

VILLAGE VOICE

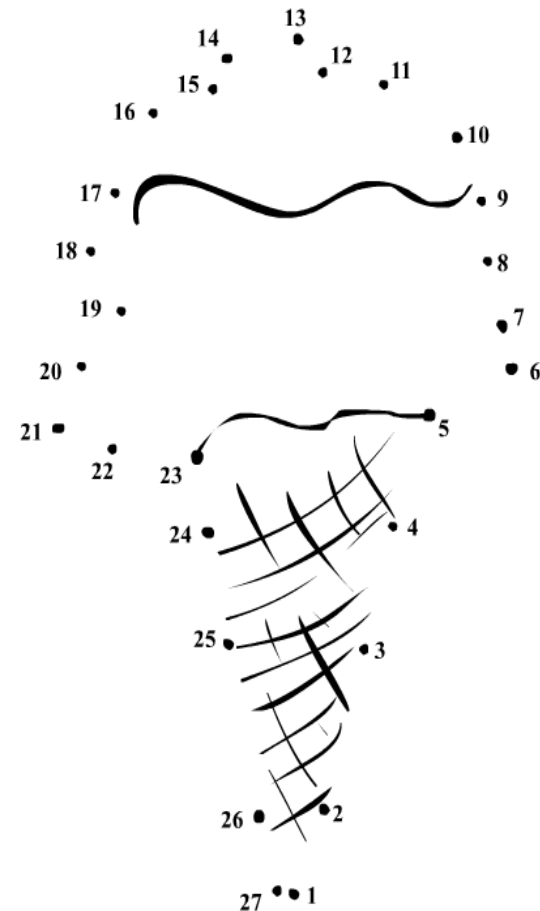
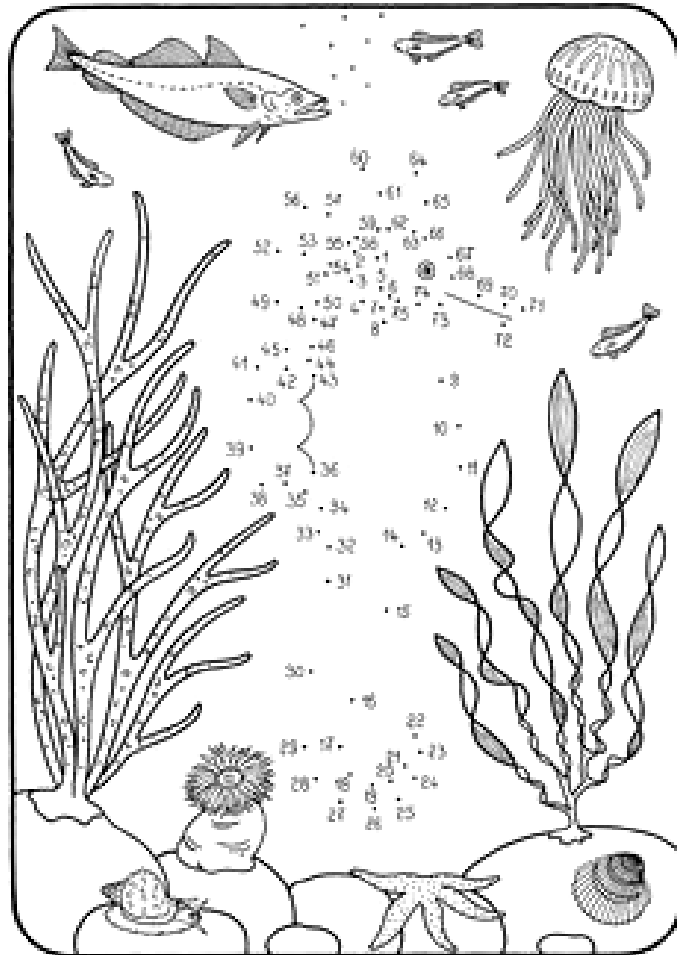
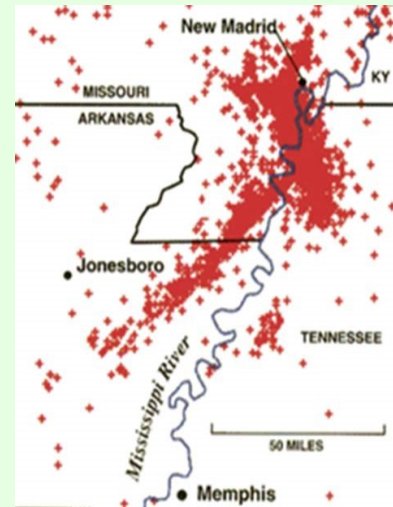
HOPING OUTTINGS CAN RESUME SOON!



