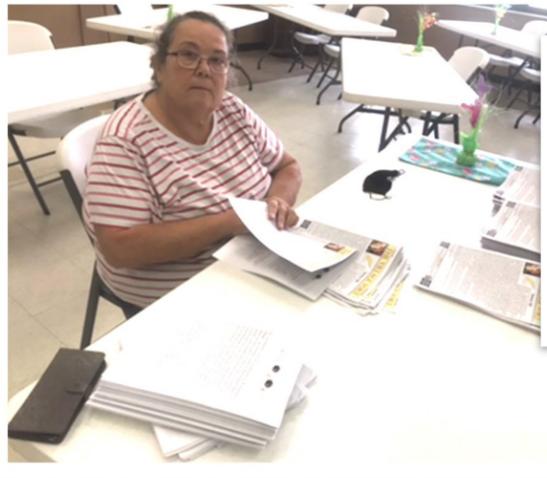


THE VILLAGE VOICE

Flashback photos of September

Newsletter Helpers



Relay for Life



Sultana Museum Trip



BINGO



Tammy Talk

They say, and I mean everyone has said, that the love you have for your grandbabies is a love you have never experienced before. I was a little skeptical since the love for your own children is so strong. How could you love more than that? Well... You can! I have! I am! My sweet granddaughter was born on September 11, 2020 at 6:07pm and was 7lbs 13oz and 19.5 inches long. They surprised us and came home one day early. About 9:30 pm the night before they were supposed to come home. The only word I could come up with when I laid my eyes on her was BEAUTIFUL! I told her that she was beautifuller than anything I have ever seen and she smiled really big when I said it. I know that it was probably gas, but she did smile. I knew in that moment that my sidekick had arrived! I have promised my daughter that I would stay out of her way when she is raising miss Kirsten. Anyone have any tips on how to do that? We live in the same home. All I know is to just reserve my right to remain silent so nothing will be held against me. Kirsten and I plan to have a secret language, secret hand shake and code words as we will be partner in crime, I am sure. What is the code word for candy any way?

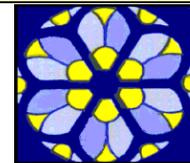


Due to Covid (I hate that sentence) I could not be at the hospital and it nearly drove me crazy. Thank God they allowed Randy to be there. My first sight of her was on a text! I saw her and I screamed and cried and laughed and said "that's my baby! She's here!" My best friend was with me. It was a beautiful moment. I really enjoyed my two-week vacation to help my daughter, and get to know my brand new grandbaby.

I am very thankful to my Board of Directors giving me that opportunity and to my staff for holding down the fort while I was gone. Decisions around here each day can be challenging to say the least. My staff was perfect! Thank you all!

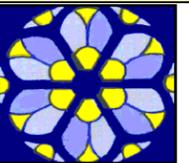
So who is ready for some fall weather! The temps have been perfect for me. I'm looking forward to the fall wardrobe. I love summer, but you can only take so many garments off before you get arrested for streaking! Fall and winter means you can layer and still be fashionable. Summer just means if you do what you gotta to be comfortable, it means you're NAKED. I'm ready this year for the pumpkins and warm cups of apple cider and my boots. Remember, if you haven't tried the nutrition loop yet, you need to! Great boost of energy in a great tasting beverage. Check out her other products as well while you're there. I'm hoping to be able to go with you all on some of your excursions this month. Looks like some cool places we'll be headed! I look forward to seeing you all this month!

Sincerely, 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.



Breakfast For Lunch

Resident Appreciation BREAKFAST!

11 to 1

Wednesday, October 7th

Kendall will be fixing a simple breakfast : scrambled eggs, bacon, toast & biscuits and gravy in the Ramey Center.

Please sign up with the front desk.

Starting at 11AM or 12PM Seating

You Must Sign Up by

Monday the 5th to schedule your seats!

Friday, October 16th

Memphis Metal

Museum \$6

& Lunch at

Pearl's Oyster

House around

1 pm social

distancing is in place.

