

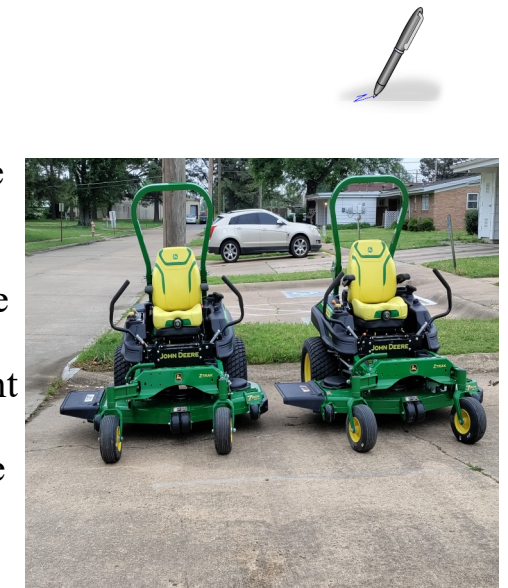
THE VILLAGE VOICE

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Tammy Talk



Lawn mowing season got off to a slow start. We have purchased two new lawnmowers. We have our lawn crew hired and ready to go. Josh Golden is supervising the lawn crew this year. Josh worked our seasonal crew when we had it in house previously and knows how to get it done. Of course rain has been a deterrent to our progress in catching up. We appreciate you all for being patient with us while we bring the crew back in house and ask you to continue to be patient while our lawn crew works to catch up. I have no doubt once they are caught up you all will be thrilled with how nice the village looks. You will find in your newsletter an updated insert with pictures of our maintenance, landscaping, security and housekeeping staff for your convenience.



We have a roofing crew now that is knocking out work orders in a timely manner. Our houses are aged as we all know and it's a daily challenge with the roofs but Tim and Jackson are knocking them out of the park.

A big thanks to Eva Henderson. Eva is filling in for Kylie in Resident Services while she's on maternity leave and doing a fantastic job. We have a full calendar for May. Make sure you hang your May calendar where you can see it daily and make a point of joining in the activities.

Temperatures are warming up and air conditioners are coming on. Bobby is working tirelessly to keep you cool this summer. He is showing James what he knows so we are able to double team the work orders.


And last but certainly never least, I am the proud Gaga of Stokley Andrew Swanson, born April 19. A beautiful baby boy with a head full of black hair, weighing in at 7 lbs, 13 oz. and 20 inches long. Thank you everyone for all the love and concern you have given to Kylie and the baby. Both are doing great.

Executive Director, *Tammy Swanson*



Check the Ramey Center bulletin board in the foyer for events that may interest you. Contact Eva at the office. If three or more are interested we may put it on the calendar. Pop up events will be advertised by one call.

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.



Thursday, May 1
Coffee 10:00 AM RC

Thursday, May 1
Crafty Ones 2:00 PM CH

Tuesday, May 6
Big Lake Eagle/Fishing
Leave RC at 10 AM

Wednesday, May 7
Brunch 11 AM, RC

Thursday, May 8
Coffee 10:00 AM, RC

Saturday, May 10
Mother's Day Tea 2 PM RC

Tuesday, May 13
Advisory Meeting 10:00 AM RC

Wednesday, May 14
Book Club 2:00 PM
Blytheville Book Co.

Wednesday, May 14
Blood Drive—noon—5 pm RC
See Page 9

Thursday, May 15
Crafty Ones 2:00 PM, CH

Thursday, May 15
Coffee 10:00 AM, RC

BINGO
Tuesday, May 20
Birthday & Move-In Anniversary
2:00 PM Ramey Center
Come celebrate with us!!!

Wednesday, May 21
Hot dog/ hamburger, noon
RC


Thursday, May 22
Coffee 10:00 AM, RC

Thursday, May 22
Memorial Day Spaghetti
Supper 5 PM mingle/
5:30 PM meal served, RC

Tuesday, May 27
Movie Day 2 PM, RC

Wednesday, May 28
Resident Potluck RC
Noon

Thursday, May 29
Coffee 10 AM, RC
Crafty Ones 2:00 PM CH



MAY BIRTHDAYS:

1st	Bobby Stewart
3rd	Tom Hayes
9th	Brenda Maharaj
10th	Wanda Wattle
23rd	Dessie Lipford
24th	Judith Brandon
26th	Sherry Anderson
26th	Paul Crump
28th	Tara Woodson
29th	Brad White
31st	Elma Wallace