New Madrid Earthquake Museum & Reelfoot Lake 9 AM Tuesday, June 9th

We will board the Dorena-Hickman Ferry to cross Mississippi River to Kentucky. Then we will travel on down to Reelfoot Lake for lunch at the Lakeview.

Please Sign Up In May!



VILLAGE VOICE

Relay For Life

The 2020 Relay For Life will be around the Ramey Center Friday, June 5th 5 to 9

We need a good team this year please sign up 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 please bring it to the front desk in May.



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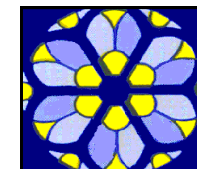


Tammy Talk

Hello Westminster Village! TO SAY THAT I MISS YOU ALL IS A HUGE UNDERSTATEMENT! I wish that all this COVID-19 mess were dead and gone already. I need to be able to see your faces and hug your necks. It is necessary as a matter of fact! J I am praying beautiful weather

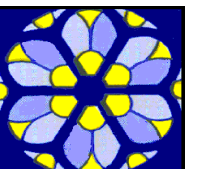
so that we can all get out and walk and get some fresh air, but through all of this, I believe that we have all learned very valuable lessons. I know that I have learned that each and every one of you are important to me. Before COVID19, everyone complained how technology was ruining society as a whole, and it is. Everyone staying to themselves and couldn't get anyone to go out and socialize, But here is the other side of technology. It's our only means of communication during this virus and should be. The only way to stop the spread and flatten the curve is just simply to stay home. It's a lot easier said than done for most of us. I am not a homebody. It's very hard for me to sit still. I have to have the ability to move around and change up my scenery. I'm sure that a lot of you are the same way as well. All we can do is what we can do until we can't do it anymore. I can remember as a child being sick with throat infections and in quarantine in my room. Sometimes for two weeks straight. All I wanted to do was go outside. My freedom was the best thing I owned and still is today. Make sure to read over Peggy's article and try to keep yourselves busy. If you run out of things to do, just holler and we will give you some more ideas! If you have decided you are going to self-quarantine and stay indoors, remember that we are a phone call away to go get your groceries or your medications. Of no charge of course. Now we aren't going to be able to pick up that shade of lipstick you like or other things like that, but items that are essential. Any of us can contract the Corona Virus. It's shown that it's not prejudice to any age group. Please keep yourself safe!

I cannot wait for the day when all of the common areas are open again and the threat has diminished. We will be reducing the staff by ½ starting 4/6/20 to help to flatten the curve. Remember we will do emergency work orders only. We are planning a Westminster Walkout Day when we are all here and the weather is beautiful. We will practice social distancing, but will be walking thru the village. As we come to your home, if you want to walk, come on out and join us. A parade of sorts. Leslie came up with that idea the other day and I thought it was a grand one. I'll be sending a one call to you to let you know. Please tank care, God Bless and call us if you need anything. With all my love,
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.



Resident Services

Some Things To Do...

Watch movies...

Practice playing an instrument?

Play Video Games? Plan a garden.

Write Letters to Family or

Someone at a Nursing Home

Practice or Learn a Language

Learn a magic trick Learn to Dance

Clean out the closet and or your car

Teach your dog a new trick

Learn a new online skill

FaceTime with family and friends

Write poetry Improve handwriting

Write a book Solve a murder

Start a virtual book club Draw

Sort through old photos Plan a road trip

Watch makeup & hair tutorials

Strike a pose try new a YOGA App

Learn to stock trade??? Do Exercises

Find virtual tours online The Louvre, the

Vatican Museum the Smithsonian and

many more.

Start a Pinterest page of images and interests tailored to your interests. Start a page for a collection of your recipes. Joining is free and the website is user friendly.

Practice using your camera...

Use binoculars or telescope to look at the stars. Backup your cellphone

Do your taxes? Do graphic Design

Start eating healthy Tryout new recipes

Work on your family tree...

Plan a Trip for when COVID-19 fears die down and travel returns to (mostly) normal.

Play games Chess, Checkers ...