We will leave at 11AM

Friday, the 9th.



The Westmonster Village

Halloween Party

Thursday, October 29th

Dress up for the Halloween Party
And Mask costume contest!

We are going to have "A Monster Bash"

Spaghetti, Salad

& Cupcakes

Come have some fun!

Party Starts at 5:00 PM Ramey Center

Sign up with the front desk...

Mask & Costume Contest!

Creative Mask,

Goofiest Mask,

Funniest Mask ,

Spookiest Mask,

Ridiculous Mask,

A Mask... ?



November Fall Road Trip

Friday, November 13th lets take a Fall road trip to Southern Illinois.

We will leave the Ramey Center at 9 AM. to go to Anna, Illinois for lunch at Goddard's Barn & Grill. A two hour Fall drive to Anna, Illinois.

Then we go up to Bald Knob to see the majestic views and dtop by a vineyard.

This will be a fun trip.

Sign up with the front desk.

Some vineyards charge a small sample tasting fee.



Thanksgiving Chili Dinner

Starting at 5 PM

Tuesday, November 17th

Chili, Cinnamon Rolls, Cornbread and

Peach Cobbler Sodas for drinks.

Residents Only! Sign Up Deadline

Tuesday, November 10th!

Christmas Dinner 2020

in the Ramey Center

Tuesday, December 15th

We cannot do potlucks or family gatherings at this time due to COVID-19.

So we will have a sit down meal with two seating times Residents Only!

Masks Required!

Sign up for either the 2 PM seating or 4 PM seating times.

Turkey, Ham, Dressing w/gravy, Cranberry Sauce, Green Beans, Creamed Corn, Rolls, Apple Cobbler

Drinks - Sweet and Unsweet Tea

You must be signed up by

Tuesday, December 1st.

Tuesday December 15th

2 PM Seating...

4 PM Seating...

You must be signed up by

Tuesday, December 1st.



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, David King, 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

Let's go see the Lights of the Delta!

Lights of the Delta Free Hay Ride or Free Bus Ride Monday, November 23rd at 6 p.m.

It's Donation Night. Bring toys & canned goods. Free hamburgers & hotdogs. If you are riding the hay ride go to the parking lot of the lights for the hay ride. You are on your own if you do ride the Hay Ride. If you are riding the WMV bus we will leave the Ramey Center at 6 p.m. Sign up with the front desk. Bus or Hay Ride?



WOW

Meeting Saturday, October 17th
In the Ramey Center at 10 AM

We will be planning activities for
the coming months.

WOW

Women of Westminster Village

The women of Westminster Village had their first meeting in months on September 19th. We had a smaller than average turn out and I am sure that was because of COVID-19.

We discussed what we could do for the remainder of the year. There were several suggestions and the one we chose was to make shawl jackets for our residents that are in nursing homes. These would be for men and women so their arms and shoulders don't get chilled.

We are going to look at the material in the Craft Hut first and then possibly buy some. I would like to invite all ladies to attend our meetings. We meet on the 3rd Saturday of the month at 10 AM in the Ramey Center for about an hour. We are social distancing and wearing masks. Everyone's temperature will be taken and hands sanitized when you come into the Ramey Center.

I also want to remind everyone that we are still running the food box for the Blytheville Food Pantry, so donate if you can. We are also doing a box for the Humane Society; the need old blankets, towels, and cleaning supplies to clean the kennels.

Your help is truly appreciated,

Mary Rixse

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

www.wmv.org -

find us on Facebook #wmvofthemidsouth
or find us on Google @wmvofthemidsouth



Book Club

The Westminster Village Book Club will look at meeting in 2021.

Stay Safe & Healthy!



Library News

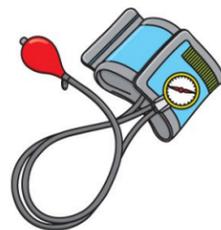
Monday - Friday 1 to 3 PM

There is a notebook on the library desk to help you find what you are looking for.

