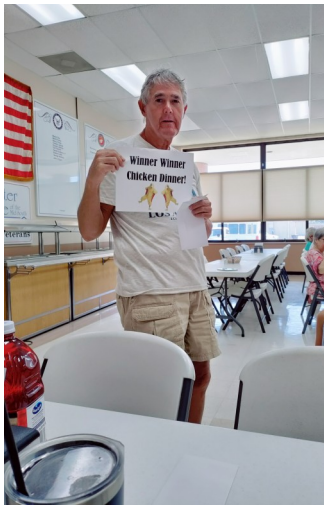


THE VILLAGE VOICE

GREAT WALL



BIRTHDAY BINGO



Volume 331www.wmv.orgSeptember 2026

THE VILLAGE VOICE



Tammy Talk

WE MISS YOU!!

Westminster Village misses you! We have so many different amenities for you and you are not enjoying them. If there is something that you could suggest we are all ears! What would you like to do?

If not being able to drive is the reason, we have a 15 passenger bus to pick you up and bring you and we are happy to! There are new things going on all the time and the only thing missing is you!

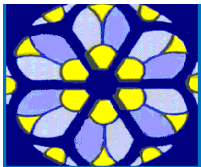
Library
Silver sneakers
Craft Hut
The Ramey Center Just to name a few!

Check the calendar, sign up for the event that you want to attend and make sure to let us know if you need a ride when you sign up. We are here for you.

It's time to get out and socialize again! Don't let life pass you by. Call the office now and sign up for something. I would love to see you at Silver Sneakers. It's an opportunity to get your strength back! You can go at your own pace.

I look forward to seeing you all.
Love,

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, September 2nd
12 Noon RC
Hot Dogs and Smoked Sausages

Thursday, September 3rd
Coffee 10 AM RC

Thursday, September 3rd
Crafty Ones 2 PM CH

Friday, September 4th
Hog Pen in Osceola
Leave RC at 10:45 AM

Monday, September 7th
Happy Labor Day
OFFICE CLOSED

Tuesday, September 8th
Advisory Committee 10 AM RC

Tuesday, September 8th
Tuesday Night at the Movies
5:30 PM
Jaws

Wednesday, September 9th
Airport Authority Meeting
11 AM RC

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

Thursday, September 10th
Coffee 10 AM RC

Friday, September 11th
Blytheville Community Cleanup
8 AM—Noon

Tuesday, September 15th
Move-In/Birthday Bingo
2 PM RC

Wednesday, September 16th
Westminster Village Book Club
2 PM HML

Thursday, September 17th
Coffee 10 AM RC

Thursday, September 17th
Crafty Ones 2 PM CH

Saturday September 19th
Relay for Life
10:30 AM-1:30 PM

Tuesday, September 22nd
Murder Mystery Dinner
5:30 PM RC

Thursday, September 24th
Coffee 10 AM RC

Tuesday, September 29th
Movie 2 PM RC

REMEMBER WHEN

FRONT GATE



DINNER WITH
RESIDENTS, 2021



MAGNOLIA HOUSE
FUNDRAISER



HALLOWEEN, 2021



2008





TUESDAY NACHOS



AFTERNOON MOVIE



Why don't sharks prey on women?
Because they're man-eaters.



4	2	8	6	9	5	7	1	0
6	1	3	7	8	4	9	5	2
9	5	7	1	2	3	4	8	6
2	4	5	3	6	7	8	9	1
1	3	9	2	4	8	5	6	7
7	8	6	5	1	9	3	2	4
5	6	4	8	7	2	1	3	9
3	7	1	9	5	6	2	4	8
8	9	2	4	3	1	6	7	5

W H E N G R A N D P A R E N T S E N I S E N T E R
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I H E D O R , D I S C I P L I N E
10 2 3 8 2 6 1 1 3 8 1 13 11 7 4 3
E L I E S O U I I H E W I N D O W .
15 4 3 1 1 3 1 16 1 10 2 3 1 4 8 12 1
O G D E N N A S H
1 2 4 7 1
12 5 8 3 4 4 7 1 2

- 1. What does a storm cloud wear under his raincoat?
- 2. Why did the egg hide?
- 3. What's the smartest insect?
- 4. Why didn't the melons marry?
- 5. What did one plate say to the other?