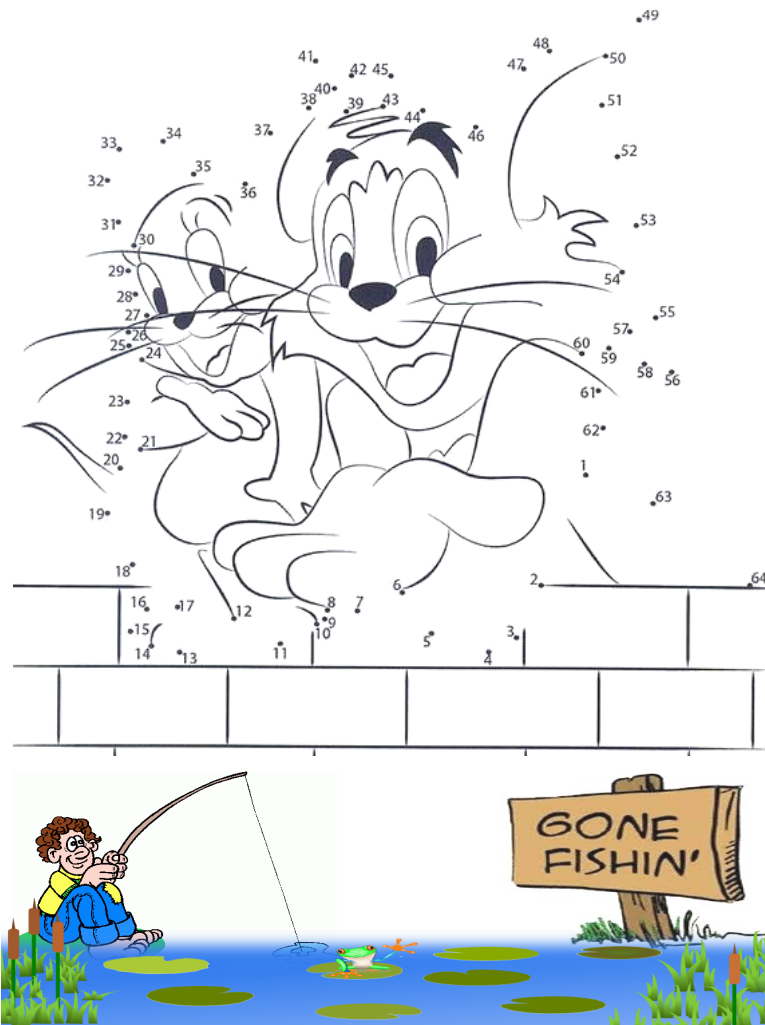
Exercise or Stretch during commercials...

Make a top ten List what are your Favorite Things?

Reconnect with your partner and family.

Call friends and pray together.

God Bless America! God Bless Westminster Village. Kendall Berry, Resident Services



Lets Go fishin.... Tuesday. May 12th at 8 AM.
You pay for your lunch and the fish you catch.
We will eat at the Dairy Queen after fishin...
Sign up in May.

HOPING OUTTINGS CAN RESUME SOON!



Southland Park Dog Track & Gaming

Tuesday, June 23rd
We will leave at 9 a.m.

Free play and free lunch buffet.
Sign up with the front desk in May.
Southland Park requires two weeks advance notice to make our trip arrangements. Deadline to be signed up is 12 noon Tuesday, June 9th to get your free play and free buffet from Southland Park.

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

Marketing Keeping busy....

Pull out a jigsaw puzzle or complete a crossword puzzle

Handwrite a thank you note and mail it to someone who has made a difference in your life

Music – get out those vinyl records, cassettes or CDs and play some of your favorite music

Phone a friend Work Out at Home

Watch a new show on tv

Walk around outside and get some fresh air

Choose 5 people you have not heard from and call or send them an email

Start writing your life story

Clean out a closet and pick three items of clothing to set aside to give to the White Elephant later

Document what is happening & how you feel – despite how scary it all is, we are in the middle of a unique historical time

Write a note to thank some of those on the front line – healthcare workers, grocery store staff, pharmacy workers, UPS, FedEx and postal workers

Commit to doing at least 10 minutes of stretching each day

If today gets difficult, remember the smell of coffee, the way sunlight bounces off a window, the sound of your favorite person's laugh, the feeling when a song you love comes on, the color of the sky at dusk, and the we are here to take care of each other.

Nanea Hoffman

We've all been through a lot for the last several weeks... constant changes in the news, cancelled plans, social distancing. My fear of the unknown has shifted into the realization that I have lost my known. As we go thru this together, I need you to remember how rare and valuable you are, that each of you has something that no one else has – or ever will have – something that is unique.

I think about what Mister Rogers (Fred Rogers) said in a speech "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." There are doctors, nurses, and health care workers leaving their families around the clock to protect the families of strangers. Grocery store workers, delivery drivers, journalists, caregivers and all sorts of other everyday people risking their lives for others are the heroes. Reach out to one of your heroes today and thank them. I'm sending each one of you love, hugs and prayers.