Please return any books you have not returned since COVID-19. You should always return when you are done with them. Place them on the desk, we will do the rest.

Have a great Halloween!

Thank you from you Library volunteers:
Doris Marks, Loretta Heard, Eileen Thurman, Donna Clayton, Nancy Frame, Emma Burns, and Beverly Trusky.



Blood pressure clinic
time in the Ramey
Center at 9:50 on the
1st and 3rd Thursday
after exercise before
the 10 AM Coffee.

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.

Move In Anniversaries

Gary Deen	23 years
Cynthia Elliott	16 years
Gwen Woodson	10 years
Edith Sellers	8 years
Bruce Daniels & Carolyn Johnson	7 years
Patricia Copley	6 years
Howard & Joanne Waterford	6 years
Tammy McCormick	2 years
Tammy Frazier	1 year

New Neighbors

Todd Milner
Carla Jones
Cordell Benford



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. Call 532-1501 for more information.

OCTOBER

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- 2nd Greg Davis
- 3rd Marjie Seitz
- 5th Diann Jones
- 6th William Avery
- 10th Anita Thompson
- 11th Gary Thurman
- 12th Mary Rixse
- 15th Howard Waterford
- 22nd Jennifer Bonds
- 27th Peggy Smith
- 28th Johnnie Stubbs
- 29th Debra Dodson
- 30th Donna Calvert
- 31st Patsy Andrews

Employees' Birthdays

- 7th Erin Maynard
- 15th Royce Carpenter
- 20th Tammy Swanson
- 20th Robert Ward
- 27th Leslie Acred



BINGO

Birthday &
Move-In Anniversary
Celebration

Tuesday, October 20th
3:00 PM Ramey Center

Must be present
to win prizes.



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

Resident Services News

Sign UP! Let's Go!

Be sure to sign up for the trips and events in October, November and December.



The Halloween Party on the 29th and Fall Colors trip in November. The trip will be to Southern Illinois for lunch and seeing the Fall colors.

We have places to go, things to see and do before 2021. WE are doing things a bit differently due to the COVID-19 striving to keep safe wherever we go.

It was good to see so many of you going to the August & September activities. We have been very active.

I really appreciate how everyone is wearing their masks and social distancing at our events. Remember to sign up!

Ideas for October.

It is just three months until 2021.

Create a seasonal table in your home for an autumnal still life presentation. Pumpkins and gourds and fall leaves.

Preserving autumn leaves is an ole time tradition. Select colorful large branches to preserve with a glycerine and water solution.

Google: How to preserve fall leaves.

Dress for Halloween with a fun mask.

Start working on your Christmas shopping list.

It's time to plant tulips, crocus and daffodils for next spring

Enjoy the fall weather.

God Bless WMV,

Kendall Berry

Resident Services Director



UNITED STATES AIR FORCE



BLYTHEVILLE AFB, ARKANSAS

As we look ahead to Westminster's 25th anniversary coming up in 2021, a new focus on history is escalating as The National Cold War Museum is getting closer to opening. The museum will center on the base's still intact "alert" compound, a facility that housed U.S. Air Force B-52 crews during wartime efforts of the 1950s through the 1990s.

We are making plans to recognize the memories and the lives of those that made their home here during that time span. We are looking at restoring and furnishing one of our homes as it would have looked in 1962. I am searching for late 1950s to early 1960 vintage household items, decor, toys and clothing to bring this time in history back to life...from a rabbit ear antenna (wrapped in aluminum foil), a transistor radio, sewing patterns, old Tupperware to books of S & H green stamps.

Please call me if you have some ideas for our special project or if you have something you like to add to our nostalgic home.

Leslie Acred,
Marketing Director

Remember, you can always find copies of the Village Voice in full color, online at: <http://www.wmv.org/newsletters>

Wellness News

Pumpkins are Good for You

With fall and pumpkins in the stores we need to remember the benefits of pumpkins and being healthy.

