

THE VILLAGE VOICE



We tried fluid art.



Annie would like to be referred to as Annie Vangogh in the future. Debra prefers to called Debra DeVinci going forward.



THE VILLAGE VOICE

Tammy Talk



As each house comes down, I give a sigh of relief. It has finally happened. Not just for the business, but more importantly, for you and the community. You'll start noticing some different views if you haven't already. As they come down, we now see how many more trees need to come down. It's a lot... so I ask for patience please.

I am interested in putting a dog park at the community garden area. The one we currently use is owned by the Airport Authority and is on loan to us. It's really big, and there are areas where your favorite pet could get out and run off. We will discuss this at our Advisory meeting this month on April 8. Bring your ideas and suggestions to the meeting.

No one has gardened in this space for a few years now. There will still be gardening space available if anyone is interested in planting anything. I would like to get with the 4H kids or horticultural class to come and use the space to plant a community garden.

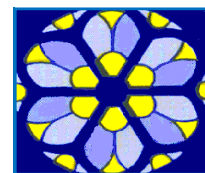
We took a trip to the National Civil Rights Museum in March, and we all had a great time. We stopped in the pinch district and had some very yummy soul food at Alcenia's prior to the museum. It was so good! The gift shop at the museum was amazing too! Kylie has dropped off schedule to prepare for our little one, so Eva Henderson came on board to help us as we make this transition. Eva is doing a great job! Some of us in the office will be hosting different things in the next two months. I am leading exercise every Monday and Thursday at 9 am. If you would like to start exercising with us, I encourage you to join! It's a good routine that leaves you feeling refreshed! Exercise is good for mind, body and soul, and as our good friend Doris always said, 'A body in motion, stays in motion!' So come on and let's get moving!

At our last Advisory meeting, it was voted that we get a 75in TV for the living room area at the Ramey. We will be able to see the movies better on movie day.

One of our Board members Jeremy Bennett, is interested in hosting a trip to Big Lake to watch for Eagles. I asked him about fishing while we are there and he said yes! If I get a list together of any 65 and older, we can get your fishing license to you for a lifetime and you never have to renew again. Please call the office if you are interested in fishing and watching Eagles at Big Lake. We will be fishing off of the pier. I'm trying to gauge interest at this point, so we do not have a date at this time yet for this activity.

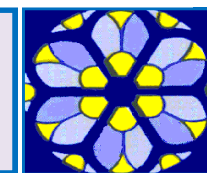
We can also discuss activities and places you all may want to go on our next Advisory meeting.

The baby photo contest was a huge success. Thank you to all of you who came to the shower and made Kylie feel so special, supported and loved! You were all such cute little babies! Let's all remember to count our blessings not our troubles. Tammy Swanson, ED



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, April 2
Brunch 11 A.M.
Ramey Center

Thursday, April 3
Coffee 10:00 a.m.
Ramey Center

Thursday, April 3
Crafty Ones 2:00 p.m.
Craft Hut

Tuesday, April 8
Advisory Meeting 10:00 a.m.
Ramey Center

Wednesday, April 9
Book Club 2:00 p.m.
Blytheville Book Co.
on Main Street


Thursday, April 10
Coffee 10:00 a.m.
Ramey Center

BINGO
Tuesday, April 15
Birthday & Move-In Anniversary
2:00 p.m.
Ramey Center
Come celebrate with us!!!

Thursday, April 17
Coffee 10:00 a.m.
Ramey Center

Thursday, April 17
Crafty Ones 2:00 p.m.
Craft Hut

Friday, April 18
Good Friday
Office Closed

Sunday, April 20
Easter Sunday 

Tuesday, April 22
Movie Day 2 p.m.
Ramey Center

Wednesday, April 23
Hot Dog Brunch 11 a.m.
Ramey Center

Thursday, April 24
Coffee 10 a.m.
Ramey Center

Wednesday, April 30
Resident Potluck
Ramey Center 12:00 p.m.
SIGN UP!!



APRIL BIRTHDAYS:

- 3rd Anita Artison
- 7th Valerie Carr
- 8th Donald Dunlap
- 8th Eva Henderson
- 8th Tina Pursnani
- 8th Gloria Smith
- 12th Loretta Heard
- 15th Annie Campbell
- 18th Josie Richardson
- 20th Tim Anderson
- 20th Shirley Coleman
- 22nd Susan Person

**April Move-In
Anniversaries:**

- | | |
|--------------------------------|----------|
| Debbie Ellis | 16 years |
| Edward Brownlee | 15 years |
| Reba Clower | 12 years |
| Cathy Daniels | 7 years |
| Donald & Nina Dunlap | 7 years |
| Art & Deb Prince | 6 years |
| Gregory Davis | 5 years |
| Nola King | 2 years |
| Michael & Teresa Price | 2 years |
| Pam Boettcher & Kathy Ridgeway | 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 |
|----------------------------|---------------------------------|-----------------------------------|

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 a.m. until 10 a.m. 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
April 12th**



2:00 P.M.
At: The Blytheville Book Co. on Main Street
THE WOMEN
By Kristin Hannah

Phase 2 demo is scheduled. 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.

