

THE VILLAGE VOICE



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Tammy Talk

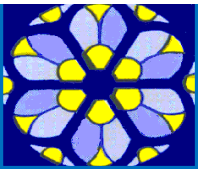
Is it time for the holiday season again? That's the most asked question in the last couple week's right along with, "What happened to fall?" The leaves are falling, but it feels like a beautiful spring day? The minute that I brought my sweaters out, it got warm again. It's that time of year when we don't know how to dress. I am hot.... It can't be helped!

The holidays are on their way even if we aren't ready for them. The holiday season can be a great time for thieves to act up even if you are just going grocery shopping during the holidays. Here are some great tips to follow when you are out during the holiday season.

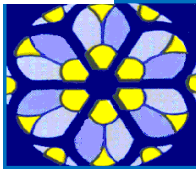
1. Be aware of your surroundings. Scan the parking lot and see who is in it. If you see anyone that seems threatening, just wait it out until they are gone then exit your car.
2. If carrying a purse, opt for a cross body style and wear it under your coat instead of outside of it. Also, only carry what you need, for example: I.D., debit card, phone, and keys or key fob with mace on the key ring. Leave all medications at home. The less you carry, the less can be taken.
3. Park in well-lit areas . Don't let your phone distract you.
4. Do not leave valuables or shopping bags in plain sight in your vehicle. A rolled up window only keeps an honest man out. It takes no time to break a window.
5. When in the store, keep your cross body bag on you. Do not put it in the basket even if you do take off your jacket.
6. As hard as it must be for some of us, if approached and asked for cash, always say "sorry I don't carry it." They may be scoping you out to target you later if they know you keep cash on you
7. Never walk up to a car if someone calls you to it. During the holiday season we may feel compelled to drop our guard a bit and help someone, but don't! They may be trying to target you.
8. Travel in numbers. Bring a friend shopping with you! You're safer with two, it's more than just you!
9. Keep your outdoor lights on when home or having packages delivered. People for some reason like to take packages off porches. Even if it is your Colo-guard box.

The golden rule for me is, if they seem like they are in trouble, call the police for them to assess so you don't have to.

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.



Monday, December 1st
Decorate Ramey Center & Tree
Trimming 1 PM RC

Wednesday, December 3rd
Brunch 10:30 AM RC

Thursday, December 4th
Coffee/Games 9:30 AM RC

Monday, December 8th
Lights of the Delta
Leave RC at 6 PM

Tuesday, December 9th
Advisory Committee Meeting
10 AM RC

Tuesday, December 9th
Christmas Party 5:30 PM RC
Resident/Staff Tickets

Wednesday, December 10th
Westminster Book Club
12 Noon at Annie Campbell's
Home

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

Thursday, December 11th
Coffee/Games 9:30 AM RC


Tuesday, December 16th
Birthday/Move-in BINGO
2 PM RC
Everyone Is Welcome

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

Thursday, December 18th
Coffee/Games 9:30 AM RC

Thursday, December 25th
Merry Christmas!
Resident Pot Luck 1 PM RC
Meats & rolls are provided
Please call the office to sign up
and let us know what dish
you're bringing

Wednesday, December 31st
New Year's Eve Party
8 PM RC Pizza, Popcorn,
Snacks, BINGO



December Birthdays

3rd	Laura Kelley
5th	John DeBose
9th	Minnie Spencer
11th	Vernon Burton
12th	Debra Prince
14th	Sandra Cothran
14th	Sammie Hayes
18th	William Brandon
18th	Diane Somers
21st	Arthur Arnold
21st	Tammy Frazer
21st	Carol Stanford
22nd	Bill Labonte
24th	Becky Harrington
25th	Pearl Stephens-Arnold
26th	Emma Burns
26th	Bell Watkins
31st	Shelia Martin

