

THE VILLAGE VOICE



THE VILLAGE VOICE



Tammy Talk

Our employees care deeply about the welfare of our residents. Our employees are caring, loving, friendly and supportive, however; Westminster Village is an independent retirement community, which means we are limited to the kind of care we may offer to our residents. Village employees cannot lift or transfer residents at any time. If you have fallen or need physical assistance of any kind please call 911. When security is notified of a resident who has fallen, security will stay with you until the ambulance arrives. We are asked frequently why we are unable to assist in lifting residents after a fall. Here's an example: a resident fell and complained about his neck hurting. After being transported to the hospital the resident was told his neck was broken. Imagine if an employee of Westminster Village tried to lift the resident and the possible added injuries or possibly even death that could have occurred. This policy is in place for the protection of the resident and the employee.

Our employees may not help with medications or pick up medications for the resident. Gosnell Drug delivers. Staff may make suggestions to residents on ways to remain independent but employees are not trained to become more involved in caretaking for a resident. Our goal is for residents to enjoy life here in our community independently.

We are also frequently asked to build ramps for wheelchairs. Our maintenance staff is not equipped to build ramps according to the ADA regulations. Residents in need of ramps must turn in a modification form for approval and have the ramp built according to the ADA standards.

Our goal is to help you remain independent as long as is physically and mentally possible. Our residents have to be able to acknowledge when they are no longer able to remain independent and see they are relying more on outside persons to help.

We want to help as much as possible but some of the requests we receive from residents are liability issues for the company, the employee and the resident. Thank you for your understanding.

Executive Director,
Tammy Swanson



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.



Wednesday, March 4th
Brunch 10:30 AM RC
Breakfast Casseroles, Bacon,
Eggs, Biscuits, Gravy

Thursday, March 5th
Coffee/Games 9:30 AM RC

Thursday, March 5th
Crafty Ones 2 PM CH

Sunday, March 8th
Set Clocks forward 1 hour

Tuesday, March 10th
Advisory Committee Meeting
10 AM RC

Tuesday, March 10th
Tuesday Night at the Movies
In Harms Way
5:30 PM RC
Red Polish Sausages & Hot
Dogs

Wednesday, March 11th
Westminster Book Club
2 PM Heard-Marks Library

Thursday, March 12th
Coffee/Games 9:30 AM RC

PLEASE SIGN UP FOR EVENTS
Door Prizes awarded to Residents
and Their Paid Guests

Monday March 16th
March Madness Games
2 PM RC

Tuesday, March 17th
Baked Potato Bar & Reuben
Sandwiches
12 Noon RC

Tuesday, March 17th
Birthday/Move-In Bingo
1 PM RC

Thursday, March 19th
Coffee/Games 9:30 AM RC

Thursday, March 19th
Crafty Ones 2 PM CH

Friday, March 20th
Spring Begins

Tuesday, March 24th
Movie 2:00 PM RC
Red

Tuesday, March 24th
Game Night
5:30 PM RC

Wednesday, March 25th
Resident Pot Luck
12 Noon RC

Thursday, March 26th
Coffee/Games 9:30 AM RC



March Birthdays

2nd	Suzanne Halsell
4th	Art Prince
11th	John Calvert
15th	James Morris
15th	Michael Munhill
24th	Sandra Ham Green
25th	Debbie Ellis
25th	Ernestine Morris

Employee March Birthdays

None

March Move-In Anniversaries

Sandra Cothran	10 Years
Sandra Harris	10 Years
Emma Burns	7 Years
Paul Crump	7 Years
Johnny Williams	5 Years
Jeannean Smith- Beamon	4 years
Shelia Martin	3 Years
Coach Cleo Massey	3 Years
Darlene Rodgers	2 Years
Rickey & Sandra Green	1 Year

Westminster Village Directors

Tammy Swanson, Executive Director	Cindy Williamson, Administrative Director
Leslie Acred, Marketing Director	Adam Whitmire, Environmental Services Director
Whitney Herron, Accounting Director	

