

THE VILLAGE VOICE

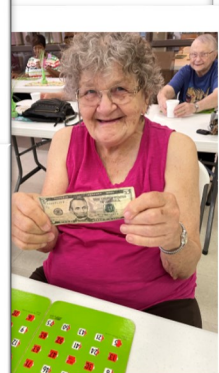
Bingo!



Bingo!



NEA Queens & Haven



Passing out food goods.

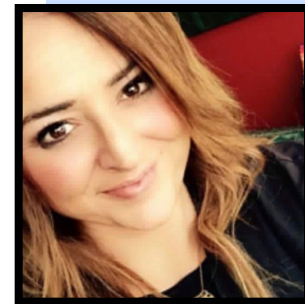


Movie & Dinner



THE VILLAGE VOICE

Tammy Talk



We all went through it together. The Pandemic. Something I never thought I would see in my lifetime. It was scary. It was a feeling of helplessness. It was weird. We were being taught to stay away from each other. To not socialize for fear of catching it. As if technology hasn't separated us enough already, now those who would make plans and then cancel last minute were off the hook! There were times I was that person. Homebodies were in heaven! Not that there is anything wrong with being a homebody. I know I have my

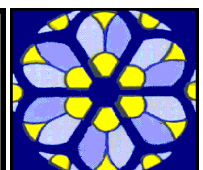
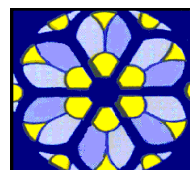
moments when I want to be alone. Everyone does, But, this went a little too far. I noticed that when we were all wearing masks, that even when people who would see each other in the store, all of a sudden would not speak. Would not even look at each other? Places that I would go to sounded eerily quiet. It was like if you had the mask on, that you couldn't even talk. It was strange to me. I know that I had a hard time recognizing people because of the mask and wearing no makeup. No more smiles, no more hugs... no more socializing... it was depressing for me.

Now let's think about those who wouldn't leave the house. I know some that have not left their home except to maybe step onto the porch and then right back in again. I can only imagine the loneliness that was felt.. is felt. Covid put quite an apprehension on a lot of people. But with numbers dropping like they have been, it is safer to come out in the sunlight! Covid depression is a real thing and to me is just as damaging as the virus. Depression is the leading cause of disability worldwide. Staying away from friends and family only makes it worse. With each vaccinated individual, normal life can resume. But what about the variant? I was sick in January while my husband and soon to be son-in-law were both positive with very few symptoms, I had all the symptoms and then some. I did two rapids, one send off and one antibody test. All Negative. My doctor and I both agree that I did have it but that the first rapid and send off that was done at the same time was a product of bad testing technique. It was very pleasant, and it shouldn't have been. We both feel like she didn't probe deep enough. It never touched the back of my throat. The day after the test is when my head clogged up, I lost taste and smell (and that's not 100% better. Pine-sol smells disgusting to me and I've always loved it, and I smell bleach all the time), became listless and couldn't move. That was when he put me on strong antibiotics and steroids. Now I'm diabetic, so normally steroids are a no-no, but he felt like the reward was greater than the risk. A few months later, Leslie and I went to the Kroger Pharmacy to have the antibody test done. He told me I was negative. So very confused, I asked him "How could that be?" I was sick, that I knew for sure. He then tells me that it only means that I did not have an immune response to it. What! So I wasted \$25 for the test because it really cannot tell you if you have had it or not. The bottom line is the doc feels like with the meds he gave me and my immune system being in top shape at the time, that I could get the shot if I want to, It's my choice. I would hate to have gotten thru it in January to die of complications to the vaccine. I am also prone to anaphylaxis. So what do I do? I'll let God lead me to that answer. Let's get out of the house. Let's responsibly enjoy events again. Say hello to your neighbor. Enjoy grocery shopping again. Plant something. Do something nice for someone. It's the little things that make us feel human again. Say bye depression and loneliness, and hello to the community that you love, that loves you right back! If you feel lonely or depressed, please reach out to someone you trust. 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.



