



**McFARLAN
VILLAGES**

MCFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

January 2018



Letter From the Executive Director

Dear Residents and Friends of
McFarlan Villages,

Welcome to our first combined
Village Newsletter, and welcome
to 2018! I am excited for all the
wonderful things the New Year
promises to hold.

Think back to where you were
one year ago today. Were you
living here at McFarlan Villages
then, or did you join us during the
year? We have all come a long
way! 2017 was an exciting year in
the lives of our residents at
McFarlan Home and McFarlan
Court Street Village. We've met
new residents and staff, enjoyed
new programs and activities, and
had a lot of fun! Remember the
Resident Appreciation Dinner at
Court Street Village in May, the
McFarlan Home Prom in June,
and the Court Street Village
Harvest Dance in November? We
had a great time getting to know

each other last year.

As we start 2018, I wanted to
personally welcome you to
McFarlan Villages! This coming
year will offer you even more
opportunities to meet and
socialize with your neighbors,
engage in new and exciting
activities, and become the best
YOU you can be. Whether you've
been with us for 20 years or 20
days, we're so excited you've
decided to make McFarlan
Villages your home. We can't
wait to partner with you to make
2018 your best year ever!

Erica Thrash-Sall
Executive Director



Set for Success

If you've made a New Year's
resolution, experts say you can
increase your odds of success by
doing these three things: Share
your goals with friends and family,
track your efforts in a journal,
and reward yourself when you
make progress.

McFarlan Home
Front Desk Phone
810-235-3077

Court Street Village
Office Phone (East)
810-239-4400
Office Phone (West)
810-239-4700

**After-Hours Emergency
Maintenance (Court
Street Village)**
(810) 938-3273

**After-Hours On-Site
Emergency (Court
Street Village)**
700 Building (810) 938-0392
800 Building (810) 938-3272



WELCOME



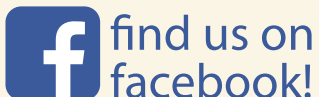
McFarlan Villages is Online!

There are many ways to connect with us:

1. Visit our website for information about our properties at mcfarlanvillages.org.

2. We would love for you to like our Facebook page. We're so close to 100 likes - you can help us reach our goal!

3. Our newsletter is going digital! If you'd like to receive this newsletter (and other great content) via email, please send your email address to mfrey@pvm.org.



Winter Word Search

- | | |
|--------|--------|
| Snow | Cocoa |
| Icy | Sled |
| Scarf | Coffee |
| Gloves | Ice |
| Coat | Ski |

S E Y C I S
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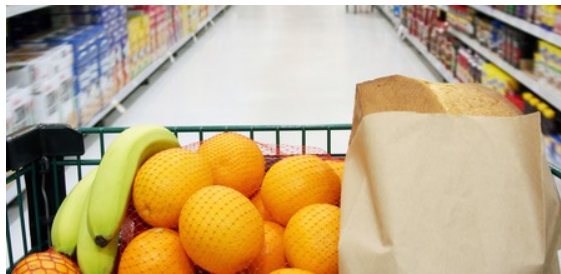
McFarlan Villages

MTA Bus Schedule (Court Street Village)

Meijer Monday, 12:15pm
 Kroger and Walmart Thursday, 10am
 Walmart Friday, 9am

West Store Hours (Court Street Village)

Mon, Wed, and Fri 11:30am-2:30pm



Say Yes to Citrus

It's the season for citrus fruits, and just taking a whiff of the tangy treats may be the boost you need on a winter day. Whether it's from an orange, lemon, grapefruit or clementine, studies show that citrus scents made people feel happier and more energized.

Geography 101: Samoa

The island nation of Samoa will be the first place in the world to welcome the New Year. A tropical oasis with white sand beaches, blue lagoons, coral reefs and rainforests, Samoa is located in the South Pacific Ocean, about halfway between New Zealand and Hawaii, and divided into two main regions. The western islands make up the independent nation of Samoa, while the islands of the east are a U.S. territory, American Samoa. Despite a separation of only 100 miles, American Samoa will be the last inhabited locale to celebrate the New Year, due to the area's time zones.