Board Members

President, Janet Robertson	Vice President, Beth Fitzgerald	Secretary/Treasurer, Roger Oldham
Jeremy Bennett,	David King, Jake Ritchey, Bill Sullivan, Gary Swain, Willie Williams	

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



**The Westminster Village
BOOK CLUB
March 11th
2:00 PM
Heard-Marks
Library**
The Secret Life of Bees

Sue Monk Kidd

Library News

The Heard-Marks Village Library
is a special treasure for our Village!
With thousands of books to choose from, as
well as a place for residents to
relax and read.



Let that good book take you to
places you've never been.
Imagine yourself
as the hero in the story. The
library volunteers will be at the
library Wednesday's from
8 AM until 10 AM
Residents are free to go to the
library any time.
Happy Reading from the Library Volunteers!

The Advisory Committee:

Annie Campbell, Frank Coll,
Merrill Frame, Sandra Harris,
Phyllis McClendon, Vicki Schrimsher,
The Advisory Committee serves as a
voice for the residents of
Westminster Village.
The Advisory Committee meets at
10:00 AM the **second Tuesday**
of the month.

Maintenance Department



Security



Landscaping



HOUSEKEEPING



BASKETBALL DAFFODILS DR SEUSS FORSYTHIA GREEN
 IDES OF MARCH IN LIKE A LION INTERNATIONAL WOMENS DAY IRELAND
 LEPRECHAUN MAGNOLIA MARCH MADNESS OUT LIKE A LAMB
 PALM SUNDAY PI DAY PISCES RENEWAL SET CLOCKS FORWARD
 SNAKES SPRING BEGINS ST PATRICKS DAY TELEPHONE PATENTED
 TULIPS VINCENT VAN GOGH WARMER WINDY

S M N B V C F O R S Y T H I A X T E L E P H O N E P A T E N T E D O S
 P Z A S D R S E U S S D F I D E S O F M A R C H G Q H W J E K P R U T
 R A Z O R D K M U N C H K I N S T E D D Y L S B U N N Y M F O I A T P
 I C U B B A B Y W O L E P R E C H A U N V P Z K U C R I A O Q S V L A
 N I E V A N P V I N C E N T V A N G O G H A W J O E Y R O A S C D I T
 G G R H J S E T C L O C K S F O R W A R D L K W A R M E R L Z E X K R
 B P L E O I K I T T E N M U C H I C K E J M A R C H M A D N E S S E I
 E T I N L I K E A L I O N I N F A N T E F S R F A W N X G D J S N A C
 G I R L S A N T T U L I P S N A I L O N E U H A T C H L I N G I R L K
 I P U P P Y N A T B L U S T E R Y D U O S N A K E S O U P E O R Y A S
 N E W T W I N D Y X A B A S E B A L L C Z D R Y D A F F O D I L S M D
 S C O L T R E N E W A L L A R V A K E L K A P A C A L F L F E T I B A
 I N T E R N A T I O N A L W O M E N S D A Y R Y P I G L E T P I D A Y

TOPS MEETS AT THE RAMEY CENTER SATURDAYS 10 AM (NOT MEETING IN MARCH)

WEIGHT LOSS THAT LASTS

No cookie-cutter diets. No gimmicks. No trendy shortcuts. It's the old-fashioned approach to health and wellness: A lifestyle, for a lifetime. At TOPS, you're throwing yourself a lifeline. Founded in 1948, TOPS is the first of its kind noncommercial weight-loss support group, with ties to the medical community and thousands of chapters in the U.S. and Canada.

**Exercise (Silver Sneakers)
Monday's and Thursday's
9 AM Ramey Center Gym**



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

The Quarterly Report for the Community Rewards program with Kroger for November, 2025 to February, 2026 is in! During this time **14 households** participated and we received **\$47.41 in total donations**. If you would like to participate, please contact the office for more information. Donations go to the roof fund.