1. Keep eyesight sharp:

One Cup = more than 20% of the recommended amount of vitamin A.

They are rich in carotenoids which are converted by the body to Vitamin A.

2. Aid in weight loss:

One cup serving = 3 grams of fiber and only 49 calories, and keeps you feeling full.

3. Can help your heart:

The seeds are rich in phytosterols, plant based chemicals that have been shown to reduce LDL, bad cholesterol.

4. May reduce cancer risks:

They boost the antioxidant beta-carotene which may play a role in cancer prevention and the plant sterols may play a role in this.

5. Protect the skin:

The free radicals neutralizing powers of the carotenoids that may keep cancer cells at bay can also keep the skin wrinkle free.

6. Can boost you mood:

The seeds that are rich in the amino acid tryptophan, which is important in the production of serotonin (which helps our moods), may help our outlook stay bright.

7. Can help after a hard workout:

One cup of cooked pumpkin has more of the refueling nutrient potassium with 564 mg compared to a banana with 422mg.

8. Boost your immune system:

They are a great source of vitamin C. One cup = over 11mg, nearly 20% of the 60mg daily recommended for women and the 75mg recommended for men.

Enjoy pumpkins this fall in your pies, custards, or however you prepare them and dry out those seeds to roast for more health benefit

A Happy healthy fall to all,
Peggy Kenner, Wellness Nurse



Morning Exercise with Peggy

Mondays and Thursdays

9 a.m. in the Ramey Center Gym.

Bring a bottle of water for hydration.



Stretch & Stress Relief

with Peggy on Mondays &

Thursdays at 11:45 in the

Ramey Center.



Arts & Crafts

Westminster Village Crafty Ones

Led by Cindy Williamson

On alternating Thursdays at 2 in the Craft Hut.

Check the Calendar for which Thursdays each month.

Life Springs Life Counsel/Coaching

4110 Memorial DR Blytheville, AR 72315
In the Connection Church office complex behind the Chapel, suite 1 and 2.



IF YOU FEEL DEPRESSED OR CONFUSED? Does Worry, Fear, Loneliness affect your daily life? Do you want to discover your purpose or want to forgive but can't seem to do it by yourself?

Has grief been controlling your night and days?

IT IS TIME TO FIND LIFE AGAIN, THE JOY OF LIVING! LIFE CAN BE FUN AGAIN!

Dr. Dale Ruddick, Certified Christian Counselor and Master Life Coach.

Rhonda Smith Master Life Coach.

Call Us 870-623-2623.

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

Accounting News

I am definitely looking forward to fall, it's my favorite time of year. Campfires, marshmallows and hoodies.

Let's not forget that you can come see me or call my office anytime for any of your accounting needs. Such as signing up for Direct Deposit for your rent, any questions you may have on your monthly statements, or any other issue that may arise.

Also, don't forget to take advantage of the 11/12 Program we offer 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.

**Angela Presnell,
Accounting Director**



Environmental Services News

Greetings Residents,

Are you as thankful as I am for the change of seasons and cooler temperatures?

We will be changing filters and checking your heating units to make sure they are working properly during October.

Please don't hesitate to call in a work order when a maintenance issue surfaces.

We would rather you call in 5 separate work orders than one work order with multiple issues. This will keep our system flowing smoothly so we can address all your concerns in a timely fashion.

**Butch Sanders,
Assistant Environmental Services Director**



Serving the Times with Gratitude

I cannot believe there are just about 90 days left until 2021! Football season is not the same with limited attendance. I love the fall with football season, the cooler temperatures and looking ahead to Halloween, Thanksgiving and Christmas.