Leslie Acred
 Marketing Director

How to Handle Stress & Anxiety

Coping strategies:

Take a time out. Listen to music, meditate, and practice yoga and relaxation techniques. Step back and take a deep breath.

Eat well-balanced meals and healthy snacks.

Limit alcohol and caffeine which can increase anxiety.

Get enough sleep.

Exercise. A ten minute walk can do wonders.

Accept that you cannot control everything.

Welcome humor. Watch a funny show or movie.

Read a funny story

Write in a journal.

Talk to others.

Listen to soothing music.

Take care of yourselves and know that this will pass. Turn this over to the One who is in control and know that He will always be by your side and will never leave you.

Psalm 107:6 Then they cried out to the Lord in their trouble, and He delivered them from their distress.

In Health and Wellness,

Happy Walking!!!!

Yours in wellness,
 Peggy Kenner

Accounting News

I am looking forward to some warmer weather, as I am sure all of you are too.

Please come see me anytime in the office for all your accounting needs. I love seeing you when you come in, as I do not have the opportunity to see you very much otherwise.

We do 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 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



Maintenance News

Spring is in the air all of it's beautiful colors and fresh growth. This also means air conditioning season is slowly approaching. Once the temperatures reach 75 degrees and above, we will begin any necessary maintenance on our AC's. We will begin manicuring our lawns in April. If you have any comments call the office to have Chris Smallwood come visit with you.

Be sure to call the office and turn in any work orders as they arise so that we can address all of your needs as quickly as possible.

Butch Sanders,
Environmental Services Director

Administration / Human Resources News

So winter is behind us and Spring has sprung. Easter is right around the corner. It's been a strange time these last few weeks. Activities have come to a halt for the protection of our residents. That includes Crafty Ones. But, you don't have to let this halt your creativeness. Crafts can be done at home. Pictured is an easy/peasy craft using a washcloth, ribbon, fuzzy balls and eyes. Make yours and post it to your Facebook page for everyone to see and then post a picture of another easy craft and challenge your friends to make it and post it. Interactive crafty ones.



Oh and keep yourselves healthy. Follow the guidelines we are being asked to follow. I can't wait to see you all again. Happy Spring and happy Easter.

Cindy Williamson,
Administrative Director



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

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**



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.**

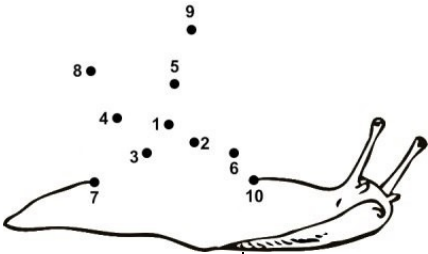
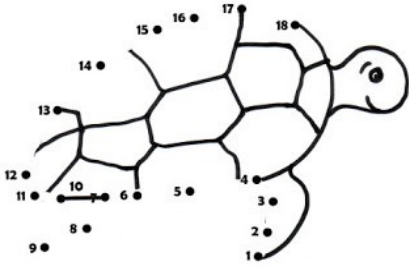



Move In Anniversaries

Jim & Debbie Ellis	11 years
Edward Brownlee	10 years
Reba Clower	7 years
Debra Dodson	7 years
Jerome Gardner & Jocelyn Campbell	7 years
Beverly Trusky	3 years
Cathy Daniels	2 years
Donald & Nina Dunlap	2 years
Art & Debra Prince	1 year

New Neighbors

Robert & Jennifer Bonds
Dale Temple
Vincente & Nancy Tortoriello
Edward & Helen Walker

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 April Fools Is Over!	2 Missing Exercise & Coffee	3 Bill Withers Music “Lean On Me” “Ain’t No Sunshine”	4 Write Letters to Family or Someone at a Nursing Home
5 Phone a friend	6 Learn a magic trick	7 Clean out a closet	8 Backup your cellphone	9 Draw	10 Good Friday Office Closed Make a top ten List what are your Favorite Things?	11 Find virtual tours online The Louvre, the Vatican Museum the Smithsonian and many more.
12  Easter Sunday	13 Work on your family tree...	14 Tryout new recipes	15 Do your taxes?	16 Improve handwriting	17 Strike a pose try new a YOGA App	18 FaceTime with family & friends
19 Write poetry	20 Exercise... Go for a walk	21 Sort through old photos	22 Listen to some of your favorite Music..	23 Walk outside and get some fresh air!	24 Call or email 5 people you have not heard from in a while.	25 Watch a new show on tv
26 Sort old clothes to donate...	27 Paint something...	28 Write a story about this experience.	29 Watch an old movie	30 Make paper airplanes	Clean a storage room	We miss YOU!