

THE VILLAGE VOICE



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Tammy Talk



It's the month to celebrate those we love! And yes, your bestie can be your valentine. We are looking forward to some great fun for the month of February. Hey by the way, why is there a silent "r" in February? Anyone know? You know what I say "Knowledge is power"! Any who, call the office and get signed up for stuff! If you don't usually go, please consider starting. WE would love to see you and I think you will be pleasantly surprised. If you would like for me to go with you, I certainly will! Give me a call!

The winterization crew is still hard at work and making their way around the village. If they have not done your home yet, don't worry, they will. It all depends on their daily work schedule. Remember I said 8 months at least before they would complete.

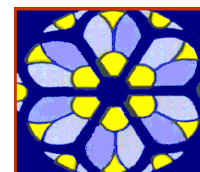
So I found a really neat article. It's a "did you know article." When I was in radio, I always wanted to do a segment that involved "did you know?" Sometimes in my show I could sneak in one or two of the breaks and it was always so fun for the listeners. My personal phone would light up from listeners giving their answers. I would do the question in one break and the answer on the second break and so on. That was a very fun time in my life and great experience too. So here we go!! Let's boost some knowledge. Did you know...

- Bird's don't urinate.
- Bats are the only mammals that are capable of flight. It's leg bones are so thin that it cannot walk.
- Even when snakes eyes are closed they can still see through them.
- Despite their fluffy white fur, polar bears actually have black skin.
- The average housefly lives no 2 to 3 weeks (that's entirely too long).
- For every human, there are approximately one million ants (I think they all live on the village too).
- A Honey bee has two stomachs, one for honey and one for food (you would think I had two the way I like food!).
- A snail can sleep for up to 3 years (so could I after watching the grand kids).
- Sharks are immune to every disease, including cancer. (*so is that where our cure is?*).

This was the most interesting article I have run across in a long time. Look up Sarcopenia too. It's the gradual loss of muscle mass as we age. Always follow what Doris Marks told us! A body in motion stays in motion. Movement is key! Keep moving!!

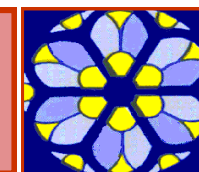
Call the office and sign up for all the fun stuff! We are tossing around the idea of doing a baby picture contest for residents and staff. How fun will that be to guess who's who? We could do that for March and have a really cool prize for the votes of cutest baby. Each picture will be displayed with no name. Everyone would have to guess who the baby is by depositing slips in a jar under your picture and a separate jar for cutest. We could have cute little heart shaped paper? Ideas will be appreciated.

See you all for the fun and fellowship this month!



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.



Tuesday, February 4th
Roundhouse In Caruthersville
Leave RC @ 10:00 a.m .

Wednesday, February 5th
11:00 a.m. Brunch @ RC

Thursday, February 6th
Coffee RC 10:00 a.m.
Crafty Ones 2:00 p.m.

Tuesday, February 11th
Advisory Meeting
@ RC 1:30 p.m.

Wednesday, February 12th
Book Club 2:00 p.m. @
The Library

Thursday, February 13th
Coffee RC 10:00 a.m.

Friday, February 14th
Valentines Day Dinner & Party
Doors open @ 5:00 p.m.
Eat @ 5:30 p.m.

BINGO
Tuesday, February 18th
Birthday & Move-In Anniversary
2:00 p.m.
Ramey Center
Come celebrate with us!!!

Wednesday, February 19th
Soup & Sandwich Day
Tomato soup, Potato Soup,
Grilled Cheese sandwiches
at 12:00 p.m. at RC
SIGN UP!

Thursday, February 20th
Coffee RC 10:00 a.m.
Crafty Ones 2:00 p.m.

Tuesday, February 25th
Movie Day 2:00 p.m.
@ RC

Wednesday, February 26th
Resident Potluck
Ramey Center 12:00 p.m.
SIGN UP!!

Thursday, February 27th
Coffee RC 10:00 a.m.

**The Library is asking for
donations on books to learn
Spanish. Is there a
Spanish for Dummies?**

FEBRUARY BIRTHDAYS:
HAPPY BIRTHDAY!!
1st Charlie Wimberly
2nd Frankie Starks
4th Jeanneen Smith Beamon
6th Johnny William
7th 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 Wiliams

February
Move-In
Anniversaries:
Freddie White 21 Years
Minnie Spencer 11 Years
William & Judy Brandon 9 Years
Jeff & Sheila Blackmer 6 Years
Davis Martin 4 Years
Eddie & Frankie Starks 4 Years

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
1:30 p.m the **second Tuesday**
of the month.