Employee May Birthdays

17th	Larry Green
18th	/Elsa Perez
28th	Julius Snead

May Move-In Anniversaries:

Sue Forrester	25 years
Kenneth Kraft	16 years
Annie Campbell	15 years
Dessie Lipford	9 years
Phyllis McClendon	9 years
Theoda & Elma Hampton	7 years
Diann Jones	7 years
Carealine Tuggle	5 years
Alma Gahie	5 years
Elvis Williams	3 years
Laura Kelley	3 years
Travis and Joni Fuller	2 years
Rondell and Josie Richardson	2 years
Melissa Worley	1 Year

Westminster Village Directors

Tammy Swanson , Executive Director	Cindy Williamson , Administrative Director
Leslie Acred , Marketing Director	Butch Sanders , Environmental Services Director
Jennifer Stigall , Accounting Director	

Board Members


President , Janet Robertson	Vice President , Beth Fitzgerald	Secretary/Treasurer , Roger Oldham
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Library News

The Doris 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!

Residents wanting to volunteer Contact Loretta Heard.




The Advisory Committee:

Loretta Heard, Annie Campbell, Gary Walker, Tom Hayes, Vicki Schrimsher, Eva Henderson, Sandra Harris

The Advisory Committee serves as a voice for the residents of Westminster Village. The Advisory Committee meets at 10:00 a.m the **second Tuesday** of the month.

The Westminster Village BOOK CLUB
May 14th

2:00 PM
At: The Blytheville Book Co. on Main Street
Inheritance
By Nora Roberts



Phase 2 demo continues. Following is the projected demo order. There is always a possibility of change in the order. There will not be a penny of grant money left on the table when demo is complete. We chose houses according to what we felt would be the best for the village overall. Houses were not chosen based on who spoke the loudest or who you know in the office.

Unfortunately, there will still be houses that need to come down that didn't make the list. We continue to look for other ways to finance more houses to be demoed. However, it is a slow process.

The employees of Westminster Village are proud of the work that has been accomplished in the past year. We are aware there is more to be done. Rest assured we continue to work toward the continued goal of making Westminster Village a good place to reside.

8	5574/5576 Cherrytree Circle
9	5359/5361 Palm Circle
10	5428/5430 Peachtree Lane
11	5427/5429 Peachtree Lane
12	5053/5055 Chestnut Drive
13	5416/5418 Plum Lane
14	5415/5417 Plum Lane
15	5510/5511 Village Avenue
16	5059/5060 Hemlock Avenue
17	5521/5523 Appletree

A Time to Blossom

Spring is a time of renewal with the blossoming flowers and the chirping birds serving as a gentle reminder that each season presents opportunity for growth and transformation. Write down your goals.

REFLECT: Take a moment to jot down your achievements, big or small. Celebrate the milestone you've reached so far; then recognize the positive changes you've incorporated into your daily life.

ADDRESS CHALLENGES: It's natural to encounter obstacles along the way. Discuss strategies that have worked for you and be open to learn from others. Collective wisdom can be a powerful motivator for everyone.

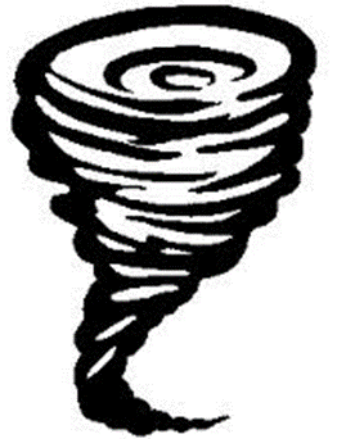
REASSESS AND ADJUST: As you progress through the year, your priorities and circumstances may shift. Take a moment to reassess your goals. Are they still realistic and achievable? If needed, adjust them to ensure they align with your current situation. Remember, flexibility is key to long term success.

TOPS MEETS AT THE R.C. MONDAY'S AT 5:30 PM 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.

Storm Warnings

Arkansas is occasionally host to various types of severe weather. The City tests severe weather warning sirens every Monday at noon (weather permitting). Should you hear the sirens at a time other than Mondays at noon, please immediately seek shelter inside your home. Your phone may also sound an alarm if a tornado has been spotted in the area. Seek shelter immediately. Your safety is important to us.



