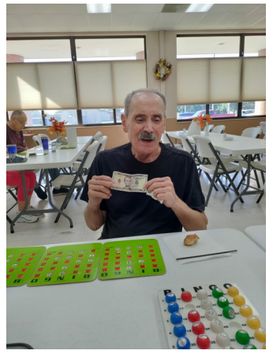
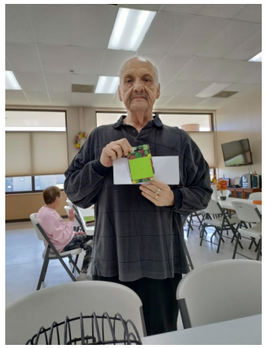
THE VILLAGE VOICE

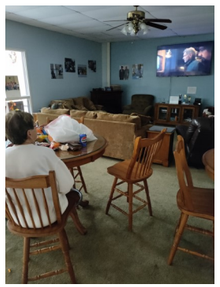






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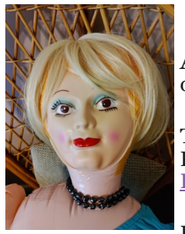
THE VILLAGE VOICE

Tammy Talk



Armistice Day, international holiday observed each year on November 11 to commemorate the end of World War I.

The titular armistice was signed at 5:45 AM on November 11, 1918, at Compiègne, in the region of Picardy, France. The agreement took effect at 11:00 AM, thus officially ending the war on the Western Front "on the eleventh hour of the eleventh day of the eleventh month."

From the beginning, countries around the world marked the peace's anniversary. In Great Britain the royal family hosted the first official Armistice Day events at Buckingham Palace. In the United States Pres. Woodrow Wilson likewise proclaimed the first Armistice Day in 1919, although Congress did not formally recognize it until 1926. In France Armistice Day was first observed in 1920, becoming a public holiday in 1924.

Many countries that observe Armistice Day have common rituals or memorials. For example, since 1919 services around the world have included a short silence starting at 11:00 AM. The idea for this moment of silence is credited to an Australian resident of London named Edward George Honey. A veteran of the war himself, Honey strongly felt that the sacrifices made by his fellow soldiers deserved more sombre recognition than what he had seen in the streets on November 11, 1918. Honey wrote to the *London Evening News* on May 8, 1919, suggesting that each year's events include five minutes of silence. Two minutes was decided upon, but he received an invitation to the ceremony at Buckingham Palace.

Participants in Armistice Day events have almost always worn or displayed flowers—red poppies in English-speaking countries and territories and cornflowers in France and Belgium. The poppy became associated with the holiday because of the popularity of the poem "In Flanders Fields," written in 1915 by Canadian soldier Lt. Col. John McCrae. In the United States a professor at the University of Georgia named Moina Belle Michael was so moved by the piece that she campaigned to make the poppy a national symbol of remembrance. By September 1920 the American Legion had come to agree with her, and the organization used the poppy as an official emblem at its convention in Cleveland. The idea spread overseas thereafter thanks to the efforts of a Frenchwoman named Anna Guérin, who had a still-greater vision of the poppy as an international symbol. She succeeded by convincing the newly founded British Legion to put the flower at the centre of its first charity drive. The resulting "Poppy Appeal," wherein volunteers for the organization exchanged artificial poppies for donations, was so well received that it did indeed create a connection.

Finally, "Tomb of the Unknown Soldier" (sometimes "Tomb of the Unknown Warrior") monuments have been built to symbolize the numerous dead in World War I whose remains could not be identified for burial. Each monument holds the body of an unidentified (or "known only to God," as the inscriptions sometimes read) soldier from the war. François Simon, president of the Rennes Remembrance Society, and an English chaplain, David Railton, independently conceived of the idea within a few months of each other. It was through Simon that the notion first made its way to the British government, as Railton largely kept the idea to himself, but it was Railton's connections—he wrote to the dean of Westminster Abbey, who in turn contacted Prime Minister David Lloyd George—that pushed the proposal through Parliament. England and France simultaneously buried their unknown soldiers on Armistice Day in 1920, and other countries quickly adopted the idea. Today there are over 50 countries with such tombs, although some of them honour the dead from other wars.

It was hoped by many that World War I, being an unprecedented conflict in its scope, would be "the war to end all wars," and that Armistice Day would therefore serve as an eternal warning never to repeat the past. The arrival of World War II, however, tragically complicated that view and, consequently, the meaning of Armistice Day. The United States switched the name of the holiday to Veterans Day on June 1, 1954, and repurposed it to honour veterans of the U.S. military in general. In Great Britain the Second World War resulted in the replacement of Armistice Day as a public holiday with Remembrance Sunday. France and Belgium have kept the day unchanged.