July 1st

Celebration Lunch

Come enjoy a special
July Celebration Day 1 PM
Thursday, July 1st - Ramey
Center. We will be having All
American Roast Beef Sandwiches
with Beans, Potato Salad
& Ice Cream for desert.
& BINGO



Tuesday Night Social

5 PM July 13th

Ramey Center

Pizza Pizza

Cheese, Pepperoni,
Veggie, Sausage

Please Sign up with the front
desk we need to know how much Pizza to
get. Please sign up by Monday the 12th.



Peach Run!



Lunch at the Strawberry's
in Holcomb Mo
11 AM Friday, July 16th

Place your order for
Peaches with Kendall
by Thursday the 15th.

Sign Up!

Bader Peach Pricing may vary.
Ripe 1/4 Pk \$6 1/2 Pk \$9 Peck \$12
1/2 Bushel \$20 Bushel \$30
Firm 1/4 Pk \$8 1/2 Pk \$12 Peck \$18
1/2 Bushel \$30 Bushel \$50



\$20.00

Lets go to the Memphis Redbirds
ballgame on Sunday, July 18th.
We will leave at 11:30 AM.
The game starts at 2:05 PM
Memphis vs Norfolk Tides.

Sign up! We can have lunch
before or at the ball park group
decides.

Possibly Last chance to go as a group to
the ballgame this year.

We will watch the weather before we
buy tickets.



Parkin Archeological Park
9AM Wednesday, July 28th
We will have lunch at Pancho's
in West Memphis.



We haven't had an article in
a while so I thought I would
do one.

Well summer is upon us,
and we know that there is
more activity out here than
normal.

I just wanted to give a few safety tips for
everyone.

1. Please keep your front porch, back porch and your carport light on. It allows you to see that there is no one hiding.
2. Make sure that your car or truck doors are locked, and don't leave any valuables in your car.
3. If you see cars or people that don't belong in the village, call Security 870-623-4119.
4. Please remember we have children on this side now, and it is very important that we make sure we keep our eyes out for them when we are driving.
5. Please make sure that you are coming to a complete stop at the stop signs. They are there for you and your fellow villagers, to prevent accidents.

Please know that Neighborhood Watch is still
here and I my fellow residents watching out for
other residents.

Thank you
Mary Dyer
Neighborhood Watch Captain

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

Best viewing near the Sports Plex



Resident Services News

Trip/Activity Planning

We have some good ideas for activities and
trips were made at the Activity Meetings.

Lets plan go to Springfield Illinois there is
so much to see and do there. Come to Coffee
Thursday, July 15th to discuss activities and
get a group to plan all the various things when
we would go and things could plan to do on a
trip to Springfield.

Remember the monthly Birthday Move-In
Party is for everyone to have fun. So come
join us.. You could win a Chicken Dinner or a
\$5 bill.

July has a lot of activities going on. It's getting
hot out so lets go shopping in Jonesboro at
8:30 AM Wednesday July 21st we will have a
delicious lunch at Lazzari's.

Sign up for the Redbirds Game
Sunday July 18th.

We will leave at 11:30 AM game starts at 2:05
PM Memphis vs Norfolk Tides. Sign up with
the front desk! More on page 2.

God Bless America and God
Bless Westminster Village!

Kendall Berry,
Resident Services Director





Tuesday, July 27th 5:30 pm
Everyone come to the Ramey Center and cool off
and enjoy some good ole fellowship and Ice Cream!
SIGN UP!

Sponsored by: Cobb Funeral Home



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

WOW NEWS

No Wow Meetings until
10AM Saturday,
September 21st
We will have a breakfast
meeting in September.

CRAFTY ONES

2 PM Thursday the
15th & 29th
Canvas Painting & Pottery
2 PM in the Craft Hut



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.