- 1. Thunderwear.
- 2. It was a little chicken.
- 3. A Spelling Bee.
- 4. They cantaloupe.
- 5. Dinner's on me!

GET ALONG LITTLE

TEMPERATURE

MORE THAN ONCE

PAIR

September Birthdays

1st	Marion Erwin
7th	Frank Coll
7th	Sue Forrester
9th	Jane Mitchell
9th	David Flinn
15th	Nancy Frame
19th	Vicki Schrimsher
19th	Donzell Smith
21st	Jeff Blackmer
25th	Tim Jones
25th	Kenneth Kraft

Employee September Birthdays

4th	Jennifer Stigall
17th	Tony Lambert
22nd	Tommy Wilborn

September Move-In Anniversaries

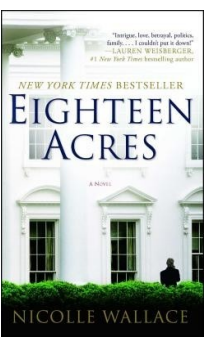
*Donna Hart	2 Years- August
Gloria Smith	15 Years
Jewell Mathis	13 Years
Brad White	9 Years
Perry Lee Bell	8 Years
Melina Ray	6 Years
Cindy Gilbow	5 Years
Dennis & Sherry Anderson	4 Years

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, Gary Swain, Willie Williams		
Westminster Village is a 501(c)3 non-profit corporation		



The Westminster Village
BOOK CLUB
2 PM Wednesday
September 16th
Eighteen Acres
By
Nicolle Wallace

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.
Residents are free to go to the
library any time.



Happy Reading from the
Library Volunteers!

The Advisory Committee:

Frank Coll, Merrill Frame, Sandra Harris,
Phyllis McClendon, Vicki Schrimsher,
Reverend Johnnie Williams
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.

Don't miss out on events.

Please sign up!

Salad Days
Wednesday, October 7th
12 Noon RC
Staff and Residents



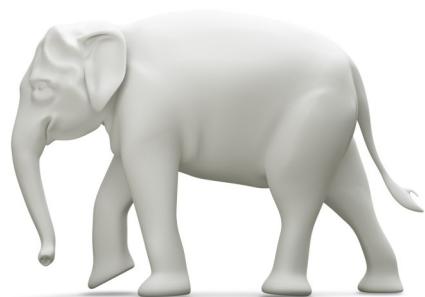
Tuesday Night at the Movies
October 13th
5:30 PM RC
Jaws



Move-In/Birthday Bingo
Tuesday, October 20th
2 PM RC



The excursion to the Reelfoot Lake Arts and Craft Festival is scheduled for Friday, October 2nd. We'll leave the Ramey Center at 9 AM. This is a short trip, so we will eat at a local restaurant after we get there. There will be plenty of things to view! Don't forget to sign up!



THE WHITE ELEPHANT

Friday's 9 to 2 / Saturday's 10 to 3

We look forward to everyone coming out to visit and enjoy shopping in the White Elephant. Thank you, Mary Westbrook for volunteering. More volunteers are needed. See Mary Dyer. Remember, we accept donations.