How SilverSneakers Benefits Seniors On Medicare— Water Aerobics and Yoga/Chair Aerobics Are Hosted by Silver Sneakers

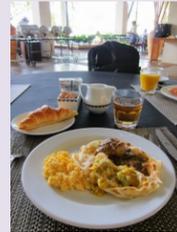
As we age, maintaining upper body strength is essential for daily activities, posture and overall well-being. Strength and balance are the foundation for staying active and preventing falls. Silver Sneakers exercise program is geared toward our overall health.

These exercises are a great way to build strength safely and effectively. They help improve mobility, prevent injuries, and make everyday tasks like lifting groceries or reaching overhead easier. The exercises are simple, adaptable, and don't require fancy equipment.

Plus, they make us feel stronger and more confident in our movements. Join us on Mondays and Thursdays at 9 AM at the Ramey Center to build flexibility, upper body strength, and help fight obesity.

Don't miss out on events.
Please sign up!

Brunch on April 1st
10:30 AM RC
Eggs, Bacon, Sausage, Grits, Gravy, Chocolate Gravy



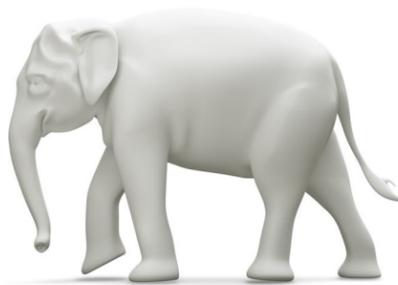
Tuesday Night at the Movies
April 14th
Secondhand Lions
5:30 PM RC
Pizza



Resident Pot Luck
Wednesday, April 29th at 12 Noon
Please let the office know what you're bringing.
This is a resident driven meal.



It's time to go fishing again! Saturday, April 11th at 8 AM.
We're going back to Charlie's in Kennett. Grab your fishing gear and let's go have fun!



THE WHITE ELEPHANT
Friday's 10 to 3 / Saturday's 10 to 3
We look forward to everyone coming out to visit and enjoy shopping in the White Elephant. Anyone that would like to volunteer to work, please contact Mary Dyer. Remember, we accept donations.

Easter is almost here. We are going to have an Adult Easter Egg hunt. This will be held in the Ramey Center on April 2nd at 5:30 PM. You might be surprised at what can be found in the eggs. Please plan on joining us for fun and finger foods. Contact the office to sign up!



There has been interest shown in having a trivia contest. We will have teams of four, and plan a night of fun and interesting facts, as well as have a pizza party, too! Just let Eva know when you have a team together, and we can get this scheduled and on the calendar.

Coming soon, another chance to win \$50 off your rent. We will be having a Pink Flamingo party in celebration of the warmer months. Be on the lookout for the Pink Flamingo in a public outdoor area, such as the library or pool, soon! Just like the Elf in the Yard, this will be movable, and can be placed in your yard. You will take a picture of this in your yard and send to Eva in the office. This automatically enters you in the drawing. Only one entry per residence.



We will have Christmas in July for our Fourth of July party this year. We plan on having a beachy Christmas party (indoors) to celebrate. We can always use volunteers, so please contact the office if you are able to help!



With the temperatures rising, so is the demand for...ice cream! We plan on having some homemade ice cream at least once during the hot summer months! If anyone has an abundance of fish and wants to share., we'll have a fish fry!

Mexican Train Dominoes begins at 6:00 PM on Fridays. This is a resident driven event. Residents meet in the pool room. Each person brings a snack and around 7:00 PM players take a break and enjoy fellowship with each other.



Resident Dance (Not Meeting in March) begins at 4:30 PM on Fridays. This is a resident driven event. All residents are welcome. Residents meet in the coffee room and dance and work out to YouTube videos.

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

5 Simple Ways Older Adults Can Ease Financial Anxieties—Lots of us worry about running out of money in retirement. Adopt these strategies to calm your concerns.

