

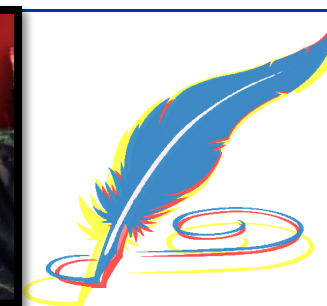
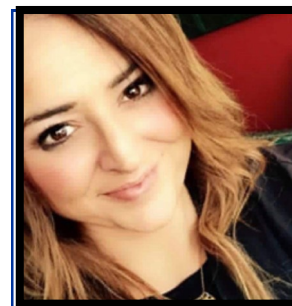
VILLAGE VOICE

A few memories of 2022



Let's
make more
memories in
2023

VILLAGE VOICE



Tammy Talk

New Year...

We find ourselves beginning a new year all over again. It seems the older I get, the faster time flies, or does that mean I'm having more fun the older I get? Either way I feel like it's in fast forward. I'm not sure why Thursday stands out so much, but I find myself each week saying "It's Thursday again, already?" I've taken the liberty of looking up some fun facts about the New Year holiday. I hope you enjoy them as much as I have!

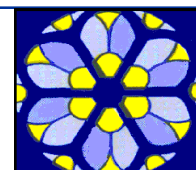
As we're about to ring in the New Year, here are some facts about New Year's Eve to explain some of your existing traditions, and maybe inspire you to try some new ones!

1. The song traditionally sung on New Year's, "Auld Lang Syne," means "times gone by".
2. Black eyed peas, ham, and cabbage are considered good luck if you eat them on New Year's Eve or Day because it is believed they will bring you money.
3. Lobster and chicken are considered bad luck because lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.
4. In Italy, people wear red underwear on New Year's Day to bring good luck all year long. The tradition dates back to medieval times.
5. Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban. The original ball weighed 700 pounds and featured 100 25-watt bulbs. Much different to the ball we know today!
6. The earliest known New Year celebrations were in Mesopotamia and date back to 2000 B.C.
7. January is named after Janus, the god with two faces, one looking forward and one looking backward. He is the god of beginnings, transitions, gates, doors, passages, and endings.
8. Ancient Persians gave New Year's gifts of eggs, which symbolised productiveness.
9. The first recorded New Year's celebration dates back 4,000 years to Babylon, when the first moon after the spring equinox marked a new year. In 46 B.C., Julius Caesar created a calendar with Jan. 1 as the first day of the year, partly to honour Janus, the month's namesake.
10. The tradition to kiss at midnight isn't a recent invention. According to old English and German folklore, the first person you come across in the new year could set the tone for the next 12 months.
11. To ensure a year of good luck, firecrackers and noisemakers became tradition in order to scare away any remaining evil spirits and to ensure a brand new start.
12. 2,000 pounds (907kg) of confetti are dropped on the crowd in Times Square at midnight.

HAPPY NEW YEAR!!

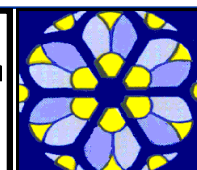
I hope everyone has a happy and prosperous New Year!!! Bring it on 2023.

Sincerely, Tammy Swanson,
Executive Director



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.



Westminster Village Social Times

Mondays & Thursdays

9 AM Exercise
11:45 PM Stress Relief RC

DIRTY BINGO 2:30 PM

Saturday the 14th

CRAFTY ONES 2 PM Jan 12th

and 26th Craft Hut

Book Club 2 PM Wednesday,
Jan.11th Library

Thursday Coffees 10 AM RC

Friday Nights

4:30 PM Line Dancing RC
6 PM Mexican Train Dominoes RC

Check the Village Voice Calendar
for Village Trips and Events



Westminster Village of the Mid-South
Active Adult Community
5215 Southside Drive
Blytheville, AR 72315
(870) 532-4100
www.wmv.org

Don't forget about the 11/12 program. Earn more interest than you can get from the bank! Call the accounting office for more information about this program.