Organize Your Home Day is January 8th. Celebrate by getting your house in order - and maybe find that remote!

Organizing Important Papers

Getting organized is a popular New Year's resolution, but paring down paperwork is often a challenge due to the fear of throwing out a document that may be needed later. Here are some guidelines to consider when clearing the paper clutter.

Keep for one year or less. Deposit, ATM, and debit and credit card receipts can be shredded after verifying them against monthly statements. Bank and credit card statements can be discarded after a year. (If you need a past one for documentation, the financial institution typically can provide a copy.) You can shred monthly and quarterly statements from investment accounts, but hold on to annual statements until you sell the investments. Keep health, auto and property insurance cards and policy documents until you receive new ones.

Keep for seven years. Tax returns—both federal and state, along with any supporting documentation—should be retained for seven years.

Keep permanently. Some documents should never be purged. These include birth and death certificates; marriage licenses and divorce decrees; military discharge papers; Social Security cards; wills, trusts or other estate plans; life insurance policies; and benefit plans from former employers. If you keep documents and other items in a safe deposit box, always maintain a current inventory list for it.



Nutritious Goals for the New Year

Nutrition is one of the most important factors that contribute to overall wellness. Use the new year as motivation to dig into some fresh healthy eating habits.

Share meals with others. Eating mindlessly or too quickly are common habits that you can fall into from dining alone—and both can lead to weight gain. When possible, share meals with friends and family members. Engaging in conversation at the table helps you eat more slowly and fully savor your food.

Practice moderation. You don't have to completely give up great-tasting foods that aren't so great for your health. Depriving yourself can take the joy out of eating and often sets you up for failure. Instead, reduce portion sizes of your favorite indulgent foods, or splurge on a treat just once a week.

Try new things. Enjoying many types of food prevents meals from being boring, and also gives you a greater chance of getting the wide variety of nutrients your body needs. Maybe you think you don't like a certain vegetable or seafood because you've only had it cooked one way. Branch out and try it prepared differently. You may discover a new favorite!



Quotes

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

—Melody Beattie

"Set your goals high, and don't stop till you get there."

—Bo Jackson

"What you get by achieving your goals is not as important as what you become by achieving your goals."

—Zig Ziglar



"Life's up and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as steppingstones to build the life you want."

—Marsha Sinetar

"Your goals are the road maps that guide you and show you what is possible for your life."

—Les Brown

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1	2	3	4 C. Holmes (West)	5	Three Kings Day 6 I. Davis (East)
7 F. Morrison (West)	8 C. Jones (East)	9 N. Davis (East)	10	11	12	13
14	Martin Luther King Jr. Day 15	16 S. Briscoe (West)	17 	18	National Hat Day 19 S. Bradley (East)	20 J. Hartfelder (McFarlan) O. Taylor (East) J. Walker (East)
21 F. Massey (East)	22 	23	24	25	26 A. Thornton (West)	27 F. Taylor (East)
28	29 C. Arnold (McFarlan) B. Belanger (McFarlan)	30 A. Baker (East)	31 P. Threlkeld (East)	HAPPY Birthday!		

"This Month In History" JANUARY

1892: On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

1901: In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

1915: An act of Congress creates the U.S. Coast Guard.

1920: The Treaty of Versailles, the peace document that ended World War I, goes into effect.

1932: Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

1946: The first of almost 78 million baby boomers are born.

1959: Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

1962: Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

1977: Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

1985: New York begins enforcing its mandatory seat belt law, the first in the nation.

1997: Madeline Albright is sworn in as America's first female secretary of state.

2001: Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

2005: Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

2016: "Star Wars: The Force Awakens" breaks box office records, becoming the highest-grossing installment in the film franchise.