The Westminster Village
"book club"
February
12th
2:00 P.M.
At: The Village Library
The Dutch House
By: Ann Patchett



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



**We received the green light from EPA
to demo 16 more units.
Phase 1 is coming to a close and
Phase 2 will begin soon!
The view at Westminster
is changing for the better!
So exciting!!
Residents are getting new views
across the Village.**

Exercise (Silver Sneakers) with Kylie
Monday's and Thursday's
9 a.m. Ramey Center Gym



Why Wellness Matters

“Well-being is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it’s about how these five elements interact.”
– Tom Rath

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.

**Valentines
Day Party!!!**

**Come join us for
dinner, games, fellowship and lots of fun!**

**Doors open at 5:00 p.m
Dinner will start at 5:30 p.m
At The Ramey Center**



**Menu
Spaghetti
Salad
Garlic Bread
Dessert**



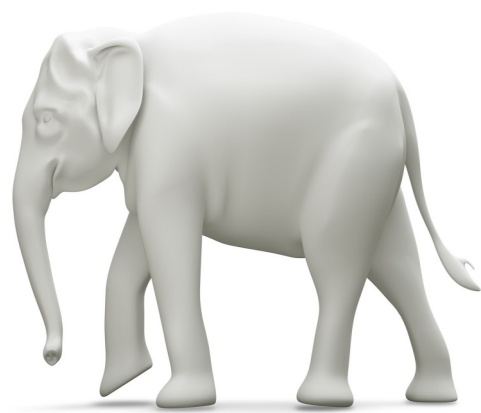
**Call the office or
contact Kylie to get signed up!
Sign up deadline is Wednesday,
February 12th @ 5:00 p.m!**

Events you
don't want to miss!

Brunch will be served Wednesday, February 5th
Mingling will start at 10:30, Brunch will begin at 11:00am
Please be sure to call the office and sign up!!

The residents meet monthly for potluck at noon the last
Wednesday of every month.
(February potluck is February 26th)
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 #6)
5. What if you decided not to utilize the picture on the box to aid you in
solving the puzzle? This is essentially what we are doing when we opt not to
use the resources given to us in life. It can be difficult to develop our vision
for our lives, but we must remember that we are not alone.

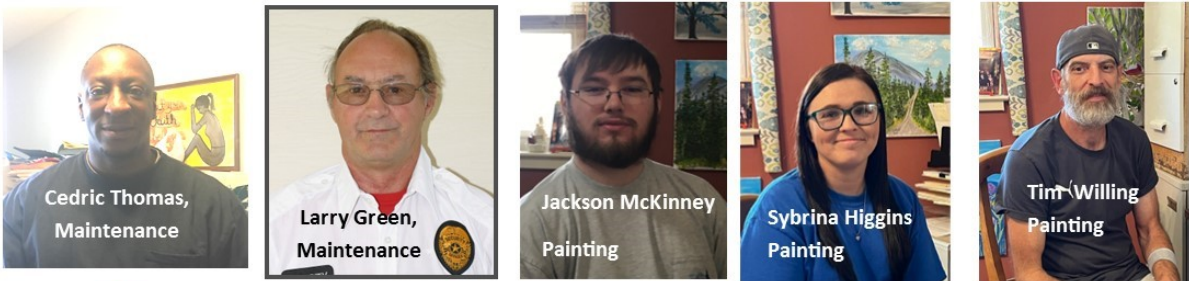


THE WHITE ELEPHANT
Friday's 10 to 3 / Saturday's 10 to 3

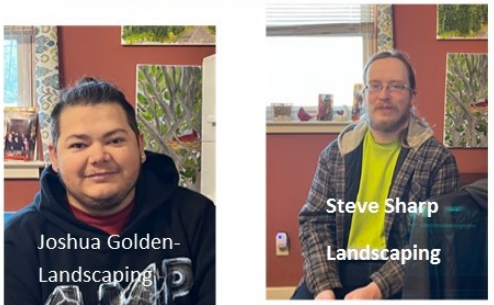
We look forward to
everyone coming out to visit and enjoy shopping
in the
White Elephant.

Remember we accept
donations.

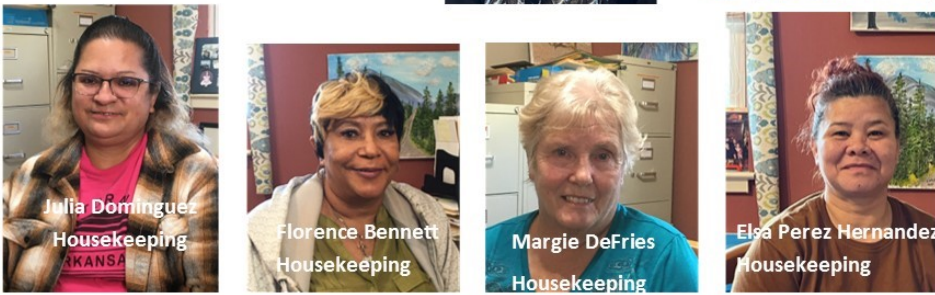
Maintenance Department



Landscaping



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Security



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

Westminster Village Transportation Pricing

All pricing is subject to change without notice due to fuel costs or other reasons.
You must make prior arrangements for all non-scheduled transportation.

