

“Lucky Us”

By Amy Bloom

Nancy Frame will lead the discussion.

All are welcome to attend.



Library News

The library volunteers wish you a very “HAPPY & SAFE 2019”.

Happy New Year!



From the library volunteers:

Thank you from your library volunteers:
Doris Marks, Loretta Heard, Eileen Thurman,
Beverly Trusky, Donna Clayton, Nancy Frame and
Jennye Carihfield.



No Canasta until March



HAPPY NEW YEAR!!

CRAFTY ONES

The Crafty Ones have been busy. We created terra cotta turtles and birdbaths, pottery, wooden yard signs and easels with the help of our woodshop friends, Merrill Frame and Gary Walker. We also created paper beads, boxes from craft sticks, paintings and much more. The Crafty Ones set up a booth at our annual health fair to talk about the health benefits of crafting as well as setting up a booth at the Fall Festival to sell Christmas ornaments and other crafts.

I have enjoyed watching everyone create. I continue to be amazed at how creative everyone is. Just take a look at the Westminster Village Facebook page. I say this at every meeting, I am not a teacher. I only know what I know. Painting is my thing. It has been so much fun passing on tips and tricks for painting. I love it when that one brush stroke transforms the canvas and “bam” there it is, the exact picture you are trying to portray looking back at you. I love the looks on my crafty ones faces when their project comes together for them, the excitement and energy that comes from successfully creating something beautiful whether it is a painting or another craft.

In 2019 we have plans to learn to crochet, and continue to improve our painting and craft skills. Two times a month we meet to work on a new project. I am proud to be a part of this special program that Westminster Village created for the residents but most importantly I am proud of the bonds/friendships that have been created with my Crafty Ones friends. I look forward to many more creations in 2019.

Cindy Williamson,
Administrative Director

Happy Birthday

JANUARY

2nd Alice Hamilton
2nd Floyd Shrum
2nd Gwen Woodson
5th Nina Dunlap
5th Edward Brownlee
6th Curtis Miller
7th Allie Jones
10th Dot Keane
15th Doug Forrester
18th James Elsesser
18th Judy Rodgers
23rd Jocelyn Campbell
25th Cynthia Elliott
26th George Watkins
27th Jewell Mathis
28th Grady Hamilton
28th Larry Jacobs

Move In Anniversaries

<i>Jeanie Wilson</i>	<i>15 years</i>
<i>Henry & Katie Davenport</i>	<i>3 years</i>
<i>Susan Person</i>	<i>3 years</i>
<i>Jacquelyn Barnwell</i>	<i>1 year</i>
<i>Pete & Kay Faulkenberry</i>	<i>1 year</i>



BINGO

**January Birthday &
Move-In Anniversary
Celebration Tuesday,
January 22nd 3:00 PM in the
Ramey Center
Must be present
to win prizes.**



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.

Resident Services News

Happy New Year!
2018 was so much fun. It went by so fast. Thank you for participating by coming to coffee, lunches and trips throughout the year. My favorite trips in 2018 the Huntsville-Chattanooga-Nashville Trip, the trip to Kentucky to see Noah's Ark. and I can't forget the Memphis Redbirds Game on July 4th. 2019 is going to be a good year. So come join us for lunch on Wednesdays and to coffee on Thursdays and let's make 2019 a fun year of fun travel and fun activities.

God Bless You and Westminster Village in 2019.

Kendall Berry, Resident Services Director



The pitch!



Dairy Queen & Aldi's
Lets go to Kennett
for ice cream and
Shopping at Aldi's

2 PM Monday,
January 21st

Friday Night Social
5PM Friday, January 18th
We will have
Hamburgers and fixins



Southland Park Dog Track
& Gaming

Tuesday, February 5th
We will leave at 9 a.m.

Free play and free lunch buffet.
Sign up with the front desk.
Southland Park requires two weeks advance notice to make our trip arrangements. Deadline to be signed up is Tuesday, January 8th to get your free play and free buffet from Southland Park.



May 2019 New Orleans

Lets go to New Orleans by AMTRAK. Train ticket round trip \$100 per person.
Subject to change.
4 nights Hotel \$540 \$135 per night estimate could be more depending on hotel not including taxes. Meals and other expenses.
Planned group trips Bayou Tour \$51, New Orleans Battlefield National Park by Creole Queen River Boat \$34. and more.|
Lots of free time..

Per Person \$360 estimate Subject to change.

Sign Up If You Are Interested!

Christmas Door Contest

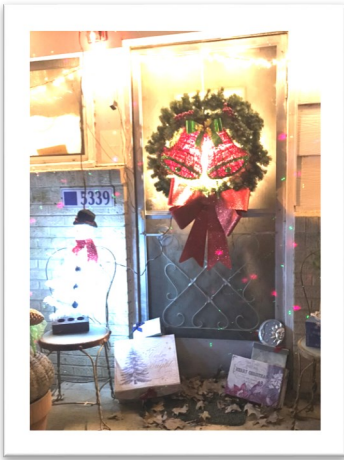
We had a very decorated Village for Christmas this year. We want to thank all those that decorated their doors. Leona Tate received 1st place, Loretta Heard received 2nd place, Anita Thompson received 3rd place and Valerie Tate got 4th for their Christmas door decorating.



