



**McFARLAN  
VILLAGES**

MCFARLAN HOME  
COURT STREET  
VILLAGE

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



Managed by  
Presbyterian Villages of MI

## April 2022

### **Dance Like No One Is Watching**

"We're fools whether we dance or not, so we might as well dance." —Japanese proverb

### **Memorable Melody: 'The Bunny Hop'**

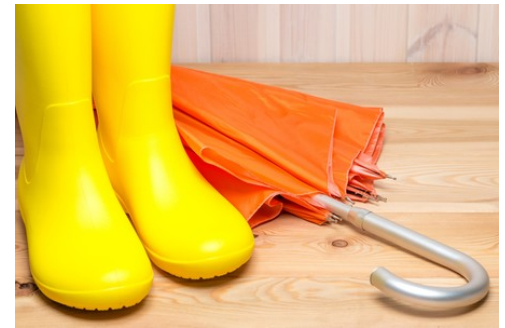
Bandleader Ray Anthony wrote this jazzy ditty in 1952 after hearing that high school students in San Francisco had come up with a new conga line dance called "The Bunny Hop." The lyrics of Anthony's song, crooned by Tommy Mercer and Marcie Miller, instruct listeners to "put your right foot forward, put your left foot out, do the bunny hop!" The song and accompanying dance were popular at parties throughout the '50s, and to this day, as soon as the tune's melody begins at a wedding or other celebration, guests know what to do: hop, hop, hop!

### **Get Hooked on a New Book**

If you love to read but find yourself getting too distracted to finish a book, try this trick: When you start a new title, commit to reading 60 pages in one sitting. This gives you enough time to become familiar with the characters and the story's structure, so instead of setting the book down and forgetting about it, you'll be hooked.

### **Just Peachy**

When early American settlers had a craving for peach pie, they "cobbled" together biscuit ingredients over a fruity filling, resulting in a tasty treat with a crust that resembled a cobblestone street. Nowadays, peach cobbler is a traditional Southern dessert that's enjoyed all over the country. Dig into a serving on April 13, National Peach Cobbler Day.



### **Wear Your Wellies**

A pair of rubber rain boots are both fashionable and practical during soggy weather. In the United Kingdom and Canada, the boots are affectionately called "wellies," short for Wellington boots, which were invented in the 1800s by Arthur Wellesley, the first Duke of Wellington. Valued for decades by horse riders, soldiers and outdoor laborers, wellies later became stylish spring wear for all types of people, and now come in a wide variety of colors and patterns.

### **Fragrant Forecast**

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

### **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 Referrals

Refer your friends and family to move into McFarlan Home or Court Street Village and get a referral bonus!

Court Street residents will receive \$500 per referral and McFarlan Home residents will receive \$50 per referral.

### Trip to Clio Art Center

Never stop trying new things! Court Street Village residents traveled to the Clio Art Center to paint plates and mugs. Painting pottery was a new experience for every resident!



### Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.

### Volunteer Feature

#### Resident Liaison

James Riley, Roosevelt Mitchner, Shane Dawson, Thelma Mull

#### Indoor Beautification

James Humpert, Kathleen Knott, Lillie Green, Louise McCorry, Rene Butler, Thelma Mull, William Wanbaugh

#### Outdoor Beautification

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

#### Coffee Baristas

James Humpert

#### Community Improvement Research

Karen Lyons

#### West Office Volunteers

James Humpert

#### Resident Event Volunteers

Betty Lott, Bettye Brown, Charles Henderson, Jeanette Johnson, Shane

### Fitness Flow

Looking for a new fitness challenge? Just go with the flow. The concept of "movement flow" is growing in popularity as a way to practice mindfulness while building strength and coordination. Instead of doing one type of stretch or exercise at a time, stringing them together in a series of fluid motions requires concentration and lots of practice, helping you become more balanced, flexible and graceful. Trainers recommend mastering basic movements, like squats, rolls and lunges, before you begin combining them into a flowing routine.

### A 'Chew' Favorite

April 5 is National Caramel Day.