Elf Mail

Elf Mail is completed for another year. The elves sorted a total of 471 cards. There were clues that some card senders bypassed the mailbox and put their cards in the boxes themselves. Those cards were not counted. The hardest working elf was Vicki Schrimsher who sorted the most cards. I want to give a big "Thank you!" to all the elves Vicki Skirmisher, Nancy Frame, Loretta Heard, and Sammie Hayes

Head Elf
Patty Guttridge

JONESBORO LUNCH & MOVIE
FRIDAY, JANUARY 20TH
WE WILL LEAVE AT 11 AM

WE WILL FIGURE OUT WHAT MOVIE
CHOICES AT COFFEE
THURSDAY THE 12TH.

LETS PLAN TO HAVE LUNCH AT
LAZZARIES ITALIAN OVEN

DUTCH LUNCH &
MOVIE PAY
AT THEATER

Life Springs Counsel/Coaching
4110 Memorial DR Blytheville, AR 72315
In the Connection Church office complex
behind the Chapel, suite 1 and 2.

LIFE CAN BE FUN AGAIN!
Worry, Fear, Loneliness, want to discover
your Purpose? Want to forgive but can't
seem to do it?
Has grief been controlling your night and
days?
IT TIME TO FIND LIFE AGAIN,
THE JOY OF LIVING!

CALL US! 870-623-4988 Dr. Dale Ruddick
Licensed Clinical Pastoral Counselor - AC.
Rhonda Smith Master Life Coach.

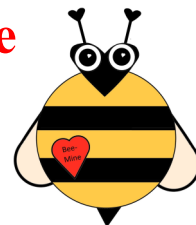
FREE 1 HOUR Consult for the
WESTMINSTER VILLAGE residents!
"WE ARE HERE FOR YOU"

Mark your calendar for the Valentines Day Lunch

1 PM Tuesday, February 14th
Ramey Center

Hot Beef Sandwiches
with Cheese and Onion
Salad,
Potato Chips
&
Valentine Cake

Sign Up!



Bingo!



Christmas Parade

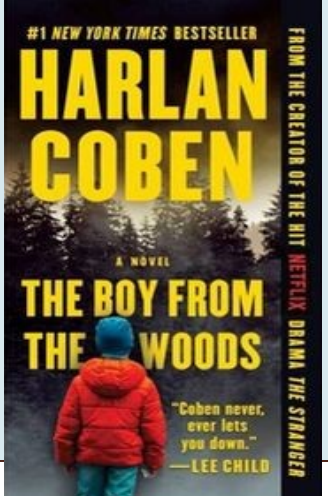


The Westminster Village Book Club will meet Wednesday, January 11th at 2 p.m. in the Ramey Center.

The book to be discussed will be:
"The Boy From The Woods"

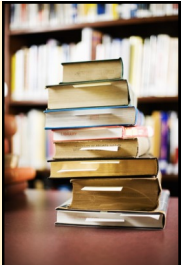
By **Harlan Coben**

All are welcome to attend.



Library News
 The library volunteers wish you a very
HAPPY & SAFE 2023!

Happy New Year!
 From the library volunteers: Doris Marks, Loretta Heard, Donna Clayton, Nancy Frame, Emma Burns, and Beverly Trusky.




CRAFTY ONES

I had the opportunity to be a resident this year and found this is a very good place to live. I have always been impressed with security but I got a birds-eye view of how awesome they really are and the convenience of having maintenance at my fingertips was great.

The residents are here ready, willing and able to be friends. I no longer live here but I can honestly say I miss it. We are very aware that we have issues with roofs and blight but we have a lot of good things going for us too. Take a look at the newsletter. We have a lot going on. Sometimes we get so caught up in what's wrong that we forget what is right. Here's to making 2023 a positively Happy New Year!

Cindy Williamson
 Administrative Director

HAPPY BIRTHDAY

JANUARY

2nd Gwen Woodson
 5th Ed Brownlee
 5th Nina Dunlap
 5th Gary Guttridge
 6th Alma Gahie
 10th Dorothy Keane
 25th Cynthia Elliott
 26th Robert Boney
 26th George Watkins
 27th Jewell Mathis
 29th Debra Thompson


Employees

14th Cedric Thomas
 25th Forrest Christiansen

HAPPY NEW YEAR!!

BINGO

January Birthday & Move-In Anniversary Celebration Tuesday, January 17th 3:00 PM in the Ramey Center
Must be present to win prizes.

