

# THE VILLAGE VOICE



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## Tammy Talk

I need the clock to slow itself down. We are on month #2 in 2026 already! As we come into the month of Love, I want us to recognize not just our significant others, but friends and family members too. 2025 was a year that made me take inventory of who was in my circle. Were they there because they wanted to be? Or was it because I wanted them to be in it. I think from time to time we have to do that, and re-evaluate who truly wants the best for us. It's easy to say, "This is my friend" But are you theirs? I was taught a long time ago that people I meet will more than likely be "acquaintances" not friends.

The definition of Friendship is: *a close relationship between two or more people who care about and support each other. It is built on trust, honesty and mutual respect. Friends often share common interests and experiences and enjoy spending time together.*

So this Valentine's Day, let's not only celebrate the romantic, but let's celebrate those true blue friends. The ones we claim as family. The ones who if you call them at 3 in the morning will run as fast as they can to you. You've celebrated holidays with them, witnessed births or deaths with them and prayed with them. Love them... Cherish them, they are unique. All you need to have a friendship is to be a friend.

One of the things I loved the most about Valentine's Day are the homemade gifts my kids would make me. Heart paperchain necklace or the macaroni necklace. So if you don't have a sweetie, it's fine to send a valentine to your kids, grandkids or your best friend or all the above. A piece of paper with very simply, I LOVE YOU on it. There are tons of crafts that can be done to craft the perfect valentine!

We look forward to seeing you all this month at the events that are set up. Eva works so hard to make sure that everything is just perfect for all of us. Thank you Eva! I would like to thank my husband as well for helping us to get heat in the Ramey Center again. So much there that we all learned.

Don't forget! Pay your rent by the 10<sup>th</sup> at 5pm and your name will go into the drawing for our valentine basket! Residents who paid 11/12 will be entered automatically and anyone with a credit balance. Otherwise, when you pay your rent on time you could win the basket! Lots of cool goodies in there too!

Exercise is every Monday and Thursday at the Ramey at 9am with me! Come get your spot and let's get moving. You are able to do Silver Sneakers standing or seated. It's your choice and go your own pace. If you have questions and are interested in joining this free very worth it class, please call me at 870-532-4100.

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, February 4th  
Brunch 10:30 AM RC  
Pancake Battered Sausage,  
Bacon, Eggs, Biscuits, Gravy

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

Monday, February 9th  
Pizza Inn  
leave RC at 10:45 AM

Tuesday, February 10th  
Advisory Committee Meeting 10  
AM RC

Tuesday, February 10th  
Tuesday Night at the Movies  
*The Untouchables*  
5:30 PM RC  
Tomato Soup & Grilled Cheese  
Sandwiches

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

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

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

Thursday, February 12th  
Valentine Party 5:30 PM  
Family Feud  
Golden Girls vs Work Order  
Warriors

Tuesday, February 17th  
Birthday/Move-In Bingo  
2 PM RC

Wednesday, February 18th  
Hog Pen Osceola  
Leave RC at 10:30 AM

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

Monday, February 23rd  
Tie Dye Fun  
5:30 PM RC

Tuesday, February 24th  
Movie 2:00 PM RC  
*Hacksaw Ridge*

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

Wednesday, February 25th  
Resident Pot Luck  
12 Noon RC

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



**February Birthdays**

- 1st Charlie Wimberly (95)
- 2nd Frankie Starks
- 4th Jeanneen Smith Beamon
- 6th Johnny Williams
- 7th "Coach" Cleo Massey
- 8th Charlotte Brown
- 8th Patricia Wilborn
- 11th Leonard Middlebrook
- 16th Harold Sudbury, Jr.
- 17th Michael Price
- 21st Leona Tate
- 26th Sandra Harris
- 28th Elvis Williams

**Employee February Birthdays**

- 1st Jackson McKinney
- 5th James Palmore
- 14th Rickey Green
- 18th Flo Bennett

**February Move-In Anniversaries**

- Freddie White 22 Years
- Minnie Spencer 12 Years
- William & Judy Brandon 10 Years
- Jeff & Shelia Blackmer 7 Years
- Eddie & Frankie Starks 5 Years
- David Flinn 5 Years
- Gloria Barnes 2 Years



**The Westminster Village  
BOOK CLUB**  
**February 11th**  
**2:00 PM**  
**Heard-Marks  
Library**  
*The Silent Patient*  
Alex Michaelides

**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, Merrill Frame,  
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
- Leslie Acred, Marketing Director
- Whitney Herron, Accounting Director
- Cindy Williamson, Administrative Director
- Adam Whitmire, Environmental Services 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