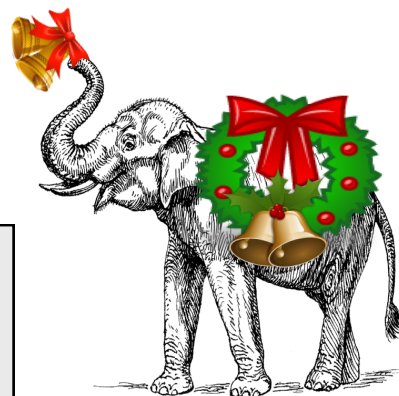
LIBRARY NEWS

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



Library volunteers:

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



Christmas in
July at the
White Elephant

Friday's 10 to 5
Saturday's 9 to 4

Move In Anniversaries

Patsy Andrews	22 years
Beverly Storey	19 years
Diane Somers	18 years
Doris Marks	17 years
Johnnie Mizer	10 years
Karin Swanson	8 years
Judy Rodgers	4 years
Dorothy Keane	3 years
Harold Sudbury	3 years
Arthur & Pearl Arnold	2 years
Rick & Marjie Seitz	2 years
Michael Bedford	1 year
Peggy Brown & Jason Brown	1 year
Tony & Shirley Coleman	1 year



Road Trip 2021 Planning...
2 Nights in Springfield, Illinois
The Land of Lincoln. Touring
Museums, Sightseeing and
maybe a Dinner Theater.

Sign up to help plan this trip.
We will meet at Thursday Coffee
July 15th to make plans together
To see if we can plan this trip.

WOW
Jonesboro Shopping Day
8:30 AM Wednesday July 21st
Jonesboro
Bargain Shopping Day
Lunch at Lazzari's

Not just for the ladies...
Sign Up!

Happy Birthday

JULY

1 st	Al Tate
8 th	Gloria Williams
11 th	Wanda Dye
11 th	Johnnie Mizer
13 th	Cordell Bedford
13 th	Katie Davenport
13 th	Helen Walker
17 th	Ernest Jefferson
23 rd	Todd Barnard
26 th	Fontella Falls
30 th	Gary Walker
31 st	Bonita Lester
31 st	Leroy Tate

Employees

7 th	Ross Childers
28 th	Butch Sanders

New Residents

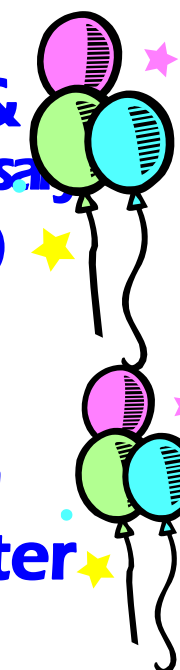
Luis Cam
Dennis Darby
James & Melissa Lambert



Birthday &
Move-In Anniversaries
BINGO
Tuesday
July 20th
At 3:00 pm
Ramey Center

You are invited!!

Winner Winner



Book Club

The Westminster Village Book Club
will meet again in September.

Administrative News

Mailbox Fundraiser

We still have seven mailboxes left at \$20 each, recycled from the former base houses at the north end of the property. The pictures show what they look like before and after they are personalized. Call in your order to Cindy (532-4100) at the office and we will personalize the mailbox for you. The funds go toward new roofs. A great gift for your grandchildren, or hang it outside your door for small packages or inside your door for your mail, keys and coat. You get to be crafty in how you use it.

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!

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 Hollins,
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

