



**McFARLAN  
VILLAGES**

MCFARLAN HOME  
COURT STREET  
VILLAGE

[mcfarlanvillages.org](http://mcfarlanvillages.org)



Managed by  
Presbyterian Villages of MI

## April 2020

Court Street Village wants to extend a warm welcome to Alicia from Evergreen Health Services. Evergreen provides a variety of services such as home health care, skilled nursing, occupational therapy, physical therapy, and private duty care services, all of which you may be eligible for through your insurance.

Alicia's clinic is located in the library in our 800 East building and clinic hours are listed below. Feel free to stop by and welcome her to the building!

Tuesday ..... 9:00am-4:00pm  
Wednesday ..... 9:00am-12:00pm  
Thursday ..... 12:00pm-3:00pm  
Friday ..... 12:00pm-4:00pm



### Fitness Tip: Tidy Tasks

Spring cleaning can be daunting, but it's actually a great way to get some exercise after a sedentary winter. While getting dust and dirt out of your house is good for your health, so is pushing a vacuum around and stretching to dust bookshelves and baseboards. Cleaning from room to room keeps you on your feet and burns calories. A tidy space that you can relax in at the end of the day is an added bonus!

### Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.



### April Days to Remember

4/1 April Fools' Day  
4/1 National Walking Day  
4/7 World Health Day  
4/12 Easter  
4/15 Alzheimer's & Dementia Ed  
4/16 Stress Awareness Day  
4/17 Pajama Day  
4/22 Earth Day  
4/26 National Pretzel Day

### McFarlan Home

Front Desk Phone  
810-235-3077

### Court Street Village

Office Phone (East) 810-239-4400  
Office Phone (West) 810-239-4700

### Salon (Court Street Village)

810-814-1666  
(By Appointment Only)

### 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



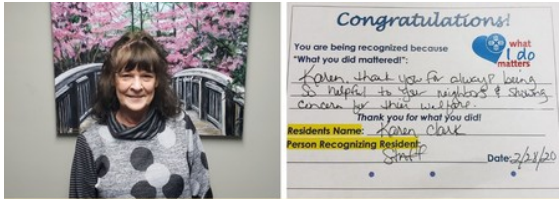
## WELCOME

### McFarlan Villages is Online!

There are many ways to connect with us:

1. Visit our website for information about our properties at [mcfarlanvillages.org](http://mcfarlanvillages.org).
2. We post a lot of pictures and videos of our amazing residents on our Facebook page. We just passed 200 likes—like us to join the fun!

3. Our newsletter is now digital! If you'd like to receive this newsletter (and other great content) via email, please send your email address to [jwamsley@pvm.org](mailto:jwamsley@pvm.org).



Resident Shining Star

## Karen Clark

McFarlan Villages

### Easy Easter Treats

Whip up a batch of homemade Easter treats: Melt 3 tablespoons of butter and a 10-ounce bag of marshmallows in a microwave-safe bowl. Pour the mixture over 6 cups of crisped rice cereal, stirring to combine. Grease a muffin tin with cooking spray, then place spoonfuls of the cereal mixture into the cups and shape them into bird nests. After cooling, remove the nests from the pan and fill them with jelly beans or chocolate candy eggs.

### Volunteer Feature

#### Resident Liaison

Florence Taylor, James Riley, Roosevelt Mitchner, Shane Dawson, Thelma Mull, Wendall Moore

#### Indoor Beautification

James Humpert, Kathleen Knott, Lillie Green, Louise McCorry, William Wanbaugh

#### Outdoor Beautification

Annie Wilson, Brenda King, James Humpert, James Riley, Jeanette Johnson, Thelma Mull, William Wanbaugh

#### Coffee Baristas

James Humpert, Richard McCoy  
Community Improvement Research  
Karen Lyons

#### West Office Volunteers

James Humpert, Joey Baessler  
Resident Event Volunteers

### MTA Bus Schedule (Court Street Village)

Meijer ..... Mon, 12:45pm  
Walmart (Belsay) ..... Thurs, 10am  
Kroger/Walmart (Corunna) ..... Fri, 9am

### Frankie's Place Convenience Store (Court Street Village)

Mon, Wed, and Fri ..... 11:30am–2:30pm



Betty Lott, Bettye Brown, Charles Henderson, Florence Taylor, Jeanette Johnson, Karen Johnson, Shane Dawson, Sharla Wilbanks, Thelma Mull, Joe Baessler

#### Condolence Angels

Herosa Simon, Willie Jo Foote

#### Community Flyer Distribution

Helen Hodorovich, Linda Morris, Richard McCoy, Lavena Colley

#### Community Closet Staff

Helen Hodorovich, Lavena Colley, Ruth Youngs, Lois Eaker

#### Children Center Staff

Cindy Duffie, Lavena Colley, Ruth Youngs, Lois Eaker

### Did You Know?

In Europe, gardeners often make nests of straw or hay to attract hedgehogs, which eat snails, slugs and other garden pests.



## Employee of the Month

Congratulations to Doug Hale, our March Employee of the Month! Doug is currently a maintenance tech and has been with McFarlan Villages for eight years, continually striving to provide excellent service to our residents.

We asked Doug to share a little more about himself!

*What do you love most about your position here?*

Getting to see the residents.

*What motivates you?*

Finishing a hard job, even the nasty jobs.

*What do you like to do outside of work?*

Wood working and raising plants & koi fish.

*What have you learned most in your position here?*

I have learned that I can do anything.

*Anything else you'd like to share?*

I have been married for 40 years, have 2 kids, 4 grandkids, and 2 fur babies (a cat and a bunny).



## A Figure of Speech

*Phrase:* Oops-a-daisy

*Meaning:* Acknowledgement of a small mistake

*Origin:* Often heard as a cheerful response when helping a child who has stumbled and fallen, this figure of speech has many variations. It originated as "up-a-daisy" in the 16th century. The expression is intended to encourage the child to brush off their mistake and keep going. Over time, the phrase evolved into "oops-a-daisy" and "whoops-a-daisy," which, along with the shortened exclamations "Oops!" and "Whoops!" are often expressed after making a minor blunder.



## Positive Thought

"When the world wearies and society fails to satisfy, there is always the garden." —Minnie Aumonier



## Wit & Wisdom

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."  
—Vivian Greene

"There are shortcuts to happiness, and dancing is one of them."  
—Vicki Baum

"The beauty of dance is being a part of something that is all you, from creation to performance."  
—Misty Copeland

"Life is short and there will always be dirty dishes, so let's dance."  
—James Howe

"To watch us dance is to hear our hearts speak."  
—Hopi proverb

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."  
—Alan Watts

# April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>April</i>			1 Almo (West) Warren (East)	2	3 Barrett (West)	4 Knight (East) Martin (West)
5 Dean (East) Foster (McFarlan) Munerlyn (East)	6 Watkins (McFarlan)	7 Stockwell (East)	8	9	10 	11
12	13	14 Stone (East)	15	16	17 Scott (East)	18 Lewis (West) Taylor (McFarlan)
19 Walton (West)	20	21	22	23	24	25
26 Soto (East) Williams (East)	27	28 	29	30		