Employee December Birthdays

12th	Adam Whitmire
22nd	Whitney Herron

December Move-In Anniversaries

Wolfgang Porter	22 Years
Leroy & Leona Tate	20 Years
Becky Harrington	17 Years
Merrill & Nancy Frame	10 Years
Bonnie Jones & Renee Lewis	9 Years
Suzanne Halsell	5 Years
Gloria Williams	5 Years
Tim Anderson	4 Years
Paul Curtis	4 Years
Patricia Wilborn	3 Years
Janice Gordon	2 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, Victoria Sierra, Gary Swain, Willie Williams		

Westminster Village is a 501(c)3 non-profit corporation



The Westminster Village BOOK CLUB


December 10th
12 PM Noon
At: Annie Campbell's
A Southern Quilting Cozy Christmas
By Elizabeth Craig

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.

Maintenance Department



Adam Whitmire
Environmental Services
Director



Butch Sanders,
Maintenance
Purchasing



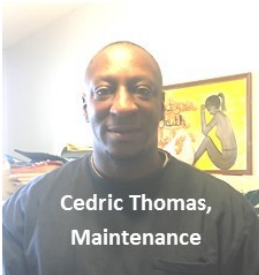
Bobby Stigall
HVAC



Tommie Wilborn
Maintenance



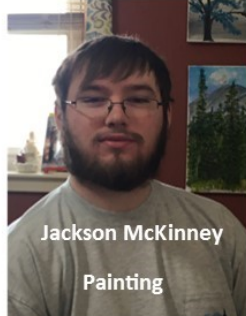
James Palmore-
Maintenance



Cedric Thomas,
Maintenance



Tim Willing
Painting &
Roofing



Jackson McKinney
Painting



Clayton Finley
Maintenance



Peyton Greer
Maintenance

Security



Julius Snead,
Security Director



Maya Davis
Security



Sammy Presswood
Security



Rickey Green-
Security



Harvey Burns-
Security

Landscaping



Joshua Golden-
Landscaping



Tim Southern
Landscaping



Tony Lambert
Landscaping



HOUSEKEEPING



Julia Dominguez
Housekeeping



Florence Bennett
Housekeeping



Elsa Perez Hernandez
Housekeeping



BICYCLES	BLANKETS	BOILED CUSTARD	CHESTNUTS	CHRISTMAS
COOKIE EXCHANGE		CRECHE	DECORATIONS	DIVINITY
EGG NOG	ELVES	FLANNEL	FROSTY	FUDGE
GAMES	GARLAND	GIFT CARDS	GRINCH	HANUKKAH
HOT CHOCOLATE	JACK FROST	LIGHTS OF THE DELTA	NATIVITY	NOEL
PRESENTS	REINDEER	RUDOLPH	SANTA CLAUS	SLEIGH RIDE
SNOW	STOCKINGS	THREE KINGS	TINSEL	YULE LOG

F P O I U T R H O T C H O C O L A T E E W Q R E I N D E E R A S S D C
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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
**CANCELLED FROM 12-22
THROUGH 01-02**



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

It's no exaggeration to say yoga can benefit nearly every system in your body. Research suggests that the way yoga combines movement and deep breathing results in wide-ranging health advantages, including:

- Lower stress
- Deeper sleep
- Reduced risk of falls
- Less back pain and neck pain
- Improved weight
- Higher effectiveness of smoking cessation
- Lower incidence of hot flashes during menopause
- Better range of motion in joints
- More strength
- Relief from tension headaches
- Improved immune response
- Better posture
- Lower blood pressure



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

Brunch will be served on Wednesday, January 7th
Please note an updated time
10:30 AM at the RC



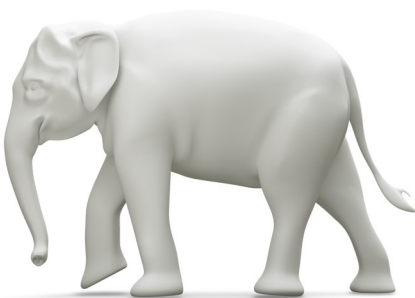
Tuesday Night at the Movies
January 13
The Incredibles
5:30 PM RC
Taco Bar



Resident Pot Luck
Wednesday, January 28th at 12 Noon
Please let the office know what you're bringing.