Free Local
Prescheduled Local Trips to Wal-Mart, Grocery Stores, or Pharmacies.
The vehicles will be chose based on passengers and availability.
Watch the monthly calendar for the trip day.
Resident Services absorbs cost of these trips.
Call the front desk to be placed on the resident transportation support
Call list Call (870) 532-4100.

Local not scheduled transportation at least 1 day advance notice
Minimum of 2 hours is \$20.00 and \$10.00 each additional hour of service.

Doctor Visits
5 Day Trip Request Notice when possible at least 2 Day notice required.
Local - \$10.00 per hour \$10.00 minimum
Jonesboro 4 hour minimum \$50.00 and \$10.00 each additional hour or \$5.00 per half hour additional.
Plus .10 cents per mile.

EXAMPLE: Jonesboro 4 hour trip would cost \$50.00
plus \$10.00 for the round trip of 100 miles. Total \$60.00

Memphis 4 hour minimum \$50.00 and \$10.00 each additional hour
or \$5.00 per half hour additional. Plus .15 cents per mile.

EXAMPLE: Memphis 4 hour trip would cost \$50.00
plus \$30.00 for the round trip of 200 miles. Total \$80.00

Memphis Airport
Memphis Airport 5 or more Day Trip Request Notice Required
Memphis Airport Drop Off 3 hour minimum driver cost \$30.00
Trip Cost \$30.00 Total \$60.00


Memphis Airport Pick Up 3 hour minimum driver cost \$30.00
Trip Cost \$30.00 Total \$60.00

Activity Bus Trips
Activity trips are supported by Resident Services
Less than 100 miles \$5.00
More than 100 mile but less than 250 miles \$7.50
Over 250 miles but less than 300 miles \$10.00
Based on 12 passengers not including driver.

Trip request must call the front desk and ask for a transportation
request form for each trip a resident wants or needs to use.
Your account will be charged using the trip request form unless prepaid at the front desk.
All drivers will provide you a copy when each service is completed.
Prices are subject to change at any time without notice.
Subject to availability.

February 2025

We can’t stress enough the importance of signing up. When we see that no one has signed up the event gets cancelled.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut			Library Volunteer Hours 8-10 a.m. Or come any time.			
						1 White Elephant 10:00 AM to 3:00 PM
2	3 9:00 AM Exercise class 1:00 PM Grocery run 5:30 PM TOPS	4 Roundhouse In Caruthersville Leave RC @ 10:00 AM	5 Brunch @ RC 11:00 AM Hosted By Kylie SIGN UP!	6 9:00 AM Exercise Class RC 9:30 AM Mingle 10:00 AM Coffee 2:00 PM Crafty ones	7 White Elephant 10 to 3 4:30 PM Resident Dance RC 6:00 PM Mexican Train Dominoes RC 	8 White Elephant 10:00 AM to 3:00 PM
9	10 9:00 AM Exercise class RC 1:00 PM Grocery run 5:30 PM TOPS	11 1:30 PM Advisory—R. C.	12 2:00 PM Book Club Library	13 9:00 AM Exercise Class RC 9:30 AM Mingle 10:00 AM Coffee -	14 White Elephant 10 to 3 Valentines Day Party RC @ 5:00 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	15 White Elephant 10:00 AM to 3:00 PM
16	17 9:00 AM Exercise class RC 1:00 PM Grocery run 5:30 PM TOPS	18 2:00 PM -Birthday & Move-in Bingo Party	19 Soup & Sandwich Day RC @ 12:00 PM Potato soup, Tomato soup & grilled cheese	20 9:00 AM Exercise Class RC 9:30AM Mingle 10:00 AM Coffee - 2:00 PM Crafty Ones	21 White Elephant 10 to 3 4:30 PM Resident Dance RC 6:00 PM Mexican Train Dominoes RC	22 White Elephant 10:00 AM to 3:00 PM
23	24 9:00 AM Exercise class RC 1:00 PM Grocery run 5:30 PM TOPS	25 Movie Day RC @ 2:00 PM SIGN UP!	26 Resident Potluck RC @ 12:00 PM SIGN UP!!	27 9:00AM Exercise Class RC 9:30 AM Mingle 10:00 AM Coffee	28 Need a ride? Contact Kylie at the office.	