4	5516/5518 Appletree Circle
5	5521/5523 Appletree Circle
6	5528/5530 Appletree Circle
7	5554/5556 Appletree Circle
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

WHY DOES IT MATTER?

Staff is instructed not to give out personal cell phone numbers to residents. We have a system in place to ensure residents work orders and concerns are addressed in a timely manner. It puts a hiccup in the operation when residents call cell phone numbers of staff instead of the office. Even if you have an employee's cell phone number, please call the office with work orders and concerns. Requests get forgotten when they are delivered in other methods.

New move ins work with the Marketing Director for a smooth transition into our community. Once the move in takes place please direct all calls to the front office at 870-532-4100. The front desk is the hub of our wheel.

During meetings, activities and events our focus is on making sure our residents have a good time. If you give us a work order it may not get turned in. Our receptionist was hired for the purpose of taking your work orders and concerns. We also ask that you call in work orders as needed. It's harder on maintenance if they have a list to complete. Understandably, our staff becomes personally invested in our residents. This creates friendships of all kinds in our community but for our office to run smoothly please follow the requested policy and procedure.

**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.

ONE CALL: For those who aren't receiving the automated calls. Your cell phone provider may have put a spam blocker on your incoming calls. Check your phone to see if 870-532-4100 is blocked. Also; if the recording picks up noise in the background during a call, the message will start over.



Extensive research has been conducted on the many concerns we've received from residents who say they are not receiving one calls. A report on one of our calls was created that shows us that out of over 200 phone calls made only 19 were not reached. 11 of the 19 residents that did not answer or connect were residents that opted out. The residents who most commonly report not receiving the one calls show up as reached or left message.

The conclusion is that the one call system is working. When you receive a one call, please take the time to listen to it. If you can't listen to it at the moment, allow it to go to voice mail and listen at a later time. It is our goal at Westminster Village to make things as stress free as possible for residents.

**Exercise (Silver Sneakers)
Monday's and Thursday's
9 a.m. 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 SilverSneakers 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, back-aches, 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.

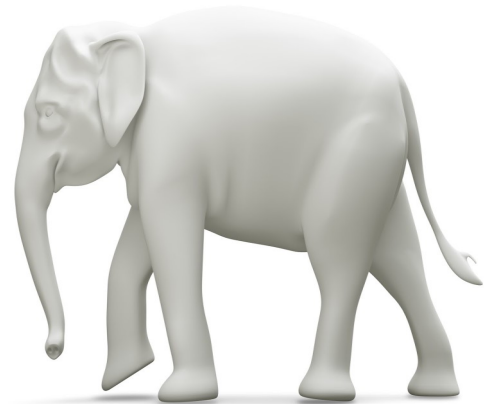
Don't miss out on events.

Brunch will be served Wednesday, April 2.
Mingling will start at 10:30 a.m., meal at 11:00 a.m.
Please be sure to call the office and sign up!!

The residents meet monthly for potluck at noon the last Wednesday of every month.
(April 30th will be the date for the April 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 #9) You Can't Be The First All The Time

8. I enjoy being on top of my game. I'd get into a groove, putting so many pieces together that I felt like nothing could stop me. I could take an hour to grab just one piece at other times. But that's fine. You're high on adrenaline when you're on a winning streak. It makes no difference if it's a crossword problem, a marathon, or a business deal. It's as if it's a drug. You can't be on it all of the time either. Accept the fact that is how things are. When things calm down, you have more time to savor your small victories and plan for your next winning streak.



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.

The White Elephant needs volunteers to work.

Blood Drive (American Red Cross)

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

Wednesday, May 14, 2025
12 p.m. to 5 p.m.

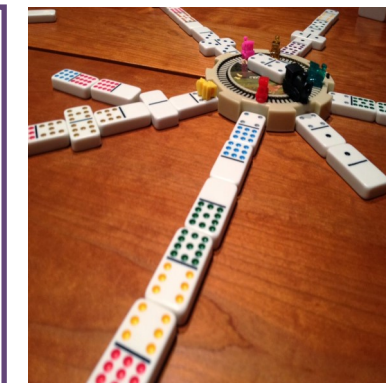
Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: **WESTMINSTERVILLAGE** to schedule an appointment.
Give blood between May 1 and May 18 for a \$20 e gift card to a merchant of your choice!



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 p.m. on Fridays. This is a resident driven event. Residents meet in the pool room. Each person brings a snack and around 7:00 p.m. players take a break and enjoy fellowship with each other. After the break the game resumes. All are welcome.



Please return **LIBRARY** books to the Library when you are finished reading them.
Thank you.

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

Westminster Village has always been a part of recycling. For residents who wish to donate to Westminster Village's roof fund, cans may be dropped off at the storage shed at the Village Woodshop. There is a can crusher located there for anyone who would like to **volunteer to crush donated cans.**

There is a trash can at the Ramey Center specifically for discarding aluminum cans following activities and events. We appreciate any and all donations made to the roof fund. Thank you all so much for what you give back to our village.