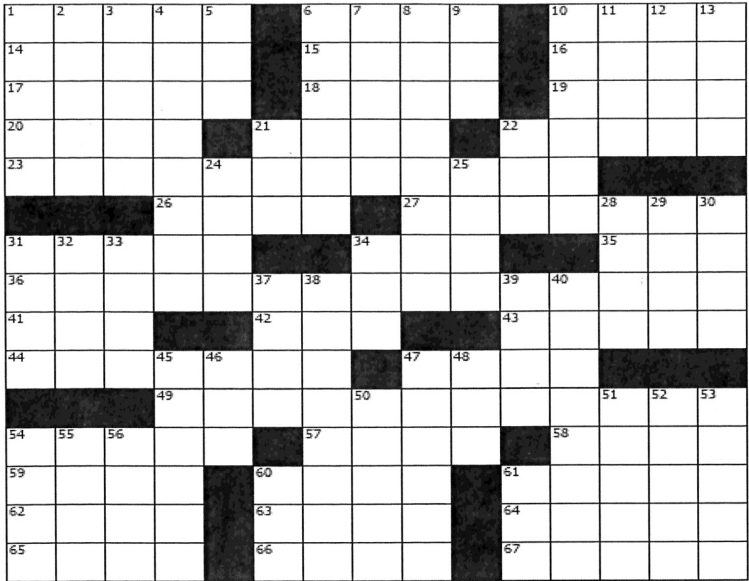
The crack repair on the “new” bridge in Memphis has caused me extra time and stress trying to get home on the weekends to Southaven and then back to Blytheville. I watch as cars lurch over to the shoulder on interstate that have overheated or run out of gas. During my first trip after the bridge closed, I barely noticed the little red needle edging way below the E. I’m trying to get better at checking the gauges before and during my trip each time. Now that things are opening back up post Covid, I am trying to pay extra attention to the gauges in my life. Like a car, so many things came to a complete stop last year. I have learned that life has its shares of ups and downs, good days and not so good days too. Sometime life lifts us high with joy and gratitude and there are other times when we are frightened, heart-broken and just barely surviving. Is it time to check your gauges? Are you filling your days with to-do lists that starts at your clock’s alarm and continue until your head hits the pillow again? Are you staying inside and watching the same summer reruns of daytime tv? Are you running on empty because you haven’t stopped long enough to take care of yourself? Life is just a series of moments. A day is made up of 1440 minutes, each a moment to make our own. Take some of today’s 1440 minutes to take care of yourself...and to reach out to someone else – make a call, write a letter, send a text or an email. Tick tock. What are you going to do with your day? As you count your blessings today, know we are most grateful for you, our amazing community of village people.

Leslie Acred,
Marketing Director



1

- Across**
- 1. Union member?
 - 6. Resistance units
 - 10. Bud
 - 14. De Niro film of '98
 - 15. Lid attachment
 - 16. Theater section
 - 17. "Time is money," e.g.
 - 18. Play for a fool
 - 19. Singer with Louis and Duke
 - 20. Becomes solid
 - 21. Ostrich kin
 - 22. Foul-smelling
 - 23. McDonald's trademark
 - 26. It may be due
 - 27. Sickened
 - 31. Ed of "Lou Grant"
 - 34. Armed conflict
 - 35. TV host Peeples
 - 36. Impinges
 - 41. Space bar neighbor
 - 42. NASA thumbs-up
 - 43. Types
 - 44. Office messages
 - 47. Big gulp
 - 49. Weakness
 - 54. In sync
 - 57. Rounded lump
 - 58. Bunch of baloney
 - 59. Any time now
 - 60. Eat like a mouse
 - 61. Kind of pitch
 - 62. Visibility problem
 - 63. Pear or quince, e.g.
 - 64. Low bridge bid, informally
 - 65. Scraped (with "out")
 - 66. Off in the distance
 - 67. Lengthy test answer



- Down**
- 1. North Carolina fort
 - 2. Drive in Beverly Hills
 - 3. Total
 - 4. Gives 'til it hurts
 - 5. D.C.-N.Y.C. heading
 - 6. Outdated
 - 7. Actor Rutger
 - 8. One-time video game sensation
 - 9. Seashell seller
 - 10. Monty Python star
 - 11. "Felix ____ : The Radical" (George Eliot title)
 - 12. Not a pretty fruit?
 - 13. "Beowulf" quaff
 - 21. IV givers
 - 22. Put paper into, as a copier
 - 24. Corn servings
 - 25. Long-eared racer
 - 28. A party to
 - 29. Made one's nose grow
 - 30. Lad's love
 - 31. Impatient initials
 - 32. Manche capital
 - 33. Clearwing catchers
 - 34. Stir-fry pan
 - 37. Swear words?
 - 38. Nothing indicating
 - 39. They may be involved in a spill
 - 40. Uses a wrench
 - 45. Like George Hamilton
 - 46. It's sometimes sold in bags
 - 47. Largo, compared to adagio
 - 48. Fly trap
 - 50. Andes creature
 - 51. A-frame overhangs
 - 52. "Maria ____" (Jimmy Dorsey hit)
 - 53. Croce's Brown
 - 54. 1975 Wimbledon champ
 - 55. Overcharge
 - 56. Move like molasses
 - 60. Transcript fig.
 - 61. Antagonist