Due to the holidays, we will not be having the movie on Tuesday, December 23rd, nor game night on the 23rd. Coffee and games will also be postponed until after the New Year from December 25th and resume on January 8th. We hope that everyone has blessed and Happy Holidays!



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 should be picked up by Wednesday, December 10th. You can pick up any mail when you come to the Resident Christmas party.

The Golden Girls (office personnel) are looking for challengers for a game of Family Feud. This can be other personnel as well as our residents. We will plan a night of fun and games soon!



January is known to be quite cold, but a trip to the casino at Southland in West Memphis can be hot! Wednesday, January 21st, we will leave the Ramey Center at 9:30 AM. We'll hit the buffet, then see what the casino has in store for us! Laissez les bons temps rouler!

Anyone interested in giving out Valentine cards like we do the Elf Mail? We can get everything together, and hand out all the Valentine cards at the party on Thursday, February 12th at 5:30 PM. Let Eva know your thoughts on this.

It's time to reschedule our Tie Dye projects. Monday, February 23rd at 5:30 PM at the Ramey Center. Please bring your white, prewashed cotton items and let's get "groovy"! This will take the place of our regular Sip & Paint. Please sign up so that we know how much dye to have available.

There are several restaurants near us that we haven't visited in awhile. We can plan a trip to the Hog Pen in Osceola in February. Maybe a trip to Jonesboro to one of the restaurants in March. Let Eva at the office know if you have a favorite place that you want us to visit.

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>

The Resident Services Coordinator will be unavailable from Tuesday, December 23rd through Tuesday, December 30th. There will be no movie on Tuesday, December 23rd. Normal activities will resume the first week of the new year. Happy Holidays!

Some people believe the best way to prevent a fall is to stay at home and limit activity. Not true! Physical activity can go a long way toward fall prevention and will help you stay independent longer. Specifically, fitness programs that include muscle strengthening skills for fall prevention like balance, power, speed, agility and coordination, as well as programs that include gait training have been shown to lower fall risk and rates of occurrence.

Physical inactivity on the other hand, increases your risk for a fall. With less movement, muscles become deconditioned, balance can diminish and overall confidence can decrease.

Stay active and prevent a fall before it happens!

Having trouble sleeping? Experts recommend that adults get a solid seven to nine hours of sleep per night. Here are some suggestions to try to achieve this goal.

- * Keep a regular sleep schedule—It helps set your internal clock.
- * Skip screens for 30 to 60 minutes prior to bedtime.
- * Avoid a big meal before snoozing. Have your last meal about three hours before turning in. If you’re still hungry, try a balanced snack like apple slices with peanut butter or whole grain crackers and cheese.
- * Turn down the thermostat to 60 to 67 degrees.
- * Block any light from outside with blackout curtains.
- * Don’t exercise right before bed—it’s too stimulating. Try working out in the morning.
- * Only use your bedroom for sleep and sex. Watch TV and work on your phone and laptops elsewhere.

Simple ways to Stress Less. Stress can impact your blood sugar levels, making you feel uncomfortable and sick, and can even cause pain. Here are a few ways to help reduce the stress.

1. Practice Gratitude. Even if everything feels overwhelming, appreciate the small things.
2. Take a Snooze. Sleep-deprived people are more inclined to react to negative emotional stimuli than those who’ve had a good night’s sleep.
3. Just Say Om. Meditation is a proven way to reduce stress and anxiety.
4. Embrace Nature. Even a short walk around your neighborhood can clear your head.
5. Play with Pets.
6. Find the Right Button. There’s a secret stress-release “button” between your tendons— about two or three finger-widths above the center of your inner wrist.
7. Move Your Muscles.
8. Clean Your Space.
9. Work Your Heart. Do at least 30 minutes Aerobic exercise three or four times a week.
10. Act like a kid.
11. Call A Pal.
12. Write it Down.
13. Breathe Deep.
14. Hold the Line. Establish clear boundaries with the people in your life.