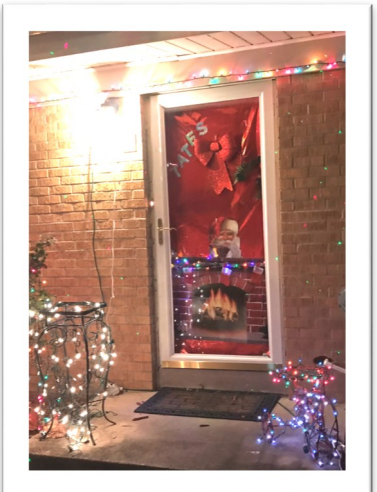
Leona Tate - First Place



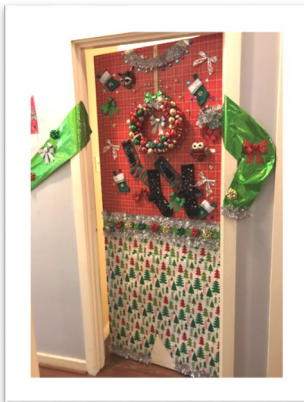
Loretta Heard – Second



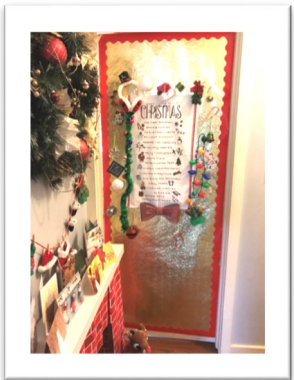
Anita Thompson – Third
Office Doors



Valerie Tate - Fourth Place



Tiara's 1st Place



Leslie's 2nd Place



Kendall's 3rd Place



Cindy's



Angela's



Melanie's

Marketing News

Every year I do a kind of inventory of my own life as I look back on the last year. What was one of my proudest moments from this past year and why? What is the most meaningful thing someone did for me this past year? What was the most meaningful thing I did for someone else?

I realize more and more that life is short. I grew up knowing this to be true, but now it seems like I’m reminded of it all the time. Healthy friends call me and tell me they have stage 4 cancer. Someone else whispers they have early onset Alzheimer’s. Another person texts me about their crippling depression since their spouse died a few months ago.

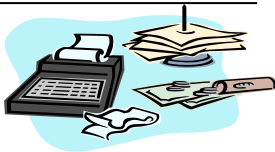
We don’t celebrate life enough. We don’t tell our loved ones what they mean to us enough. Honor your life. Celebrate your life. Enjoy your life. As you put a new calendar up on the wall make a fresh start. You may carry some burdens from 2018 to this year, but with the new year comes new possibilities. As we look ahead to this new year, I must say I’m excited for what 2019 has in store. Happy New Year to you!

Leslie Acred,
Marketing Director



Accounting News

I hope every one of you had a wonderful Christmas holiday, I know I sure did. Never 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 all. Sometimes a phone call is the only way I get to know some of you if I do not get to interact with you at one of our Thursday coffees, our Monthly Advisory Meetings or any one of our many other events, each and every one of you are important to me regardless. 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 we have been enclosing a flyer with your statements each month which explains the savings.



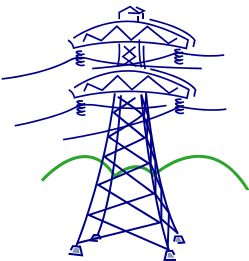
We also offer direct deposit for your rent. Sign up at the office, just bring in a voided check and we will give you a form to fill out. It’s just that easy.

Angela Presnell, Accounting Director

Environmental Services News

Greetings in the Name of our Lord and Savior!
I just love a new year and the adventures to come. Taking just one step at a time while trusting the One who holds all things together.

As we enter this new year, we want to do our best at Westminster Village to serve you. One of the ways we can do this is by putting the WMV Disaster Preparedness Placard to use. For those of you who were here in 2009, you remember the February ice storm that caused power outages and fallen limbs. If another challenge were to come our way, please post the placard so that we can more readily help in your time of need. Hopefully we will not encounter another storm, but in the event that we do, we want to be better prepared to address your needs. May each of you grow in grace and knowledge this coming year. Happy New Year!



Grace and Peace,

Van Richardson,
Environmental Services Director



Please remember to disconnect your outside water hoses and set your inside faucets to drip when temperatures are 25 degrees or below. You can also open your kitchen and bathroom sink cabinets to help prevent freezing.