The last six months has been rough – Covid-19 has caused so many cancellations, interruptions and changes to absolutely everyone. Behind the scenes, the pandemic has forced businesses to rethink their models for customer service delivery. The workers that we sometimes take for granted are dealing with new challenges as businesses have to change their focus. There are a lot of unsung heroes that don't get much praise for their work – the young man that is wiping down the grocery carts before the store opens...the young mom who is working the fast food drive thru...the young lady that does your manicure and pedicure who had to shut down for the normally busiest months of the year (with proms, graduations & weddings that did not happen)...the garbage men that have no way to know who has been sick as they pick up the trash...the post office workers that are sorting and delivering the birthday cards and sympathy cards to people that cannot have a get together with friends and family as they were able to do pre-Covid. Take the extra moment to thank these behind the scenes heroes who have gone above and beyond and may be struggling with extra concerns for themselves and their families...the parents that are juggling their work schedule while their children are doing their online classes, the retail workers that have limited hours because stores are not open full hours, the cashier whose mom is at the nursing home who is waiting to see when she will be allowed to visit her mom – thank and encourage these special people.

As we approach that time of year where the weeks fly by, here's a reminder to stop, slow down, and appreciate each day – and take extra care of yourself and stay safe.

Leslie Acred, Marketing Director

Administrative News



Crafty Ones is selling personalized mailboxes for \$20 each. The pictures show what they look like before and after they are personalized. Call in your order to Cindy at the office or contact Mary Rixse and we will personalize the mailbox for you. The funds go toward new roofs. The mailboxes are recycled mailboxes from the old base houses on the north end. The picture

below shows the colors we have. We only have 9 left. A great way to keep up with children's homework, backpacks and coats 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.



**Cindy Williamson,
Administrative Director**

October 2020 Village Voice

Sun

Mon

Tue

Wed

Thu

Fri

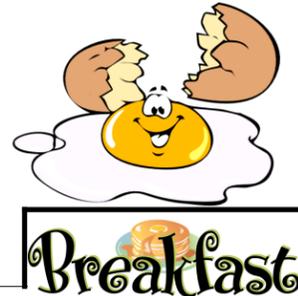
Sat

Library Open 1 to 3

RC - Ramey Center
CH - Craft Huts
ANC - Arkansas

Staying Healthy
We are social distancing as much as possible at all of our activities. Masks are required when attending any activity.

Remember 6 foot distancing is what really helps you stay safe.



1 9 AM Exercise Gym
10 AM Coffee RC
Trivia
10:30 Decorate for Fall
Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC
2 PM Crafty Ones

2

3

4

5
9 AM Exercise Class RC
Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC

5:30 TOPS

6

7
For Lunch
11 AM Breakfast RC
Pg 2 Sign Up!

8 9 AM Exercise Gym
10 AM Coffee RC
Bingo

Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC
2 PM Crafty Ones

9
Lunch Trip
12 noon El Patron
Senath, MO

10

11

12
9 AM Exercise Class RC

Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC

5:30 TOPS

13

1:30 PM Advisory Meeting

14
Lunch Trip
11 AM Olympia
Blytheville

15 9 AM Exercise Gym
10 AM Coffee RC
Activity Meeting

Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC
2 PM Board Meeting

16
11 AM Memphis Metal Museum & Lunch at Pearl's Oyster House

17
10 AM WOW Meeting RC pg 10

2:30 Dirty Bingo - RC

18

19
9 AM Exercise Class RC

Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC

5:30 TOPS

20
3:00 Birthday Move In pg 3 BINGO Party - RC pg 3
 4 Billiards RC

21
Lunch Trip
11 AM Lazzari's & Kroger Market
Jonesboro

22 9 AM Exercise Gym
10 AM Coffee RC
Riddles
10:30 Decorate for Halloween Party RC
Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC
2 PM Crafty Ones

23

24

25

26
9 AM Exercise Class RC

Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC

5:30 TOPS

27
Lunch Trip
11 AM Benny Bob's
Blytheville

28

29 9 AM Exercise Gym
10 AM Coffee RC
Story Time
Wellness Clinic 10 - 11:30
11:45 Stretch & Stress Relief -RC
5:00 Halloween Party RC Spaghetti pg 2