BE KIND TO YOUR BODY

1. Prioritize Sleep 2. Speak Kindly 3. Stretch and Mobilize 4. Eat all the colors. In the hustle and busyness of everyday life, it's easy to brush off the importance of being kind to your body. As you navigate the demands of your day, remember that each choice toward prioritizing sleep, cultivating intentional self talk, moving a little more and embracing a colorful diet is a meaningful step toward a healthier and happier you.

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 Jennifer in the accounting office for more information about this program.

How Silver Sneakers Benefits Seniors On Medicare

SilverSneakers focuses on important areas of health and wellness for seniors. Always talk to your doctor before starting an exercise program.

Stamina gives you the ability to exercise for a decent amount of time without your body becoming tired. Aerobic or cardio training boosts stamina as it increases your breathing and heart rate, helps maintain healthy weight levels, and improves mobility.

Strength training can help prevent osteoporosis, heart disease, arthritis, and type 2 diabetes. And you don't have to bench press. For older adults, simple strength-building exercises such as chair squats, single-leg stands, wall pushups, and stair climbing help build and tone muscle.

Flexibility exercises help improve and extend your movements, and better yet, they warm up your muscles and make you less prone to injury. Workout sessions with gentle stretches can also help ease those pesky neck cricks, backaches, and other muscle soreness.

Balance exercises give you more mobility and physical control, which helps you avoid falls as you become older. You may find yourself feeling nimbler with every session.

Don't miss out on events.

Brunch will be served Wednesday, May 7th
Mingling will start at 10:30 AM, meal at 11 AM
Please be sure to call the office and sign up!!

May 10th we will have a tea for all our ladies at 2 PM at the Ramey Center. Finger sandwiches and other items will be provided.
PLEASE SIGN UP!

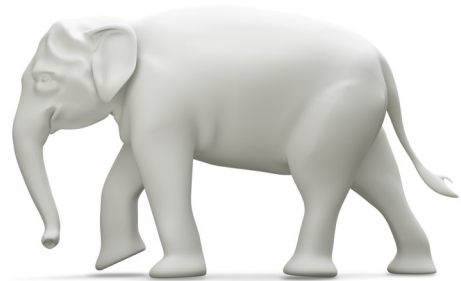
The residents meet monthly for potluck at noon the last Wednesday of every month.
(May 28th will be the date for the May potluck)
Residents **must** sign up and don't forget to call the office and let us know what you plan to bring.

14 Valuable Life Lessons I Learned From Doing Jigsaw Puzzles (stay tuned for lesson #10)

9. Go Ahead to Try the Weird Thing

I was on the verge of giving up on occasion. It would take a long time to find a piece that fits.
Then, out of nowhere, success!

All it took was trying on that strange garment that seemed like it wouldn't fit anywhere.
Take a risk. So what if the item isn't a good fit: At the very least, you tried. It's not uncommon for "the strange thing" to surprise you with how nicely it fits.



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.

Remember we accept donations.

Blood Drive (American Red Cross)

Westminster Village of the Mid-South
Ramey Center
4404 Memorial Drive
Blytheville, AR 72315

Wednesday, May 14, 2025
12 PM to 5 PM

Please call 1-800-RED CROSS (1-800-733-2767)
or visit RedCrossBlood.org and enter:

Ramey Center to schedule an appointment.

Or download the American Red Cross Blood Donor App from the app store on your phone.

Give blood between May 1 and May 18 for a \$20 e gift card to a merchant of your choice!



Resident Dance

begins at 4:30 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.

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. After the break the game resumes. All are welcome.



This hit home for me!

When a flashlight grows dim or quits working, you don't throw it away, you change the batteries.

When a person messes up and finds themselves in a dark place, do you cast them aside? Of course not, you help them change their batteries! Some need AA... Attention and Affection; Some need AAA... Attention, affection and acceptance; some need C.. compassion; some need D.. direction. And if they still don't seem to shine.. simply sit with them quietly and share your light.

Lessons Taught By LIFE

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



3007 Floral Plaza - Blytheville Air Force Base
(870) 532-6159

**★ MAY ★
SPECIAL**

**FITNESS THE
FUN WAY**

LUNCH & BOWL

**RECEIVE
2 FREE
GAMES**

\$7.50
or more lunch ticket

**Between
11am and 2pm
(Monday thru) Friday**

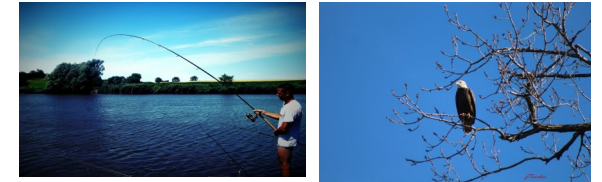
**SUMMER LEAGUES
FORMING NOW !**

No Rain Checks

NAME: _____ Phone: _____
Email: _____

Sign up and JOIN ANY ONE OF OUR EXCTING SUMMER LEAGUES !