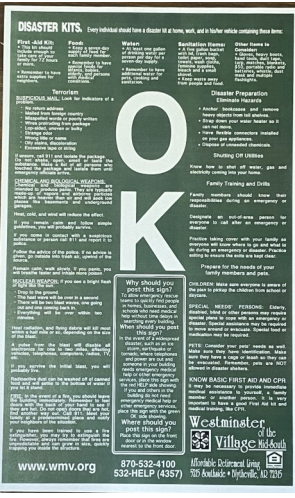


Move In Anniversaries

Jeanie Wilson	19 years
Henry & Katie Davenport	7 years
Susan Person	7 years
Kaye Faulkenberry	5 years
John DeBose & Elma Wallace	3 years
John & Bridget Owen	3 years
Mary Stark	3 years

New Residents

Kim Street
 Patricia Wilburn



In your move in packet you were given an emergency preparedness placard. One side is green with large letters that say "OK", one side is red with large letters that say "HELP". Mississippi County is often the recipient of harsh weather including straight line winds, tornadoes, ice storms etc, as well as threats of earthquakes, causing power outages, phone outages and water outages. In these circumstances it is helpful to our Westminster village staff for our residents to place the placard in a window that can be seen from the street.

If you are in need of HELP, place the placard where the red side is seen. If you are able to contact security, you may call 870-623-4119. The placard may be used for any emergency situation. Please notify the office if you need a new placard.

Westminster Village of the Mid-South
 Active Adult Community

5215 Southside Drive
 Blytheville, AR 72315
 (870) 532-4100


Faith In Action offers the following services: Light Housekeeping - Respite Care - Local Transportation - Letter Writing - Telephone Reassurance. If you need a ride you must have an application on file and give 24-hour notice. Please call 532-1501 for more information.

Amazing Race


We are working on the "Amazing Race" which will be on the March Calendar. The theme will be "The Wizard of Oz" Please sign up in teams of two if you are interested in participating.



Morning Exercise with Peggy
 Mondays and Thursdays
 9 a.m. in the Ramey Center Gym.
 Bring a bottle of water for hydration.



Stretch & Stress Relief with Peggy on Mondays & Thursdays at 11:15 in the Ramey Center.



Resident Services News

Happy New Year! 2022 was good year of fun activities and travel. The year went by so fast. Thank you for participating in all the activities like Movie Days, Lunches, Senior Olympics and the Amazing Race. I believe it is important to get out and socialize and get out and enjoy your neighbors here ate Westminster Village.

I look forward to seeing you at all of our activities. Come to Thursday coffees, lunch trips and other special activities throughout the year. 2023 going to be another good year. So come join us for lunch on Wednesdays and to coffee on Thursdays and let's make 2023 a fun year of fun travel together and fun activities.

I want to share with you one of my favorite Northeast Arkansas sunset photos of 2022 it is a beautiful painting that God made. I just had to share it with you.



May God Bless you and Westminster Village in 2023.

Kendall Berry,
Resident Services Director

Christmas Door Contest

We had a very decorated Village for Christmas this year. I want to thank all those that decorated their doors. Janet Green received 1st place, Loretta Heard received 2nd place, and Donna Mosely received 3rd place for their Christmas door decorating.



Janet Green



Loretta Heard

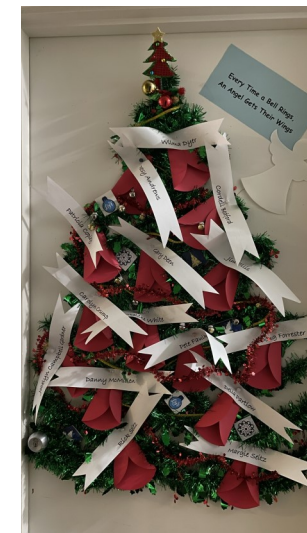


Donna Mosely

Office Doors



Jennifer



Leslie



Cindy's



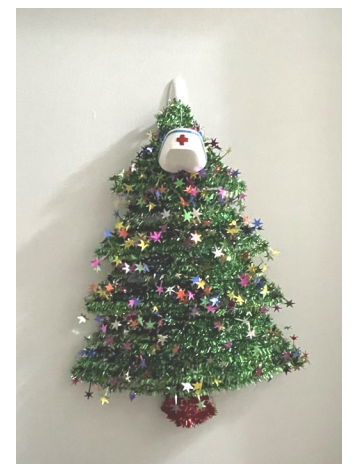
Alley's



Angela's



Kendall's



Peggy's



Wednesday, the January 25th Soup & Grilled Cheese Lunch 12 noon in the Ramey Center.