Maintenance Department



Adam Whitmire
Environmental Services
Director



Butch Sanders,
Maintenance Purchasing



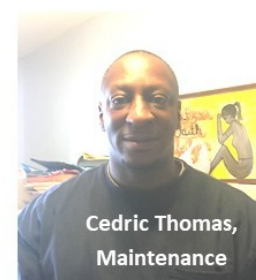
Bobby Stigall
HVAC



Tommie Wilborn
Maintenance



James Palmore-
Maintenance



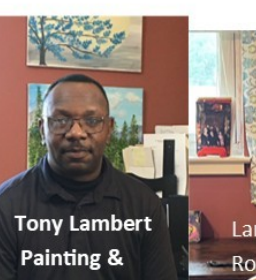
Cedric Thomas,
Maintenance



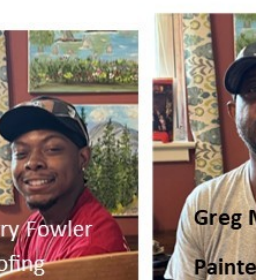
Jonathan Thrasher
Maintenance



Tim Willing
Painting &
Roofing



Tony Lambert
Painting &
Roofing



Larry Fowler
Roofing



Greg McKillion
Painter

Security



Julius Snead,
Security Director



Maya Davis
Security



Sammy Presswood
Security



Rickey Green-
Security

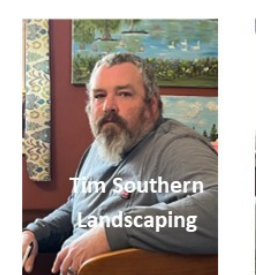


Andre Holmes-
Security

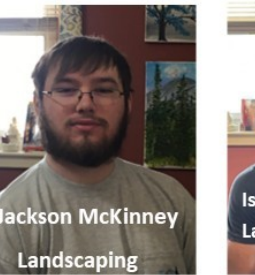


Dominik Winter
Painter

Landscaping



Tim Southern
Landscaping



Jackson McKinney
Landscaping



Isaiah Donerson-
NIKE
Landscaping



Ahmad Brown
Landscaping



HOUSEKEEPING



Julia Dominguez
Housekeeping



Florence Bennett
Housekeeping



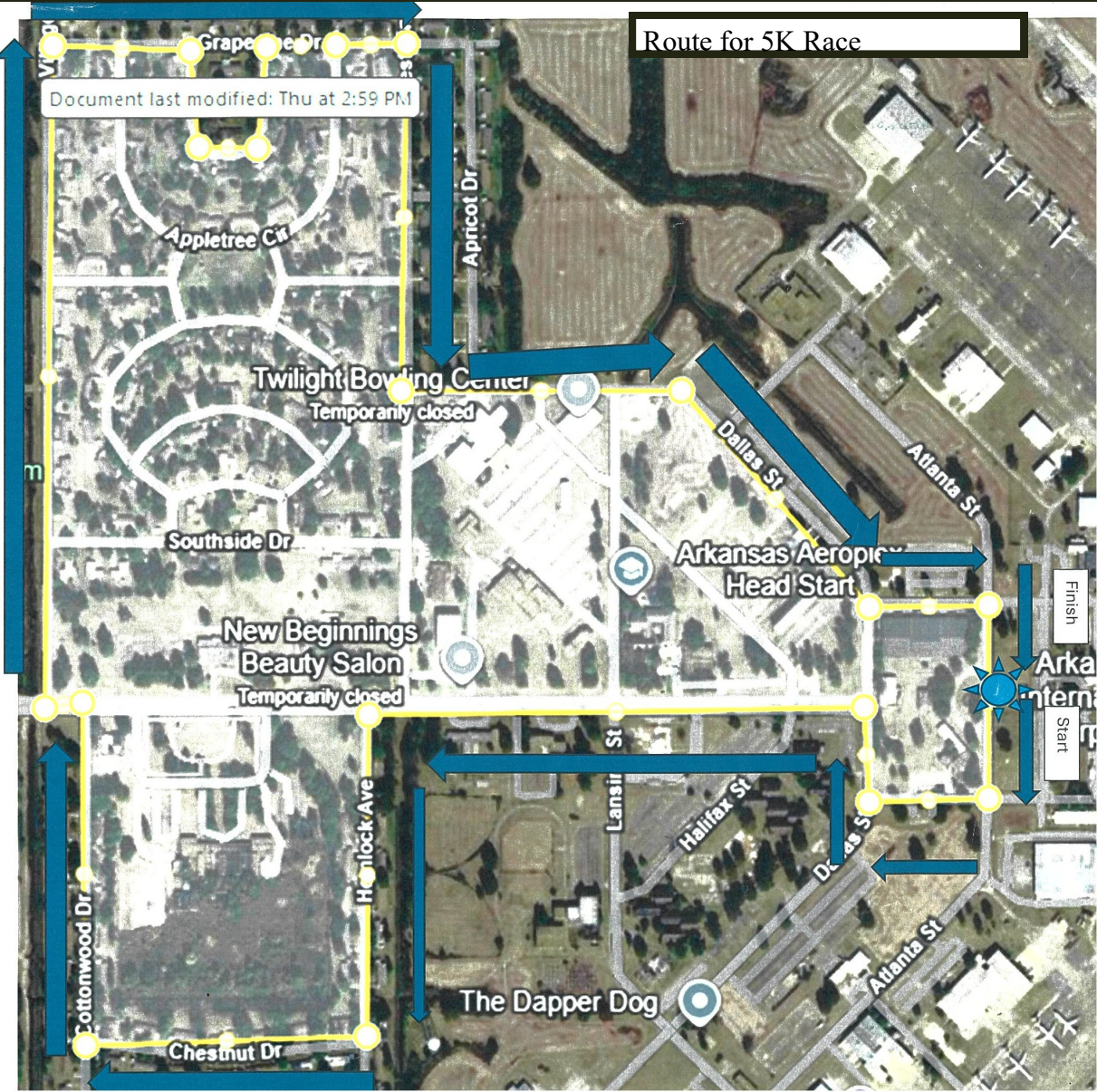
Elsa Perez
Housekeeping



Relay for Life September 19th 10:30 AM—1:30 PM
Being held at the National Cold War Center
5K Run starts at 8 AM

We have been made aware that the 5K Run will come through our Village! It looks like the route will proceed down Memorial Drive, across Hemlock, down Chestnut, along Village, Grapevine, Cherrytree, and either Westminster or Apricot. It starts and ends at the National Cold War Center. If you aren't participating in the Relay for Life Booth, plan on sitting outside to cheer on the runners. If you aren't on the direct route, you can set your lawn chairs in the green space on Village Avenue between Memorial Drive and Southside. The roads will be blocked during this time, so please plan your trips in and out of the Village accordingly. We need to have the streets as clear as possible.

Let's show Blytheville how great Westminster Village is!



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

The holidays are fast approaching. Let's load the bus on Friday, October 2nd for the Reelfoot Lake Arts and Crafts Festival, We will have lunch at one of the local restaurants. Many great things to buy and eat. Please sign up.

In celebration of the World Series and Halloween, we are having a party on Monday, October 26th. Wear your favorite baseball jersey and join us for a watch party, and enjoy food, friends, and the game! It helps us when you sign up in advance.



October 30th, at 10:00 AM, we will load in the bus and travel to our local HeadStart centers here in Blytheville to hand out candy to the students there. We will be part of the Trunk or Treat. The more the merrier, so please sign up.