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 : Loretta Heard, Jean Scott, Mary Dyer, Annie Campbell, Gary Walker, Beverly Trusky, 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 Hollins | Accounting |
| Peggy Kenner | Wellness Nurse |

Board Members

Beth Fitzgerald, Tom Henry,
David King, 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**

Faith In Action

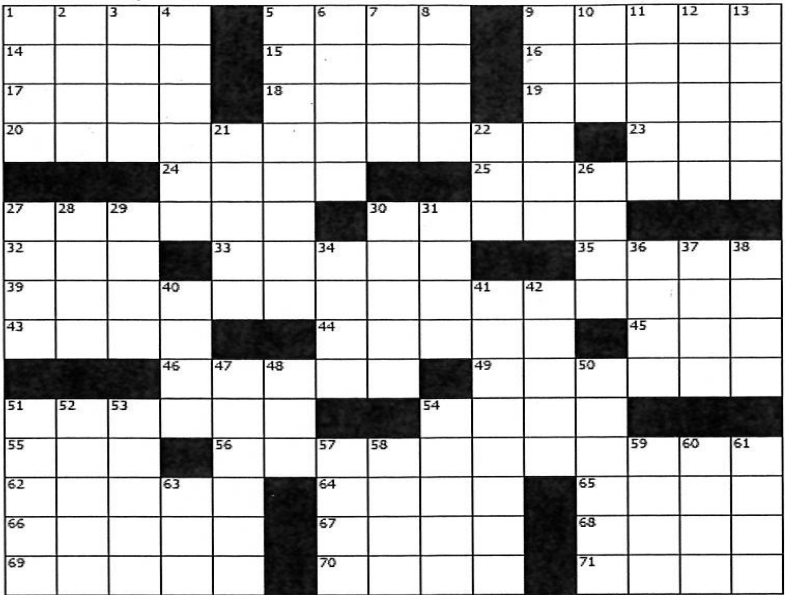
Faith in Action offers the following services:
Light Housekeeping - Respite Care - Local Transportation
- Letter Writing - Telephone Reassurance.

**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:
<http://www.wmv.org/newsletter>**

2

- Across**
- 1. Bit of chowder
 - 5. Acorns, e.g.
 - 9. Put an ID on
 - 14. Fabled race loser
 - 15. Elvis' middle name
 - 16. Maker of Space Invaders
 - 17. PC alternative
 - 18. Shakespearean villain
 - 19. Buckboard, for one
 - 20. "Minnie the Moocher" singer
 - 23. Summer hours in Fla.
 - 24. Pound sounds
 - 25. Band offering, perhaps
 - 27. Graf's mate
 - 30. Norwegian inlet
 - 32. Corn holder
 - 33. Vintage platter
 - 35. Where most people live
 - 39. You've heard it all too often
 - 43. Different
 - 44. "Silas Marner" author
 - 45. Motorola rival
 - 46. Shell used as a dipper
 - 49. Breakfast staple
 - 51. Decennial count
 - 54. Opera highlight
 - 55. Oscar role for Jamie
 - 56. Ballroom employees
 - 62. Stares at
 - 64. Prepare for publication
 - 65. Granny or square
 - 66. Single-handedly
 - 67. Alaskan port
 - 68. "Hairspray" mom
 - 69. Religious teaching
 - 70. Pub offerings
 - 71. Ivan or Nicholas



- Down**
- 1. Stylish
 - 2. Tibetan monk
 - 3. Saudi, e.g.
 - 4. Tourist attractions
 - 5. Sharp-edge smoother
 - 6. Europe/Asia divider
 - 7. Ordering option
 - 8. Winter forecast
 - 9. Brief drafter
 - 10. One-time connection
 - 11. Hard roll
 - 12. Wear down
 - 13. Like dryer vents
 - 21. Cause of some fires
 - 22. Start of a Latin trio
 - 26. When Operation Overlord began
 - 27. Yearn (for)
 - 28. Score for Beckham
 - 29. Basics
 - 30. Catch on the diamond
 - 31. Obi-Wan, for one
 - 34. Salon worker
 - 36. Regal address
 - 37. Machu Picchu native
 - 38. "I've Got ____ in Kalamazoo"
 - 40. Beer holders
 - 41. Aristotle ____ Onassis
 - 42. Got takeout, maybe
 - 47. Beginning
 - 48. Olympics chant
 - 50. Illegal enterprise
 - 51. One from Zagreb
 - 52. Links rarity
 - 53. Hose material
 - 54. Stop on ____
 - 57. Warrior princess of TV
 - 58. Screen favorite
 - 59. Stops
 - 60. Gossipy Barrett
 - 61. Have the lead
 - 63. Ethyl ending