**We will have Tomato & Cream of Bacon Soup with Grilled Cheese Sandwiches
Please Sign Up!
Sign Up!**



What are you most proud of this year? This is the question I want you to ask yourself in this last week of the year. Rather than looking back and thinking I should have done this...I should have done that...end this year on a positive note. Look back because there are some things that you have been through...some things that you pushed through that you are super proud of. Make a list of what you are proud of and follow it up with asking what did it take for me to do that? Celebrate the good and then get yourself ready for a fantastic 2023. What can you celebrate – your life, your accomplishments and your resilience are worth celebrating.

You don't have to go far from home to try something new in 2023 -I challenge you to visit our library and take home a new book to read – from cookbooks to mysteries to autobiographies – I promise you will find a book that you will enjoy. Go to the Ramey Center on Mondays or Thursdays at 11:15 a.m. and check out the toning tables. These are motorized devices that gently exercise and stretch your muscles. They are often used for rehabilitative purposes or for seniors who have difficulty with traditional exercise programs. Toning tables are a great way to tone up and increase blood flow. Come on over to the Ramey and give it a try. Go by the Craft Hut and find something to spark your artistic side with painting, sewing and pottery.

Take a walk around the Village Trail and stop by the fitness stations to boost your walk. The most important thing you can do is get out of the house and look for something new this year! Call the office if you have any questions about any of our activities and we will be glad to help. May your stress be replaced with peace and may you find extra rest, health and happiness in 2023. Look for time to create meaningful memories with the people who matter most to you.

Happy New Year!

Leslie Acred, Marketing Director
Marketing Director



Accounting News

I hope every one of you had a wonderful Christmas holiday. Never hesitate to call me if you have a question or concern, if I can't answer or help you I will definitely get someone who can. I am always glad to hear from you all. Sometimes a phone call is the only way I get to know some of you if I do not get to interact with you at one of our Thursday coffees, our Monthly Advisory Meetings or any one of our many other events, each and every one of you are important to me regardless.



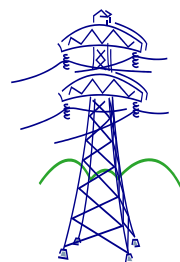
Also don't forget we offer the 11/12 Program to our Westminster Village residents. Prepay your rent for 11 months and the 12th month is FREE. This is a great deal and we have been enclosing a flyer with your statements each month which explains the savings.

We also offer direct deposit for your rent. Sign up at the office, just bring in a voided check and we will give you a form to fill out. It's just that easy.

Angela Hollins, Accounting Director

Environmental Services News

As we enter this new year, we want to do our best at Westminster Village to serve you. One of the ways we can do this is by putting the WMV Disaster Preparedness Placard to use. If a bad weather challenge were to come our way with ice and power outages. Please remember to post your placard so that we can know if you are OK or if you need help. Hopefully we will not encounter another storm, but in the event that we do, we want to be better prepared to address your needs. You can also call the Help Line.



Happy New Year!

Butch Sanders, Environmental Services Director



Please remember to disconnect your outside water hoses and set your inside faucets to drip when temperatures are 25 degrees or below. You can also open your kitchen and bathroom sink cabinets to help prevent freezing.

Happy, Healthy 2023

Here are a few tips to help you have a happy and healthy 2020.

1. Eat clean! Don't think diet, but think about eating and drinking healthy. Be aware of all the preservatives that are in processed foods. Read labels. The longer the list of ingredients on the package means this food may not be so healthy. Try to eat fresh vegetables roasted and lean meats. Watch the breads and sweets, keeping them to a minimum. Do the kitchen cleanse, plan for snack attacks and shop on the outside isles at the grocery. Frozen foods are better than canned, but fresh are best.
2. Reboot your workout. Try to get in 150 minutes a week of physical exercise. A thirty minute walk a day will help wonders. Come to the Monday and Thursday exercise classes at 9:00. You will be amazed at the results, feel better and have a better outlook on life because you will feel good about yourself.
3. Improve sleep hygiene. Yes you can have a more restful night by avoiding screen time before bed. Phones, laptops and TV cause difficulty in sleep. It's best to read a book and relax prior to going to sleep.
4. Practice mindfulness. Decrease stress and increase focus with meditation, crafts, knitting, quilting, etc. A relaxed mind and body are important for wellness. Kick bad habits. These can be smoking, snacking, procrastination, etc. Get support from a friend or a group.