Several of the residents have shown an interest in our Hermitage/ Nashville trip on November 2nd –3rd. We will get pricing on lodgings for the night, and create an itinerary for the trip. If there is someplace that you wish to visit, please contact Eva at the office . We're also looking for some places to eat, so please keep that in mind. Don't forget to sign up!



The Plain and Fancy Quilt Group will again be honoring local Veterans on Tuesday, November 10th. Plan on joining us at 10 AM to honor the men and women that have served.



In addition to our annual trip through the Delta Lights this year, there is a Deck the Diamond event at the Redbirds stadium. They will have an outdoor ice-skating rink, as well as a walk through light display. General Admission is \$14.75, and General Admission with Ice Skating is \$34.50. The dates are November 21st through January 3rd. Please let Eva know if you are interested in going.

Dr. Shad Marvasti, MD, MPH, a physician and author of Longevity Made Simple, states that people ignore the fact that the relationships in you life shape your health, as well as blood pressure and cholesterol levels. Social connection is “just one of the pieces of the puzzle that make for a long, successful life,” says Dr. Erika Schwartz, MD, host of the American Academy of Anti-Aging Medicine podcast, Redefining Medicine. Both doctors agree that proper nutrition, exercise, sleep and even hormonal balance are key factors as well. However, a toxic relationship can have a negative impact on your health, just like a healthy once can have a positive impact. Constant conflict can increase your levels of cortisol, the stress hormone, and your blood pressure. This can accelerate aging. Dr. Schwartz cites a study from 2023 that found that people who had positive relationships also had fewer functional limitations and increased longevity. The stress induced by isolation, by death, or by loneliness can decrease ones lifespan. Westminster Village offers many opportunities for social interaction. Come exercise on Mondays and Thursdays, grab a donut and some coffee on Thursday, take a chance with Bingo, and enjoy a movie or two with your fellow residents.

Getting Your Affairs in Order Checklist: Documents to Prepare for the Future

No one ever plans to be sick or disabled. However, being prepared and having important documents in a single place can give you peace of mind, help ensure that your wishes are honored, and ease the burden on your loved ones.