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.

EQUAL HOUSING OPPORTUNITY

Saturday, November 1
Patti's 1880 Settlement
Leave RC at 9 AM

Sunday, November 2
Daylight Savings Time Ends

Wednesday, November 5
Charlene's Tea Room
Leave RC at 9 AM

Thursday, November 6
Coffee/Game 9:30 AM RC

Thursday, November 6
Crafty Ones 2 PM CH

Thursday, November 6
Movie Night 5:30 PM RC

Friday, November 7
Cold War Museum leave RC
@ 10 am

Saturday, November 8
"Take the Wheel" 9 AM-3 PM
JP Ford –Blytheville
Each Test Drive Benefits
The Haven

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

Tuesday, November 11
Brunch 10 AM RC
Presentation by the Plain & Fancy Quilt Group in Honor of
Veterans Day

Wednesday, November 12
Westminster Village Book Club
2 PM Doris Marks Library

Thursday, November 13
Coffee/Game 9:30 AM RC

Tuesday, November 18
Birthday/Move-in BINGO
2 PM RC
Everyone is invited!

Wednesday, November 19
Thanksgiving Luncheon– Chili
12 Noon RC

Thursday, November 20
Coffee/Game 9:30 AM RC

Tuesday, November 25
Movie 2 PM RC

Thursday, November 27
Resident Thanksgiving Potluck
The Meat is Provided
1 PM RC
Contact the office to sign up and let us know what you plan to bring

November Birthdays

2nd	Judy Flinn
2nd	Phyllis McClendon
11th	Birdie Stewart
19th	Deannie McMillen
20th	Darrell Carr
22nd	Donna Mosley
23rd	Jeanie Wilson
25th	Henry Davenport
27th	Jim McMiller, Jr.
30th	Rondell Richardson

Employee November Birthdays

November Move-In Anniversaries

Loretta Heard	20 Years
Butch & Ella Sanders	15 Years
Mark & Elizabeth McCormick	14 Years
Julian & Tara Woodson	13 Years
Mary Dyer	12 Years
Darrell & Valerie Carr	7 Years
George & May Watkins	7 Years
Fontella Falls	6 Years
Russ Childers	4 Years
Mike & Linda Munhall	4 Years
Dale Brock	2 Years
James & Ernestine Morris	1 Year
Sandra Ocwueha & Kim Hart	1 Year
Tammy Winslow	1 Year

The Westminster Village
BOOK CLUB
November 12th
2:00 PM
At: The Doris Marks Village Library

Deeper Than the Dead

By Tami Hoag

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,,
Tom Hayes, Vicki Schrimsher,
Phyllis McClendon, Sandra Harris
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.

Westminster Village Directors

Tammy Swanson, Executive Director
Cindy Williamson, Administrative Director
Leslie Acred, Marketing Director
Butch Sanders, 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, Victoria Sierra, Gary Swain, Willie Williams
Westminster Village is a 501(c)3 non-profit corporation

Volunteering

Volunteer services at Westminster Village provide numerous opportunities for residents to help make life more enjoyable for themselves and for other residents and staff. The entire volunteer system at Westminster Village involves finding a need and filling it. Please contact our Resident Services Coordinator at 532-4100 if you would like to volunteer.

Recommended Medical Checkups for Aging Adults

- **Annual physicals** help track overall health.
- **Vision and hearing tests** reduce fall risks and maintain independence.
- **Blood pressure and cholesterol screenings** prevent heart disease.
- **Bone density scans** detect osteoporosis.
- **Diabetes tests** diagnose blood sugar concerns early.
- **Cancer screenings** vary based on individual risk factors.
- **Cognitive evaluations** identify memory-related issues.

This is just a short list of the checkups that aging adults should have. Please contact your primary care physician and follow their advice for your healthcare.

The findings of a recent study are encouraging as they show that one-quarter of older adults with less than optimal well-being can improve to the point where they regain optimal well-being. The identification of factors at baseline which are associated with regaining optimal well-being suggests the potential value of pursuing strategies related to engaging in an active and healthy lifestyle, such as maintaining healthy body weight, not smoking, becoming physically active, finding ways to tackle sleeping problems, preventing and managing chronic diseases, as well as maintaining psychological and emotional wellness, and fostering social wellness. Most of these are modifiable lifestyle factors that can be achieved without geographic limitations. Furthermore, programs and services can be provided to support older adults to engage in an active and healthy lifestyle (e.g., nutrition and fitness classes, smoke free campaigns); manage chronic conditions (e.g., chronic disease self-management programs, cognitive behavioral theory for insomnia programs); prevent physical disabilities (e.g., fall prevention programs, road safety awareness); promote mental health (e.g., counselling programs, support groups); and prevent social isolation (e.g., congregate dining programs, friendly visiting services). Policies and funding focusing on these areas may support older adults in achieving optimal well-being in later life. Future research should be conducted to understand the needs of older adults and to evaluate the impact of such programs and services.