# Maintenance Department



## Security



## Landscaping



## HOUSEKEEPING



AMERICAN HEART MONTH    ASH WEDNESDAY    BLACK HISTORY MONTH  
 CHEERLEADERS CHILI    CHOCOLATES    CHOCOLATE COVERED STRAWBERRKES  
 CUPID    ENGAGEMENTS    FLOWERS    GIRL SCOUT COOKIES  
 GROUNDHOG DAY    HALF TIME SHOW    MARDI GRAS  
 NATIONAL PIZZA DAY    NBA ALLSTAR GAME    PRESIDENTS DAY QUARTER GAME  
 ROSES    ROMATIC DINNER    SHORTEST MONTH    SUEPR BOWL  
 TAILGATE PARTY    VALENTINES DAY

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

### TOPS MEETS AT THE RAMEY CENTER SATURDAYS 10 AM

#### 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.

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

Adding time to stretch at least two to three times a week has so many benefits. It can help increase our range of motion. It can help with our flexibility and improve our posture and balance, which can also help prevent falls. And improving our flexibility can help with everyday activities, like reaching for something on a tall shelf, or turning our heads to check traffic while driving. The movements we make, whether it's daily tasks or fun sports or activities that we like to do, require a certain amount of muscular strength. For example, upper body strength is required to pick up grocery bags, pull a heavy suitcase, reach for a gallon of milk, or even lift a grandchild. It's well known that weighing too much isn't great for your cardiovascular health. Excess pounds increase the likelihood of developing high blood pressure, high cholesterol and other heart disease risk factors. You may be surprised to learn that excess weight affects your brain health too — playing a role in premature brain aging and cognitive problems. The brain needs a consistent blood supply, so it has enough oxygen and nutrients to function properly. Being obese or overweight in older adults has been linked with reduced cerebral blood flow. This can contribute to vascular dementia or Alzheimers disease. 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 March 4th  
10:30 AM RC  
Breakfast Casseroles, Bacon, Sausage, Eggs, Grits, Gravy

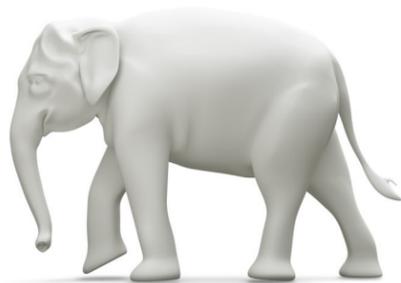
Tuesday Night at the Movies  
March 10th  
*In Harms Way*  
5:30 PM RC  
Red Polish Sausages and Hot Dogs



Resident Pot Luck  
Wednesday, March 25th at 12 Noon  
Please let the office know what you're bringing.  
This is a resident driven meal.



Please sign up for the Baked Potato Bar at the Ramey Center at 12 Noon on Tuesday, March 17th. We will need to know how many to make.



**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.

Valentine's Day is a great time to let your friends and neighbors know that you care about them! The mailbox is set up in the Ramey Center on until February 12th. You can mail and pick up your cards at the Ramey Center. We have a few boxes of cards available on a first come, first served basis. See Eva at the office if you want some.

Please color the Valentine's picture included in your newsletter. Once finished, either bring it to the office or let the office know that it's finished, and we'll come pick it up. These are going to be on display for the month of February!

Daylight Savings Time begins on March 8th. Don't forget to set your clocks forward!



March Madness is a great time to get competitive. Try to win at some of the games at the Ramey Center on Monday, March 16th. Plan on attending and showing off your skills and win prizes! Even if you don't wish to play, come and cheer on the contestants!

It's time to go fishing again! Saturday, April 11th at 8 AM. We can go back to Charlie's in Kennett, or get a license and fish at Big Lakes. Let Eva know your preferences.

**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>**

## Make Volunteering a Part of Your Wellness Routine

It's one of the most powerful ways to boost your mental health.

Volunteering tip #1: focus on friends and family. See every person you encounter in your day as someone you can be helpful to, and treat with kindness.

Volunteering tip #2: go virtual.

Volunteering tip #3: do good outdoors. Take advantage of getting some fresh air while volunteering.

Volunteering tip #4: gather your friends. It doesn't have to be a "formal" volunteering program for an established organization.

The bottom line: do what feels good. It's all about helping others in a way that makes you feel happier and healthier.

## Making time for yourself isn't selfish, it's necessary for a happy, healthy you.

A 2021 study in *Health Psychology* found that women who practiced self-compassion on a regular basis had a lower risk of developing heart disease over time. That might include setting boundaries, letting go of grudges, and asking for help.