Jeremy Bennett, Board Member, will host a trip to view the Eagles and go fishing at Big Lake on May 6th! You do not have to fish to go on the outing. We will leave the Ramey Center at 10 am, go for our Eagle search and fishing, then stop at the Shake Shack in Manila on the way home. Those interested in fishing need to pack and bring your gear. You do need a license to fish, \$10.50 for a lifetime Arkansas 65 + license. Please contact the office, and we will help you get the license or you can go online at <https://ar-licensing.s3licensing.com/?catalogItem=Fishing>. This is a time to have some fun and get outside! Sunshine is a great way to shake off those winter blues!!



Pacemakers Walking Club begins May 6th at 5 PM. We will meet at the Village Trail near the Craft Hut on every Tuesday afternoon at 5 PM, weather permitting. The benefits of walking are amazing! Feel free to use your walkers or canes. Everyone walks at their own pace. Walking can play a critical role in healthy aging, making an impact on longevity, functional movement and independence .



Summertime is almost here!

The Westminster Village Swimming Pool is scheduled to open on Saturday, May 24th! If we are unable to open on that date, a One Call will be made to keep you updated.

Get out your swim suits and pool floaties and head to the pool! Water Aerobics starts on Thursday, May 29th at 5 PM, and is scheduled to meet at the pool twice weekly, Mondays and Thursdays at 5 PM. Eva Henderson will be leading these classes, so we hope you can find the time to come out and have some fun in the sun! Please note, there is no lifeguard on duty, but the deep end of the pool is only 5 ft. 8 inches. We suggest that no one swims alone. All pool rules must be followed. You will find an insert with the pool rules and hours of operation. There is a sign-in sheet by the door leading into the pool, and all residents and guests need to sign-in. Thank you for your cooperation.



We want to remind all of our residents that we are here to make your life here happier and healthier. If you have any suggestions on ways to improve our Resident Services Department, please don't hesitate to fill out a sheet and put it in the suggestion box located in the entrance to the Ramey Center. We would also like to get your ideas on places to go, things to do.

WE APPRECIATE ALL OF OUR RESIDENTS!
Eva

May 2025

Library Volunteer
Hours 8-10 AM
Or come any time.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut				1 9AM Exercise Class RC 9:30 AM Mingle 10 AM Coffee 2PM Crafty ones CH	2 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6PM Mexican Train Dominoes RC	3 White Elephant 10 AM to 3PM
4	5 9AM Exercise class 1 PM Grocery run 5:30 PM TOPS	6 Big Lake Eagle/Fishing Leave RC at 10 AM Lunch at Shake Shack-Manila 5 PM Walking Club	7 11AM Brunch @ RC SIGN UP!	8 9AM Exercise Class RC 9:30 AM Mingle 10 AM Coffee	9 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	10 White Elephant 10AM to 3 PM Mother's Day Tea 2 PM RC
11 	12 9AM Exercise class RC 1 PM Grocery run 5:30 PM TOPS	13 10 AM Advisory—RC 5 PM Walking Club	14 2PM– BOOK CLUB Blytheville Book Co. 12 noon—5 PM / Blood Drive @ the RC	15 9AM Exercise Class RC 9:30AM Mingle 10 AM Coffee - 2 PM Crafty Ones CH	16 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes	17 White Elephant 10 AM to 3PM
18	19 9AM Exercise class RC 1 PM Grocery run 5:30 PM TOPS	20 2 PM -Birthday & Move-in Bingo Party, RC 5 PM Walking Club	21 Noon Hot dog/hamburger @ RC SIGN UP!	22 9AM Exercise Class RC 9:30 AM Mingle 10AM Coffee Memorial Day Spaghetti Supper 5 PM Mingle, 5:30 Meal Served RC	23 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	24 White Elephant 10 AM to 3 PM POOL OPENS
25	26 OFFICE CLOSED 	27 2 PM Movie Day , RC SIGN UP! 5 PM Walking Club Village Trail	28 Noon—Resident Potluck @ RC SIGN UP!! 	29 9AM Exercise Class RC 9:30 AM Mingle 10 AM Coffee 5 PM Water Aerobics	30 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	31 Please sign up! Call the office if you need a ride.