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, Jennye Carihfield, Beverly Storey, Ann Campbell, Jack and Anita Thompson

Westminster Village Directors	
Tammy Swanson	Executive Director
Cindy Williamson	Administrative Director
Leslie Acred	Marketing Director
Kendall Berry	Resident Services Director
Van Richardson	Environmental Services Director
Angela Presnell	Accounting Director
Peggy Kenner	Wellness Nurse

Board Members	
Cecil Brown, Judge David Burnett, David King, Bruce Young, Beth Fitzgerald, Helen Milam, Roger Oldham, Bob Ramey, Janet Robertson, Bill Sullivan, Glen Whitener, Pastor Mike Wey	

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



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.

Start the New Year Healthy

It’s a new year and no time like the present to get healthy and try to stay healthy. How do we do this? Well, here are a few suggestions. First, think positive thoughts about yourself. A positive mental outlook is the first step to healthy living.

Second, think about moving. Get up out of that easy chair and stretch those muscles, maintain your balance and strength and flexibility. Do this the easy way by coming to the Ramey Center for exercise every Monday and Thursday mornings from nine until ten o’clock. We also have stretch and stress relief class at noon the same days. It is fun and we all feel better mentally and physically when we leave. Everyone goes at their on pace. If you can sit in a chair and breathe, you can come to this class.

Third, think about healthy eating. Clean out the kitchen of all those unhealthy temptations left from the holidays. Fill the cupboard with healthy snacks such as fruit. Here are the top 5 vitamins and nutrients needed for older adults.

1. Folic acid 400mcg/day—spinach, asparagus, breakfast cereal, lentils.
 2. B-12 2.4mcg/day-- turkey, salmon, crab, clams, chicken, beef, eggs, milk.
 3. Vitamin C 75-90 mg/day—oranges, grapefruit, strawberries, tomatoes, sweet red peppers, broccoli, potatoes (preferably sweet potatoes).
 4. Vitamin D 600-800 IU/day—salmon, sardines, mackerel, instant oatmeal, cereal, egg yolk, soy milk, cow’s milk, orange juice fortified with vitamin D.
- Essential Fatty Acids (EFA) flaxseed oil, canned tuna, loysters, herring or sardines, salmon, trout, crab, nuts. Remember to stay hydrated, even in cold weather. Drink 6 to 8 glasses of water daily (unless your physician has you on fluid restriction).

So, here is “cheers” to a new year with a happy and healthy lifestyle.

Yours in wellness, Peggy Kenner

Mondays & Thursdays 8 AM Wellness Clinic Office
9 AM Exercise Class RC 10 AM Wellness Clinic Office
11:45 Stretch & Stress Relief RC



Love & Health,
Peggy Kenner, Wellness Nurse



Village Voice January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
RC - Ramey Center CH - Craft Hut VL - Village Library ANC - Arkansas Northeastern College		1  2019	2 No Lunch Trip	3 9 AM Exercise Class RC 10 AM COFFEE Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 1 - 4:30 VA in the Library 4PM - Billiards - RC 2 PM Crafty Ones CH	4 1 PM Bridge CH 5:30 PM Line Dancing RC 6 PM Mexican Train Dominoes RC	5
6	7 9 AM Exercise Class RC 10 AM Prayer Group RC Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 5:30 TOPS	8 1 PM Bridge RC 4PM - Men's Billiards - RC	9 11 AM Pizza Inn 2 PM Book Club RC	10 9 AM Exercise Class RC 10 AM COFFEE Activity Meeting Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 1 - 4:30 VA in the Library 4PM - Billiards - RC	11 1 PM Bridge CH 5:30 PM Line Dancing RC 6 PM Mexican Train Dominoes RC	12 2:30 Dirty Bingo RC
13	14 9 AM Exercise Class RC 10 AM Prayer Group RC Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 5:30 TOPS	15 1 PM Bridge RC 11 AM Jonesboro Lunch & Movie pg 2 4PM - Men's Billiards - RC	16 11 AM Round House Caruthersville	17 9 AM Exercise Class RC 10 AM COFFEE Kendra - BUNCO Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 1 - 4:30 VA in the Library 4PM - Billiards - RC 2 PM Crafty Ones CH	18 1 PM Bridge CH 4:30 PM Friday Hamburgers pg 4 5:30 PM Line Dancing RC 6 PM Mexican Train Dominoes RC	19 10 AM WOW MEETING RC
20	21 2PM Dairy Queen & Aldi's pg 4 9 AM Exercise Class RC 10 AM Prayer Group RC Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 5:30 TOPS	22  1 PM Bridge RC 1 PM Advisory Meeting 3 PM Birthday & Move-In Bingo Party RC - page 3 4PM - Men's Billiards - RC	23 No Lunch Trip	24 9 AM Exercise Class RC 10 AM COFFEE 11 AM Big Butts for lunch Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 1 - 4:30 VA in the Library 4PM - Billiards - RC	25 1 PM Bridge CH 5:30 PM Line Dancing RC 6 PM Mexican Train Dominoes RC	26 2:30 Dirty Bingo RC
27	28 9 AM Exercise Class RC 10 AM Prayer Group RC Wellness Clinic 10AM - 12 PM 11:45 Stress Relief 5:30 TOPS	29 1 PM Bridge RC 4PM - Men's Billiards - RC	30 11 AM Mama Mia's	31		