- Plan for your estate and finances.**
 - A **will** specifies how your estate will be distributed and managed when you die.
 - A **durable power of attorney for finances** names someone who will make financial decisions for you when you are unable to do so.
 - A **living trust** names and instructs a person, called the trustee, to hold and distribute property and funds on your behalf when you are no longer able to manage your affairs.
- Plan for your future care.**
 - A **living will** tells your doctor how you want to be treated if you cannot make your own decisions about emergency treatment.
 - A **durable power of attorney for health care** names your health care proxy, a person who can make health care decisions for you if you are unable to communicate these yourself.
- Put your important papers and copies of legal documents in one place.**
- Tell someone you know and trust or a lawyer where to find your important papers.**
- Talk to your loved ones and a doctor about advance care planning.**
- Give permissions in advance for a doctor or lawyer to talk with your caregiver as needed.**
- Review your plans regularly.**

Which documents do you need to have in place?

Personal information

- Full legal name
- Social Security number
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children
- Location of birth and death certificates and certificates of marriage, divorce, citizenship, and adoption
- Employers and dates of employment
- Names and phone numbers of religious contacts
- Memberships in groups and awards received
- Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors

Financial information

- Sources of income and assets
- Social Security information
- Insurance information
- Names of your banks and account numbers
- Investment income
- Location of most up-to-date will with an original signature

This information has been provided by the National Institute on Aging

Thank you to everyone that has signed up and is using the Community Rewards program through Kroger. For timeframe May, 2nd through August 1st, we had 14 Households , with a total donation of **\$40.62**. These monies do not cost anything to the participants, and the money will be used for the Village Roofing Fund. If you need help signing up, please contact the office, and someone will guide you through the process.

A huge **THANK YOU** to everyone that participated in the American Red Cross Blood Drive on August 5th. We had 6 First Time Donors come in, and collected enough blood to meet our goal! There is a shortage of blood at this time, so we appreciate everyone’s involvement!



This newsletter is designed for you, our residents. If there is something that you would like to have discussed, or places to go, please do not hesitate to contact us in the office. We appreciate each and every one of you!

Line Dancing with Shelia is happening on Thursdays at 5:30 PM in the coffee room at the Ramey Center. Come join in the fun as she teaches new dances and listen to some great music!

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— Yoga/Chair Aerobics and Water Aerobics Are Hosted by Silver Sneakers

Mondays and Thursdays—9 AM at the Gym The pool closes Labor Day weekend

Train for Life— As we age, we naturally begin to lose muscle mass. This can lead to weakness, instability, and loss of independence. Studies show that older adults who exercise regularly and incorporate strength training enjoy:

- Greater mobility and independence.
- Fewer falls and injuries.
- Better blood sugar control.
- Stronger bones and joints.
- Improved mood and brain health.

It’s never too late to start. Even small efforts add up over time. Come exercise with us on Mondays and Thursdays, and enjoy the fellowship!

✔ Things you CAN put down a garbage disposal

- Small amounts of food scraps
- Soft fruits & vegetables
- Cooked vegetables
- Citrus peels **in small amounts**
- Small pieces of meat
- Small amounts of cooked pasta or rice
- Soft bread
- Small amounts of eggshells (*some manufacturers recommend against these, so check your model*)
- Ice cubes (*occasionally, for cleaning/grinding buildup*)
- Small fish bones
- Small amounts of coffee grounds (*sparingly*)

✘ Things you should NOT put down a garbage disposal

- **Grease, oil, or cooking fat** — can solidify and clog pipes
- **Fats/shortening**
- **Bones** — especially large or hard bones
- **Fruit pits & seeds**
- **Corn cobs**
- **Corn husks**
- **Celery, asparagus, or other stringy vegetables**
- **Onion skins** — can wrap around the grinding components
- **Potato peels in large quantities** — can turn into a starchy paste
- **Eggshells** (*unless your manufacturer specifically allows them*)
- **Large amounts of pasta or rice** — expand with water
- **Coffee grounds in large quantities**
- **Fibrous fruit/vegetable material**
- **Large quantities of flour**
- **Expandable foods**
- **Non-food items**
- Plastic, metal, glass, or rubber
- Paper towels or napkins
- Cigarette butts
- Sponges
- Chemicals or drain cleaner
- Paint
- Medication