Dawson, Thelma Mull

Condolence Angels

Herosa Simon, Willie Jo Foote

Community Flyer Distribution

Helen Hodorovich, Linda Morris,

Lavena Colley

Community Closet Staff

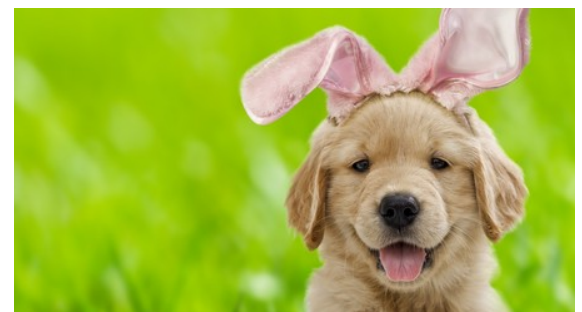
Helen Hodorovich, Lavena Colley,

Lois Eaker

Children Center Staff

Cindy Duffie, Lavena Colley,

Lois Eaker







### Meditation in Motion

Developed hundreds of years ago as a Chinese martial art, tai chi is now recognized as one of the most beneficial exercises for older adults.

Many styles and variations of tai chi exist, but the basic concept involves the combination of slow, gentle movements with deep, regulated breathing. Focusing on the set pattern of moves improves mental concentration and awareness, and controlled breathing helps the body relax. These characteristics have prompted some to describe the exercise as “meditation in motion.”

Stress relief is one of the biggest benefits of tai chi. Research also shows that the exercise may provide immune system support and boost cardiovascular health by lowering cholesterol and blood pressure.

Tai chi is particularly suited for older people. The exercise can improve range of motion, flexibility and balance, making activities such as walking or climbing stairs easier and more comfortable. People who practice tai chi can also reduce their risk of falling.

As a low-impact exercise, tai chi is ideal for people with joint conditions such as arthritis and fibromyalgia.

### Breaking Barriers, Making History

When baseball team members across the country put on No. 42 on April 15, they’re honoring one of the biggest moments in sports history, when Jackie Robinson became the first Black player in the major leagues.

In baseball’s early days, a few Black players played alongside whites, but in the late 1800s, major league team owners agreed to make the sport segregated. A handful of mixed-race and Latino athletes were accepted in the MLB, but African American players could only play in the Negro Leagues.

By the 1940s, several teams wanted to get rid of baseball’s color barrier. Branch Rickey, the president and general manager of the Brooklyn Dodgers, chose Robinson to play for the team’s minor league farm club, then switch to the majors. Robinson appealed to Rickey not only for his athletic ability, but also for his poise and strength of character.

On April 15, 1947, Robinson suited up in his No. 42 uniform and took the field as a first baseman for the Dodgers. In his first season, he was named the National League’s Rookie of the Year. Later accomplishments include an MVP title, six All-Star games, multiple league pennants and a World Series win with the Dodgers.

In 1997, the MLB retired No. 42 across all teams, a first in any professional sport.



### Wit & Wisdom

“A heart of gold is where the rainbow begins.”  
—Tammy L. Kubasko



“The sighting of a rainbow never fails to bring a smile to people’s faces. They signify optimism and positivity: with them comes the sunshine after the rain.”  
—Matthew Williamson

“Rainbows remind us that even after the darkest clouds and the fiercest winds there is still beauty.”  
—Katrina Mayer

“The way I see it, if you want the rainbow, you gotta put up with the rain.”  
—Dolly Parton

“Look at the rainbow. It is made up of different colors, yet they do not split, because they know how beautiful they are when they stick together.”  
—Michael Bassey Johnson

# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>April</h1>					1 Warren (East)	2
3	4 Martin (West)	5 Dean (East)	6 Watkins (McFarlan)	7 Stockwell (East)	8	9
10	11 	12 Lake (West)	13 Thompson (West)	14	15	16 Hunter (East)
17 Berry (East) Richardson (East) Scott (East)	18 Lewis (East) Lewis (West) Taylor (McFarlan)	19 Hardenbrook (McFarlan) Walton (West)	20	21	22 	23 Dawson (East)
24 Fordham Jr (East)	25 Augenstein (East) Daniel (West) Johnson (McFarlan) Mansfield (West)	26 Pouncil (East) Rouse (McFarlan) Williams (East)	27	28	29	30

# Word Search

## Category: Comic Strip Characters

U P S R E N B A L I L M  
 S S P U W D O O W G A D  
 E N O A P K F L O R L C  
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- Word Search Solution:
- |                |                |
|----------------|----------------|
| 1. Alley Oop   | 11. Eb         |
| 2. Andy Capp   | 12. Flo        |
| 3. Archie      | 13. Hazel      |
| 4. Betty Boop  | 14. Li'l Abner |
| 5. Blondie     | 15. Marmaduke  |
| 6. Broom Hilda | 16. Pogo       |
| 7. Cathy       | 17. Popeye     |
| 8. Dagwood     | 18. Snoopy     |
| 9. Drabble     | 19. Superman   |
| 10. Dick Tracy | 20. Ziggy      |