1. Create a Workable Schedule.
2. Get Your Checkups.
3. Notice the Saboteurs.

True self-care is extending grace and mercy to yourself on a daily basis. Learning to be kind to yourself can be life changing.

## Essential Oils & Wellness—A simple way to boost mood, ease stress, and support well-being—naturally.

Essential oils are concentrated extracts taken from flowers, leaves, stems, and other parts of plants. When diffused into the air, they can create a soothing atmosphere that supports relaxation, focus, and overall wellness.

- Lavender: calm & sleep support
- Peppermint: energy & clear breathing
- Eucalyptus: freshness & respiratory comfort
- Lemon: uplifting & clean
- Chamomile: relaxation & grounding

When using a diffuser, start with small amounts. Use for short periods. Choose well-ventilated areas. Avoid direct skin contact. Talk with your doctor: especially if you have asthma, allergies, or respiratory conditions.

Join us at the Ramey Center on Monday, February 23rd at 5:30 PM, for a fun project of Tie Dye. Bring your prewashed cotton item, and let's see what we can create! Please sign up so that we make sure we have plenty of dye to go around!



Spring is right around the corner! St. Patrick's Day and Easter will be here in the blink of an eye. As the weather warms up, and the days grow longer, check to see what's been added to the calendar. We hope to see as many residents as possible at our events.

It's a new year, and time to refresh and update. What is something fun that you would like to have happen here at the Village? The loss of several wonderful friends and neighbors makes us want to live each day to the fullest, and enjoy the people around us. The sooner we start a project, the better it should turn out. Contact the office with any suggestions.

**I need to know 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.



# February 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b></p> <p>ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut VT-Village Trail VP-Village Pool</p>	<p><b>2</b></p> <p>9 AM Exercise class RC 10 AM Grocery</p>	<p><b>3</b></p>	<p><b>4</b></p> <p><b>10:30 AM Brunch RC</b>  Library Volunteer Hours 8-10 AM</p>	<p><b>5</b></p> <p>9AM Exercise 9:30 AM Coffee—<b>Game</b> 2PM Crafty Ones CH</p>	<p><b>6</b></p> <p>White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC <b>6 PM Mexican Train Dominoes RC</b></p>	<p><b>7</b></p> <p>White Elephant 10 AM to 3PM 10 AM TOPS RC</p>
<p><b>8</b></p>	<p><b>9</b></p> <p>9 AM Exercise class RC 10 AM Grocery run <b>10:45 AM Leave RC to go to Pizza Inn</b></p>	<p><b>10</b></p> <p>10 AM Advisory Committee RC  <b>5:30 PM Tuesday Night at the Movies RC</b></p>	<p><b>11</b></p> <p><b>2 PM Book Club Heard-Marks Library</b>  Library Volunteer Hours 8-10 AM</p>	<p><b>12</b></p> <p>9 AM Exercise Class RC 9:30 AM Coffee-<b>Game</b> <b>5:30 PM Valentine Party/Family Feud RC</b></p>	<p><b>13</b></p> <p>White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC</p>	<p><b>14</b></p> <p>White Elephant 10AM to 3 PM <b>10 AM TOPS RC</b></p> 
<p><b>15</b></p>	<p><b>16</b></p> <p>9 AM Exercise class RC 10 AM Grocery run</p>	<p><b>17</b></p> <p><b>2 PM -Birthday &amp; Move-in Bingo Party, RC</b></p>	<p><b>18</b></p> <p><b>10:30 AM Leave RC for Hog Pen in Osceola</b>  Library Volunteer Hours 8-10 AM</p>	<p><b>19</b></p> <p>9AM Exercise 9:30 AM Coffee—<b>Game</b> 2PM Crafty Ones CH</p>	<p><b>20</b></p> <p>White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC</p>	<p><b>21</b></p> <p>White Elephant 10 AM to 3PM 10 AM TOPS RC</p>
<p><b>22</b></p> <p><b>Please sign up! Call the office if you need a ride.</b></p>	<p><b>23</b></p> <p>9 AM Exercise Class RC 10 AM Grocery Run <b>5:30 PM Tie Dye Fun RC</b></p>	<p><b>24</b></p> <p><b>2 PM Movie Day RC</b>  <b>5:30 PM Game Night RC BINGO</b></p>	<p><b>25</b></p> <p><b>12 Noon Resident Pot Luck RC</b>  Library Volunteer Hours 8-10 AM</p>	<p><b>26</b></p> <p>9 AM Exercise Class RC 9:30 AM Coffee-<b>Game</b></p>	<p><b>27</b></p> <p>White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC</p>	<p><b>28</b></p> <p>White Elephant 10 AM to 3 PM 10 AM TOPS RC</p>