Bring your crossword puzzles to coffee
Kendall will have the solutions.



Benefits of Water Aerobics

Increases Strength helping prevent muscle loss.

Improves Heart health, improving circulation and can lower blood pressure.

Reduces risk for osteoporosis by enhancing bone density.

Improves flexibility including neck, back, leg and arm. **Increased range of motion** results in looser joints which helps prevent injuries.

Improves mental health. Swimming can decrease stress levels and increase the production of endorphins resulting in increased happiness.

Reduces the risk of falls. Balance and coordination are improved resulting in decreased falls.

**Come swim with us when our pool opens
every Monday and Thursday at 11:30.
We have lots of fun and
laughter while improving our health.**

**Hope to see you at the Village Pool!!
Yours in wellness,
Peggy Kenner**

Village Voice July 2021

Sun

Mon

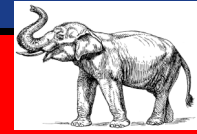
Tue

Wed











Thu

Fri

Sat



White Elephant 10 to 5 White Elephant 9 to 4

				1 9 AM Exercise Class RC 10 AM Coffee RC No Crafty Ones today Wellness Clinic 10AM - 11:15 11:30 Water Aerobics July 1st Celebration 1 PM Lunch! RC	2 6 PM Mexican Train Dominoes RC	3
4  Happy Independence Day!	5 Office Closed for 4th of July 	6	7 11:30 AM Katfish Kastle Sign Up!	8 9 AM Exercise Class RC 10 AM Coffee Charles Moody  Wellness Clinic 10 - 11:15 AM 11:30 Water Aerobics VP 1 - 4:30 VA in the Library	9 6 PM Mexican Train Dominoes RC	10
11	12 9 AM Exercise Class RC Wellness Clinic 10 - 11:15 AM 11:30 Water Aerobics VP 5:30 Tops	13 1:30 Advisory Meeting  5 PM in the Ramey Center. Sign Up! Pg 2	14	15 9 AM Exercise Class RC 10 AM Coffee Activity / Trips Meeting Wellness Clinic 10 - 11:15 AM 11:30 Water Aerobics VP 1 - 4:30 VA in the Library 2 PM Crafty Ones CH 	16  11 AM Lunch at Strawberry's BBQ & Bader's Peach Run Pg 2 6 PM Mexican Train Dominoes RC	17
18  11 AM Sign Up! pg 2	19 9 AM Exercise Class RC Wellness Clinic 10 - 11:15 AM 11:30 Water Aerobics VP 5:30 Tops	20 3:00 Birthday Move In BINGO Party - RC pg 3 	21 8:30 AM WOW Jonesboro Shopping Day Lunch at Lazzari's Sign Up! Pg 3	22 9 AM Exercise Class RC 10 AM Coffee Today in History Wellness Clinic 10 - 11:15 AM 11:30 Water Aerobics VP 1 - 4:30 VA in the Library	23 6 PM Mexican Train Dominoes RC	24
25	26 9 AM Exercise Class RC Wellness Clinic 10 - 11:15 AM 11:30 Water Aerobics VP 5:30 Tops	27 5:30 in the Ramey Center Sign Up! pg 10 	28 9AM Parkin Archeological Park We will have lunch at Pancho's in West Memphis Sign Up! Pg 2	29 9 AM Exercise Class RC 10 AM Coffee Wellness Clinic 10 - 11:15 AM 11:30 Water Aerobics VP 1 - 4:30 VA in the Library 2 PM Crafty Ones CH 	30 6 PM Mexican Train Dominoes RC	31