1. Do a Comprehensive Financial Plan—Sit down with a financial advisor for a detailed overview and analysis of your financial situation.
2. Slim Down Your Financial Life—Such as several bank accounts, multiple credit cards, and old 401(k)s or IRAs.
3. Automate Everything—Setting up automatic bill pay can be incredibly freeing.
4. Set up Fraud Protections—As many as 17 percent of adults ages 65 and older have been victims of financial fraud *Freeze your credit reports*. These can be lifted temporarily. *Set up fraud alerts for your bank accounts and credit cards. Regularly review your credit reports.*
5. Get Started on Your End of Life Financial Plan:
 - Create a will.
 - Name a durable power of attorney who can make decisions for you if you can't.
 - Create a file of important legal and financial documents.
 - Review and update any estate planning documents you have already.
 - Review and update (if necessary) your account beneficiaries.

With so many of our residents being retired, here are a few suggestions to help you live your best life.

1. Have a purpose beyond your paycheck. Research shows that having a sense of purpose is linked to better physical health.
 2. Seek social connections that aren't work dependent. Studies show that social isolation in retirement can be as harmful to health as smoking 15 cigarettes a day. Join in the activities here at Westminster Village.
 3. Have a financial plan that goes beyond the basics. This might not work if you're not currently working.
 4. Have a realistic view of what retirement actually looks like. View retirement as a new chapter of your life, with its own rhythms, challenges, and rewards.
 5. Develop an identity that exists outside your career. Wholeness comes from discovering yourself.
 6. Plan for your relationship dynamics.
 7. Create an openness to the emotional journey.
- Retirement isn't an ending—it's a beginning for reinvention and possibility.

Lymphatic Drainage: A Simple Way to Support your Body's Natural Detox System

Think of your lymphatic system as your body's built in housekeeping crew. It moves fluid, removes waste, and helps support your immune system. Unlock your bloodstream—which has the heart to pump it—your lymphatic system relies on movement, deep breathing, and muscle contractions to keep things flowing. As we age, the lymphatic system can slow down. That's normal, but it can lead to fluid buildup, swelling (especially in the lower legs), stiffness, and fatigue. Supporting it with simple daily habits can make a big difference.

Supporting lymphatic flow may help:

1. Reduce swelling
2. Support immune health—lymphatic system is home to many of our immune cells.
3. Improve mobility and comfort
4. Promote relaxation

Simple lymphatic drainage movements

1. Deep belly breathing
2. Ankle pumps
3. Shoulder rolls
4. Marching in place

All of these movements are included in our Yoga/Chair exercises. Meet with the group on Mondays and Thursdays at 9 AM.

There are not enough words to fully express my heartfelt thanks for the cards, phone calls, texts and prayers during this difficult time. Thank you for your love, support and compassion. Your words of comfort and gestures of care are deeply appreciated and will always be remembered. I am grateful for the donations made in Cliff's memory to establish the Westminster Village Dog Park later this year. Love, Leslie

With the start of spring, we need to work on the flowerbeds at the Heard-Marks Library. We need volunteers to clean flowerbeds and possibly plant some perennials. Please contact Eva at the office if you would be willing to help beautify the area!

Each resident is responsible for any flowerbeds they might have. Now is a good time to think about planting for the year. There will soon be an abundance of spring plants available, both annuals and perennials. We will have a contest for the best landscaping.

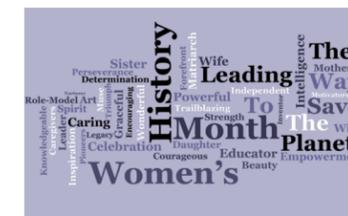
Family Feud was so much fun! Both residents and employees had a good time. We had lots of help from both staff and residents with the set up and clean up afterwards, and that is greatly appreciated. We have many activities planned in the evenings now. Volunteers are needed for these activities to be a success. Please call the office and let Eva know if you're available to help.