TOPS MEETS AT THE RAMEY CENTER MONDAY'S AT 5:30 PM
WEIGHT LOSS THAT LASTS

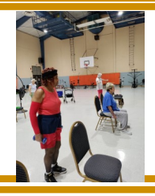
No cookie-cutter diets. No gimmicks. No trendy shortcuts. It's the old-fashioned approach to health and wellness: A lifestyle, for a lifetime. At TOPS, you're throwing yourself a lifeline. Founded in 1948, TOPS is the first of its kind noncommercial weight-loss support group, with ties to the medical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

ACORNS APPLE CIDER APPLE PIE AUTUMN BLESSINGS
CORNUCOPIA DAYLIGHT SAVINGS TIME ENDS DRESSING ELECTIONS
FAMILY GATHERINGS FELLOWSHIP FOOTBALL GRATEFUL
HARVEST PILGRIMS AND NATIVE AMERICANS PUMPKIN PIE
STUFFING SWEATERS THANKFUL THANKSGIVING TRAVEL
TURKEY VETERANS DAY YAMS

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

Medicare Open Enrollment is underway. Now is the time to see if there are better options for your healthcare than you currently have. We have the names of a couple of advisors that can help answer your questions. B & T Solutions (Tyson) is ready to help. Call 870-751-9242 to schedule an appointment.

Exercise (SilverSneakers)
Monday's and Thursday's
9 AM Ramey Center Gym
5 PM 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.

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

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.

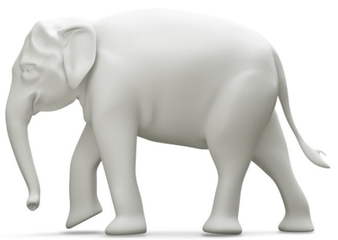
Don't miss out on events.
Please sign up!

Brunch will be served on Wednesday, December 3rd
Please note an updated time
10:30 AM at the RC

Tuesday Night at the Movies
December 16th at 5:30 PM
Sweet & Spicy Meatballs, Bacon Wrapped Smokies

In observance of the Christmas Holidays, the Resident Pot Luck will be on Thursday, December 25th at 1 PM
The meat will be provided.
Please let the office know what you're bringing.
This is a resident driven meal.

The National Cold War Center is located just around the corner from our Village, and will be hosting several special events in November. Friday, November 7th will be a free admission to the new exhibit at the Center. This is an amazing opportunity to visit and support our local organization! We'll meet at the Ramey Center at 1 PM, and go as a group to attend.



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.

Elf Mail begins on November 27th. We still need volunteers to make this work. Please contact Eva at the office to let her know if you can help. If you need a phone list with addresses, please come by the office. The last day to send Elf Mail is Tuesday, December 9th, and should be picked up by Wednesday, December 10th. You can pick up any mail when you come to the party.

The holidays have arrived, and now it's time for all the Christmas fun! We plan to go to Lights of the Delta on Monday, December 8th, leaving the Ramey Center at 6 PM.

The Christmas party for our residents will be held Tuesday, December 9th, at 5:30 PM. Door prizes will be eligible for residents and any paid guest. There will be music and lots of food. Please sign up so we can plan accordingly.

December 25th will be the Resident Pot Luck for the month. Lunch will be served at 1 PM. The meat will be provided. Please contact the office to sign up and let us know what you intend to bring.

New Year's Eve is on a Wednesday this year. We don't know how many people will be attending events sponsored by their churches. We can still plan to meet at the Ramey Center between 8 and 9 PM and have pizza, popcorn, and other snacks. Please let us know if you plan to attend.

We're already planning events for when the weather is cold outside so we can all stay warm and toasty this winter. It's been suggested that we have a Trivia Challenge between residents and staff. The Golden Girls are always up for a good time! Maybe the other departments will join in the fun!

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
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.

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

How to Prevent Mice in Your Home

Maintaining a well-kept home is the best prevention against mice:

- Sweep up and store food in sealed containers.
- Pay attention to your home's exterior and promptly seal up holes, cracks, or anything that may allow a mouse into your house.
- Seal gaps along your home's foundation to ensure rodents can't feel any in-door airflow.

Close all doors (including garage doors), especially at night.
Mice may hate the smell of peppermint oil, and many pest control companies suggest using cinnamon, vinegar, cayenne pepper, and ammonia to deter mice.

Crafty Ones meet on Thursday, November 6th and Thursday, November 20th at 2 PM. We will work on our individual projects. Everyone is invited to attend and join in the fun!