Lets all set some goals so we can have a Happy and Healthy 2020!!!!

Yours in health and wellness,
Peggy Kenner,
Wellness Nurse

Mondays & Thursdays

9 AM Exercise Class Ramey Center
10 - 11:15 AM Wellness Clinic Office
11:15 AM Toning Tables & Stretch Ramey Center



Don't forget about the 11/12 program.
Earn more interest than you can get from the bank!
Call the accounting office for more information about this program.



Thunder Bayou Golf Course
is ranked # 4 in the state of Arkansas Call Tony, Van or Ron for more information. 532-2621.

The Advisory Committee : Loretta Heard, Mary Dyer, Annie Campbell, Gary Walker, Beverly Trusky, Mel Wagner, Gary and Patty Guttridge.

Westminster Village Directors

Tammy Swanson	Executive Director
Cindy Williamson	Administrative
Leslie Acred	Marketing
Kendall Berry	Resident Services
Butch Sanders	Environmental Services
Angela Hollins	Accounting
Peggy Kenner	Wellness Nurse

Board Members

Beth Fitzgerald, Tom Henry, David King, Roger Oldham, Janet Robertson, Bill Sullivan, Pastor Mike Wey, Glen Whitener

Board of Directors

President	Pastor Mike Wey
Vice President	Janet Robertson
Secretary/Treasurer	Roger Oldham

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



Veterans

You can contact the Mississippi County Veteran's Service Officer, Sam Bibbs Blytheville office number is 870-763-0509 and the Osceola number is 870-563-1308. Sam Bibbs cell number is 870-278-9295 Email: Vso.mississippicountyar@gmail.com



January 2023 Village Voice



Sun

Mon

Tue

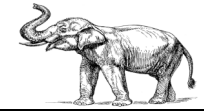
Wed

Thu

Fri

Sat

The Doris Marks Library on Southside Drive attendants are at the library from 1 to 3. Monday through Friday except holidays. You are welcome to go to the library whenever you want..



White Elephant
9 - 2

1 RC - Ramey Center	2 Office Closed	3	4	5 9 AM Exercise Class RC No Coffee Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief	6 6 PM Mexican Train Dominoes RC	7
8	9 9 AM Exercise Class RC Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief 5:30 TOPS	10 1:30 PM Advisory Meeting	11 11 AM Pizza Inn Sign Up! 2 PM Book Club RC pg 10	12 9 AM Exercise Class RC 10 AM COFFEE Activity Meeting 2023 Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief Crafty Ones 2 to 5 Craft Hut	13 6 PM Mexican Train Dominoes RC	14
15	16 9 AM Exercise Class RC Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief 5:30 TOPS	17 3 PM Birthday - Move In Anniversary BINGO Party RC pg 3	18 11 AM Roundhouse Sign Up!	19 9 AM Exercise Class RC 10 AM COFFEE Guest - Charles Moody Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief	20 11 AM Jonesboro Lunch & Movie pg 2 Sign Up! 6 PM Mexican Train Dominoes RC	21
22	23 9 AM Exercise Class RC Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief 5:30 TOPS	24	25 12 Noon Tomato Soup & Grilled Cheese Sandwiches RC Page 4 Sign Up! 	26 9 AM Exercise Class RC 10 AM COFFEE Guest - Bill Kenner Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief Crafty Ones 2 to 5 Craft Hut	27 6 PM Mexican Train Dominoes RC	28
29	30 9 AM Exercise Class RC Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief 5:30 TOPS	31 Going to Lunch 11 AM Mae's Grill Pork Chops Sign Up~	1 February	2 9 AM Exercise Class RC 10 AM COFFEE Wellness Clinic 10 - 11:15 AM 11:15 Stress Relief Groundhog Day!	3 11 AM Benny Bobs Sign Up! 6 PM Mexican Train Dominoes RC	4



Dear Charity Administrator,

This email is to notify you that **Westminster Village of Mid-South** has been issued a **\$11.14** donation from the AmazonSmile Foundation as a result of AmazonSmile program activity between July 1 and September 30, 2022.