There are many activities provided at the Mississippi County Senior Center in Blytheville. They also provide a lunch for a nominal fee. I would like to try to utilize these resources. We could get a group together to go have lunch there, or we could participate in some of their exercise programs and games. Please let Eva know if you are interested.

I'm still trying to find out who might be interested in the trip to the Biltmore Estate in Asheville, North Carolina. If we do not get at least 30 people signed up, we can't make the trip. This should be fun for everyone, no matter your age or mobility. The \$615 price is based on double occupancy. The dates are Monday, November 2nd through Thursday, November 5th, 2026. Please let Eva at the office know if you are interested.



March 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>World Compliment Day</p> <p>ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut VT-Village Trail VP-Village Pool</p>	<p>2</p> <p>9 AM Exercise Class RC 10 AM Grocery Run</p>	<p>3</p> <p>National Anthem Day</p>	<p>4</p> <p>10:30 AM Brunch RC</p> <p>Library Volunteer Hours 8-10 AM</p>	<p>5</p> <p>9AM Exercise 9:30 AM Coffee—Game 2PM Crafty Ones CH</p>	<p>6</p> <p>White Elephant 10 AM to 3 PM RC Privately Booked</p>	<p>7</p> <p>White Elephant 10 AM to 3PM RC Privately Booked</p> <p>National Cereal Day</p>
<p>8</p>  <p>International Women's Day RC Privately Booked</p>	<p>9</p> <p>9 AM Exercise Class RC 10 AM Grocery run National Napping Day</p>	<p>10</p> <p>10 AM Advisory Committee RC</p> <p>5:30 PM Tuesday Night at the Movies RC—In Harm's Way</p>	<p>11</p> <p>2 PM Book Club Heard-Marks Library</p> <p>Library Volunteer Hours 8-10 AM</p>	<p>12</p> <p>9 AM Exercise Class RC 9:30 AM Coffee-Game Plant a Flower Day</p>	<p>13</p> <p>White Elephant 10 AM to 3 PM 6 PM Mexican Train Dominoes RC</p>	<p>14</p> <p>White Elephant 10AM to 3 PM</p> <p>Pi Day</p>
<p>15</p>	<p>16</p> <p>9 AM Exercise Class RC 10 AM Grocery run 2 PM March Madness Games</p>	<p>17</p> <p>12 Noon RC Baked Potato Bar & Reubens</p> <p>1 PM -Birthday & Move-in Bingo Party, RC</p> 	<p>18</p> <p>Library Volunteer Hours 8-10 AM</p>	<p>19</p> <p>9AM Exercise 9:30 AM Coffee—Game 2PM Crafty Ones CH National Let's Laugh Day</p>	<p>20</p> <p>White Elephant 10 AM to 3 PM</p> <p>6 PM Mexican Train Dominoes RC</p> 	<p>21</p> <p>White Elephant 10 AM to 3PM</p> <p>National Quilting Day</p>
<p>22</p>	<p>23</p> <p>9 AM Exercise Class RC 10 AM Grocery Run National Puppy Day</p>	<p>24</p> <p>2 PM Movie Day RC Red</p> <p>5:30 PM Game Night RC Trivia</p>	<p>25</p> <p>12 Noon Resident Pot Luck RC</p> <p>Library Volunteer Hours 8-10 AM</p>	<p>26</p> <p>9 AM Exercise Class RC 9:30 AM Coffee-Game Make Up Your Own Holiday Day</p>	<p>27</p> <p>White Elephant 10 AM to 3 PM 6 PM Mexican Train Dominoes RC</p>	<p>28</p> <p>White Elephant 10 AM to 3 PM</p> <p>8:30 PM to 9:30 PM Earth Hour</p>
<p>29</p> <p>Palm Sunday Vietnam War Veteran's Day</p>	<p>30</p> <p>9 AM Exercise Class RC 10 AM Grocery Run Take a Walk in the Park Day</p>	<p>31</p> <p>National Crayon Day</p>				<p>Please sign up! Call the office if you need a ride.</p>