⚠ Things people commonly get wrong

Grease: Never pour it down the disposal even with hot water. Let it cool and put it in the trash/container instead

SUDOKU

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1		5	4	8
4		7	1	3
7			2	4
2	4	2	8	1
9	5	7	2	4
6	1		8	9
	2	8	6	

PAIR	17	12	16	9	14	3
MORE THAN ONCE	12	15	10	3	4	
TEMPERATURE	1	3	7	10	2	3
GET ALONG LITTLE	8	12	5	5	13	3

CRYPTOGRAM

"	1	2	3	4	5	6	7	4	8	9	7	6	3	4	10	11	3	4	10	3	6
10	2	3		8	12	12	6		8	13	11	17	13	8	14	13	4	3			
15	14	13	3	11	12	16	10		10	2	3		1	13	4	8	12	1			
12	5	8	3	4	4	7	11	2													

BONDS	CONTRIBUTIONS	CONVERSATIONS	ELDERLY
FAMILY GATHERINGS	FIRST SUNDAY	FORGET ME NOT	GENERATIONS
GRANDCHILDREN	GRANDPARENTS DAY	GUIDANCE	HISTORY
JACOB REINGOLD	LABOR DAY	MARIAN MCQUADE	PAST
PHOTOGRAPHS	PRESIDENT JIMMY CARTER	SENIOR CITIZENS	STORIES
VALUES	WEST VIRGINIA	WISDOM	YOUNG
G F Y R J A U V D Y G R A N D P A R E N T S D A Y F W H I Z H K Q G			
F A M I L Y G A T H E R I N G S u Y Q L C H Z U M O H L A S I D E R			
R G S J G U I D A N C E G L S L A B O R D A Y C T R U K P S S M C A			
C O N V E R S A T I O N S F U M D K V L B E A T C G J N C W T Z V N			
X G L M N D W H F I R S T S U N D A Y X E Y R A D E G D G V O R A D			
U R F J E D C O N T R I B U T I O N S Z J Y S L L T W V K U R G L C			
F G W K R Z L U P V S W I S D O M Y F J W L C D Y M T E A K Y V U H			
M A R I A N M C Q U A D E D P S R K S P G C M E D E O R O S A E E I			
G E P S T G H E C C J A C O B R E I N G O L D B H N Q Z L D K E S L			
P R E S I D E N T J I M M Y C A R T E R V P H O T O G R A P H S B D			
A C E U O B L P I T D S K X I E L D A S T G S N W T D C I P A Q J R			
S S S E N I O R C I T I Z E N S W I L D C E I D X Q I K N C L X M E			
T N B W S F W E S T V I R G I N I A S R E D Y S C K A Z L G R N B N			

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut HML—Heard-Marks Library VT-Village Trail VP-Village Pool		1	2 12 Noon Hot Dogs and Smoked Sausages RC	3 9AM Exercise 10 AM Donuts 2PM Crafty Ones CH 5:30 PM Dance with Shelia	4 10:45 AM Leave RC to go to Hog Pen BBQ in Osceola White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy	5 White Elephant 10AM to 3 PM
6	7  OFFICE CLOSED	8 10 AM Advisory Committee RC 5:30 PM Tuesday Night at the Movies RC	9 11 AM Airport Authority RC	10 9 AM Exercise Class RC 10 AM Coffee 5:30 PM Dance with Shelia	11 8 AM—12 Noon Blytheville Community Cleanup White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy	12 White Elephant 10AM to 3 PM
13	14 9 AM Exercise Class RC 10 AM Grocery run	15 2 PM -Birthday & Move-in Bingo RC	16 2 PM Westmnster Village Book Club HML	17 9AM Exercise 10 AM Coffee 2PM Crafty Ones CH 5:30 PM Dance with Shelia	18 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy	19 Relay for Life 10:30 AM—1:30 PM White Elephant 10AM to 3 PM
20	21 9 AM Exercise Class RC 10 AM Grocery run	22 5:30 PM Castaway Murder Mystery/Seafood Boil First Day of Autumn	23	24 9 AM Exercise Class RC 10 AM Coffee 5:30 PM Dance with Shelia	25 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy	26 White Elephant 10 AM to 3PM
27	28 9 AM Exercise Class RC 10 AM Grocery run	29 2 PM Movie Day RC	30			Call the office if you need a ride.