OPEN TO EVERYONE

Turn Trash into Treasure with 'Cash for Cans'

Also Accepting Plastic Bottles!



What is Cash for Cans?
A community recycling initiative where you can earn cash for recycling cans. You can save space in your trash bins and recycle plastic bottles too!

1. Collect cans and plastic bottles
2. Drop them off at: 400 Elm Street, Blytheville, AR 72315
Hours of Operation: 9am-3pm Monday-Friday; 9am-1pm Saturdays; Closed Sunday
3. Get paid* instantly via the app! * FOR CANS ONLY

EARN CASH*
SAVE THE PLANET
JOIN THE MOVEMENT

SCAN QR CODE TO LEARN MORE

Social isolation and loneliness

As people age, changes such as hearing and vision loss, memory loss, disability, trouble getting around, and the loss of family and friends can make it difficult to maintain social connections. This makes older adults more likely to be socially isolated or to feel lonely. Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. [Several recent studies](#) show that older adults who are socially isolated or feel lonely are at higher risk for heart disease, depression, and cognitive decline. A [2021 study](#) of more than 11,000 adults older than age 70 found that loneliness was associated with a greater risk of heart disease. Another [recent study](#) found that socially isolated older adults experienced more chronic lung conditions and depressive symptoms compared to older adults with social support. Feeling lonely can also impact memory. [A study](#) of more than 8,000 adults older than 65 found that loneliness was linked to faster cognitive decline. Research also shows that being socially active can benefit older adults. [A study](#) of more than 3,000 older adults found that making new social contacts was associated with improved self-reported physical and psychological well-being. Being social may also help you reach your exercise goals. A [2019 study](#) found that older adults who had regular contact with friends and family were more physically active than those who did not.

Kroger Members

Go to the Kroger website and link your rewards card to your charity of choice. We would love for you to choose Westminster Village. All donations go to the roof fund. We appreciate all who have donated.



Turn Compassion Into Action!

[Become a Red Cross Volunteer Today!]

Volunteers carry out 90% of the humanitarian work of the Red Cross. Whether helping one displaced family or thousands, providing care and comfort to an ill or injured service member or veteran, or teaching others how to respond in emergencies, it's through the efforts of ordinary people that we can do extraordinary things. The Red Cross responds to an emergency every 8 minutes, and our vital work is only possible because of people like you.



Volunteers Urgently Needed for the Following Positions in Your Community:

Disaster Duty Officer *virtual/remote*

Ages 18+ Ensures timely activation and monitoring of local and regional DAT responses.
Preferred commitment: 2-3 shifts a month

Disaster Action Team (DAT) Member

Ages 18+ Provide emotional support, financial assistance, and information to help families on scene after a disaster.
Preferred commitment: 2 shifts a month

Blood Donor Ambassador

Ensure every blood donor has a wonderful experience from start to finish. Greet donors with a warm smile, assist them with checking in, and express gratitude

We have VARIOUS other volunteer opportunities. Contact your local volunteer recruiter with the information below to learn more.

To learn more, visit redcross.org or contact **Jameriah Eni**

Email: jameriah.eni@redcross.org

Call or Text: 501-900-2363



Scan code to get started NOW

April 2025

Library Volunteer
Hours 8-10 a.m.
Or come any time.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut		1	2 11AM Brunch @ RC SIGN UP!	3 9AM Exercise Class RC 9:30 AM Mingle 10 AM Coffee 2PM Crafty ones	4 White Elephant 10 to 3 4:30 PM Resident Dance RC 6PM Mexican Train Dominoes RC	5 White Elephant 10 AM to 3PM
6	7 9AM Exercise class 1 PM Grocery run 5:30 PM TOPS	8 10 AM PM Advisory—R. C.	9 2PM– BOOK CLUB Blytheville Book Co. on Main Street	10 9AM Exercise Class RC 9:30 AM Mingle 10 AM Coffee	11 White Elephant 10 to 3 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	12 White Elephant 10AM to 3 PM
13	14 9AM Exercise class RC 1 PM Grocery run 5:30 PM TOPS	15 2 PM -Birthday & Move-in Bingo Party, RC	16	17 9AM Exercise Class RC 9:30AM Mingle 10 AM Coffee - 2:00 PM Crafty Ones	18 GOOD FRIDAY Office Closed White Elephant 10 to 3 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	19 White Elephant 10 AM to 3PM
20 	21 9AM Exercise class RC 1 PM Grocery run 5:30 PM TOPS	22 2 PM Movie Day , RC SIGN UP!	23 11AM - Hot Dog, Hot Dog, RC	24 9AM Exercise Class RC 9:30 AM Mingle 10AM Coffee	25 White Elephant 10 to 3 4:30 PM Resident Dance RC 6PM Mexican Train Dominoes RC	26 White Elephant 10 AM to 3 PM
27	28 9 AM Exercise class RC 1 PM Grocery run 5:30 PM TOPS	29	30 Resident Potluck RC @ 12PM SIGN UP!! 			