It’s so nice to live among such a group of talented individuals. The Crafty Ones saw a need and decided to do something about it. Cellphone holders/lanyards have been made and are available to those who might need one. Sorry, the one pictured here has already been taken! Please contact the office to let us know if you would like to have one. Different fabrics, colors, sizes, and designs are available. First come, first served.



For everyone who has linked their Kroger purchases to the Westminster Village account, THANK YOU! For the period August 1 thru November 1, 2025, \$24.24 was earned. It might not sound like much, but every little bit makes a difference! If you haven’t linked your Kroger Rewards card yet, please think about doing it now. All proceeds go to the roof fund.

The Elf is here! Starting on December 1st, the Elf will be appearing in different yards. Once you locate the Elf, you can take the sign and place it in your yard. Take a picture of it and send to Eva, 901-438-2909. Each participant will be entered in a drawing for \$50 off their rent, housekeeping, or other services here. Be on the lookout! One entry per address.



Resident Services needs some help! On December 1st, at 1 PM in the afternoon, will decorate the Ramey Center for Christmas. HELP!!! Eva admits that trim-ming Christmas trees is not her specialty, so she’s hoping that there are residents out there who can help her out! We have a theme for decorating, so it can be discussed when the volunteers arrive. We will have a “Decorating Party” with snacks, hot chocolate, coffee, and sodas.

If you haven’t been to coffee at 9:30 AM, you have been missing out! Once everyone has assembled and had a bite or two of their donuts, we start playing a game. Trivia has been a hit, as has BINGO. A cash prize of \$5 is being awarded to the winner of the game. We have speakers periodically, and the information that we receive is great! Plan on attending and be a part of the fun!

The Plain and Fancy Quilt Club did an outstanding job on Veterans Day! We had great attendance at the event, and the quilts and mug rugs were beautiful! We look forward to hosting an event with them again. Thank you so much for helping us honor the Veterans and spouses that live here!

Please call Eva at the office and let her know if you are planning on joining the excursion to the Biltmore Estates November 2nd through the 5th. We need to have at least 30 people signed up for this trip to take place. The total is \$615 based on double occupancy, but you can book single accommodations for a little bit more. The \$75 deposit will be due on July 2nd, 2026. The tips are included in the price.



December 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 <div>9AM Exercise class RC 10 AM Grocery 1 PM Decorate RC</div>	2	3 Library Volunteer Hours 8-10 AM 10:30 AM Brunch	4 <div>9AM Exercise Class RC 9:30 AM Coffee—Game</div>	5 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	6 White Elephant 10 AM to 3PM 10 AM TOPS RC
7	8 <div>9AM Exercise class RC 10 AM Grocery run 6 PM Lights of the Delta</div>	9 10 AM Advisory Committee RC  5:30 PM Christmas Party Staff/Residents RC	10 Library Volunteer Hours 8-10 AM 12 Noon BOOK CLUB At Annie Campbell's	11 <div>9AM Exercise 9:30 AM Coffee—Game 2PM Crafty Ones CH</div>	12 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	13 White Elephant 10AM to 3 PM 10 AM TOPS RC
14	15 <div>9AM Exercise class RC 10 AM Grocery run</div>	16 2 PM -Birthday & Move-in Bingo Party, RC 5:30 PM Tuesday Night at the Movies RC	17 Library Volunteer Hours 8-10 AM	18 <div>9 AM Exercise Class RC 9:30 AM Coffee-Game</div>	19 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	20 White Elephant 10 AM to 3PM 10 AM TOPS RC
21	22 <div>10 AM Grocery Run</div>	23	24 OFFICE CLOSED Library Volunteer Hours 8-10 AM	25 <div> OFFICE CLOSED 1 PM Resident Pot Luck Merry Christmas</div>	26 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	27 White Elephant 10 AM to 3 PM 10 AM TOPS RC
28	29	30	31 Library Volunteer Hours 8-10 AM 8 PM New Year's Eve Party/BINGO RC			<div>Please sign up! Call the office if you need a ride.</div>