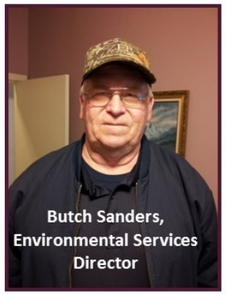
Fall Festival—what can I say? This was the first time to have the event in several years, and a new crew managing it, but it was still a modest success. We learned a lot that we need to do to get ready for this event next year. We want to thank all of the people that volunteered to help with this event! This would not have worked out if not for you! I would also like to thank our Vendors for being there and offering such amazing items! And, of course, thank you to everyone that came!

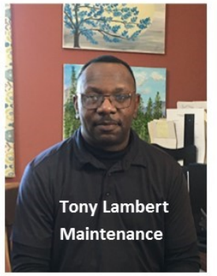
The trip to see the Biltmore Estate and the Smoky Mountain area around Asheville, NC, will be here before you know it! The $75 deposit isn't due until July, 2026, but please budget for the full $615 cost. We need to get as many people signed up for this trip as possible, so, please invite your family and friends. It

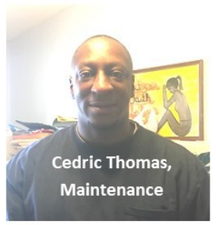
Work Orders should be called into the office between 8 AM and 5 PM, Monday through Friday. However, you can contact Security after hours and on the weekends for assistance. 870-623-4119

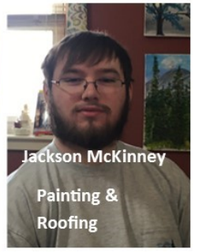
The American Red Cross donated two smoke detectors for each of our units. Volunteers came out on Friday, October 10th, for Sound the Alarm. If no one was at home, they couldn't install the alarms, but they still managed to install close to 300. Both residents and volunteers had a good time, visiting and making sure that our residents are as safe as possible in case of a fire. We want to thank Leslie for coordinating this with the Red Cross, the maintenance personnel who assisted with the installation, and all of the volunteers that came out to install the detectors.

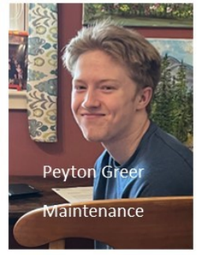
Maintenance Department











Security

Landscaping

HOUSEKEEPING

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut VT-Village Trail VP-Village Pool						1 **Patti's 1880 Settlement** **Leave RC @ 9 AM** White Elephant 10 AM to 3PM
2 	3 9AM Exercise class RC 10 AM Grocery run 5 PM Exercise Class RC 5:30 PM TOPS	4	5 **Charlene's Tea Room** Leave RC at 9 AM Library Volunteer Hours 8-10 AM	6 9AM Exercise Class RC 9:30 AM Coffee—**Game** 2PM Crafty ones CH 5 PM Exercise Class RC **5:30 PM Thursday Night at the Movies RC with Hot Dogs**	7 **Cold War Museum RC 1 PM** White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC **6 PM Mexican Train Dominoes**	8 White Elephant 10 AM to 3PM **Take the Wheel** **9AM-3PM @ JP Ford** **Benefits The Haven**
9	10 9AM Exercise class RC 10 AM Grocery run 5 PM Exercise Class RC 5:30 PM TOPS	11 **Veterans Day**  **10 AM Brunch RC** **Presentation by the Plain & Fancy Quilt Group**	12 **2 PM BOOK CLUB** **The Doris Marks Village Library** Library Volunteer Hours 8-10 AM	13 9AM Exercise 9:30 AM Coffee—**Game** 5 PM Exercise Class RC	14 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	15 White Elephant 10AM to 3 PM
16	17 9AM Exercise class RC 10 AM Grocery Run 5 PM Exercise Class RC 5:30 PM TOPS	18 **2 PM -Birthday &** **Move-in Bingo Party, RC**	19 **12 Noon Thanksgiving Luncheon– Chili RC** Library Volunteer Hours 8-10 AM	20 9AM Exercise Class RC 9:30AM Coffee-**Game** 2 PM Crafty Ones CH 5 PM Exercise Class RC	21 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	22 White Elephant 10 AM to 3PM
23	24 9AM Exercise class RC 10 AM Grocery Run 5 PM Exercise Class RC 5:30 PM TOPS	25 **2 PM Movie Day RC**	26 Library Volunteer Hours 8-10 AM	27  OFFICE CLOSED **Happy Thanksgiving** 1 PM Resident Thanksgiving Dinner RC	28 OFFICE CLOSED White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes	29 White Elephant 10 AM to 3 PM
30						**Please sign up! Call the office if you need a ride.**