Thank you,
Your AmazonSmile Team

Addendum to the Westminster Village resident handbook
December 15, 2022

Keys are provided to your residence and mailbox. To maintain a secure community, please do not duplicate keys for friends or relatives. Law prohibits duplication of any key(s) provided by Westminster Village. Should you lose a key, please contact the Marketing Department. For security purposes, we will rekey the locks. There is a \$250 non-refundable charge each time the locks are re-keyed. A \$20 carrying fee will be added if you choose to put it on your statement. All keys must be returned at move out.

If it becomes necessary to re-key your mailbox a charge of \$50 will be assessed. A \$20 carrying fee will be added if you choose to put it on your statement.



New Beginnings Salon

Pedicures / Manicures - Hair Styling / Hair Cuts

By Tammy Smith

Located in front of the

Westminster Village Ramey Activity Center

4404 Memorial Drive

Call for your appointment.

870-740-7500

Happy New Year!



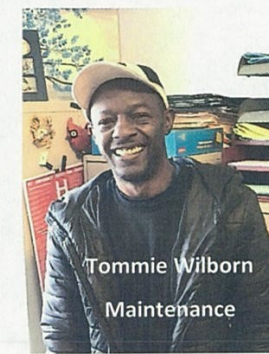
Maintenance Department



Butch Sanders,
Environmental Services
Director



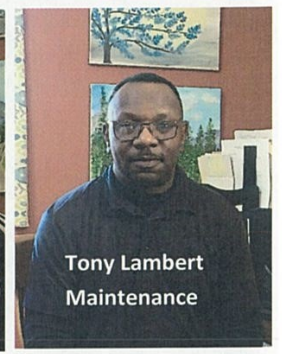
Bobby Stigall
Maintenance



Tommie Wilborn
Maintenance



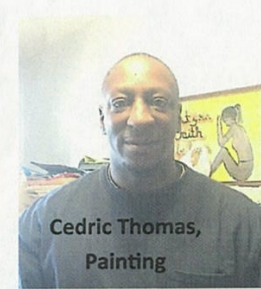
Brandon Ward
Maintenance



Tony Lambert
Maintenance



Kecia Fuller,
Painter



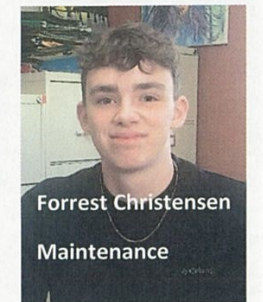
Cedric Thomas,
Painting



Garrett Jackson-
Painting



Brenda Edwards-
Maintenance



Forrest Christensen
Maintenance

Housekeeping



Carrie Payne
Housekeeping



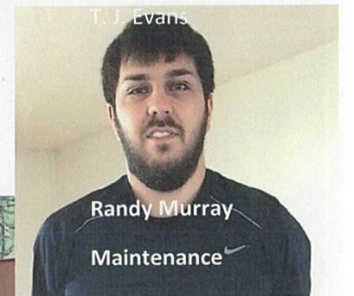
Julia Dominguez
Housekeeping



Sereniti Lutton-
Housekeeping



Margie DeFries
Housekeeping

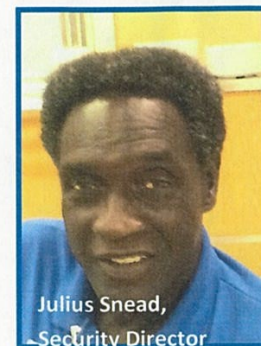


Randy Murray
Maintenance

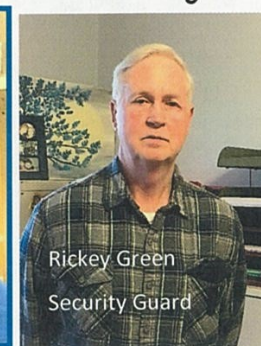


Jackson McKinney
Landscaping

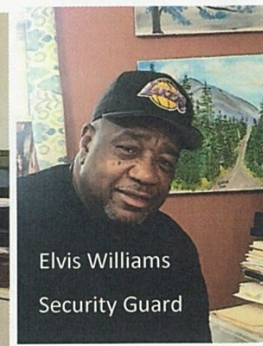
Security



Julius Snead,
Security Director



Rickey Green
Security Guard



Elvis Williams
Security Guard



Maya Davis
Security



Larry Green,
Maintenance