



**McFARLAN VILLAGES**

MCFARLAN HOME  
COURT STREET VILLAGE

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



Managed by  
Presbyterian Villages of MI

## August 2021

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



### Tooth Fairy Tradition

Aug. 22 is National Tooth Fairy Day. Back in the 1950s, the collector of lost baby teeth was known for leaving behind a shiny, new quarter for each tooth. According to some parents today, she's putting an average of \$4 under kids' pillows!

### Look at Landscapes

Mountains, meadows and other landscapes can set the scene for serenity, whether it's a view of the real thing or scenic terrains in a photograph or a painting hanging on a wall. Research shows that after looking at landscapes, people reported health benefits similar to those associated with being in nature, including calm feelings, reduced pain and faster healing.

### The Reminiscence Bump

For many older adults, memories from high school and young adulthood are the most vivid. Psychologists call this the "reminiscence bump," and say it's likely because people discover their independence and sense of self, as well as experience many firsts, during those years. It's also a time when the brain goes through developmental changes.



### Go Green With Kiwi

It's another kind of good-for-you green. Kiwifruit is native to China and was first commercially grown in New Zealand, where it got its name and became popular with British and American soldiers stationed there during World War II. While brown and fuzzy on the outside, a kiwi's neon-green inner flesh is soft, sweet and packed with potassium, vitamin C and fiber.

### Take Your Time

"Slowly is the fastest way to get to where you want to be."  
—André De Shields

### 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.

## A Tropical Touch

Try one of today's hottest trends and add a few tropical touches to your space.

*Striking colors.* Greens and blues are popular for their soothing effects, and can give the look of a seaside paradise. Add accents of hot pink, bright red or sunny yellow, found in flowers from the tropics, like hibiscus.

*Lush leaves.* Plants bring warmth and life to a space—and they don't even have to be real to do it. Create island vibes with varieties of leafy plants such as monstera and philodendrons. You'll also find tropical leaf patterns on throw pillows and other home goods.

*Natural accents.* Accessories made from bamboo or rattan are a natural fit in a tropical setting. Using woven baskets and trays can easily insert an island feel.

*Fun and friendly fruit.* A longtime symbol of hospitality, pineapples in design are both trendy and timeless.

This fruit adorns a variety of items.

*Wildlife whimsy.* Unleash your inner jungle animal and decorate your space with images or figurines of exotic wildlife such as colorful birds, spotted cats and playful elephants.

*Vacation vibes.* Have you traveled to a tropical place? Use photos, postcards and other souvenirs to decorate your space and bring back happy memories.



## 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

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







### Pick Pickleball for Exercise

It's the sport with a silly-sounding name, but pickleball is a win-win game, offering fun and physical fitness for ages 8 to 80.

You've probably heard more about the multigenerational sport in recent years, as it's one of the fastest-growing games in the country and the world.

With elements of tennis, badminton and table tennis, pickleball was invented in 1965 by three Washington dads, who created it as a summer diversion for their bored kids. Older adults have popularized the game, due to its moderate level of activity.

The small court makes play easier on joints. Games are quick, about 15 minutes, so players, called picklers, can take frequent breaks. But the variety of aerobic movements during play can benefit overall health and fitness. Major muscle groups get a workout, building strength, balance and bone density, and hitting the ball exercises hand-eye coordination.

Picklers also enjoy the social aspect of the game. Most tend to play doubles, which offers opportunities to talk and connect on and off the court.

### History's Lifesaving Vaccines

National Immunization Awareness Month during August is a good time to look back at some of history's most impactful vaccines:

*Smallpox.* In 1796, British doctor Edward Jenner discovered that exposing humans to the cowpox virus protected them from smallpox, a similar disease that had been around for 3,000 years and claimed millions of lives. Thanks to the vaccine, smallpox was officially eradicated in 1980.

*Rabies.* Louis Pasteur, a French chemist and biologist who produced groundbreaking work on germs, developed a rabies vaccine in 1885. This vaccine is unique in that it's typically given to a person after exposure to the disease, not before.

*Influenza.* First developed in the 1940s, the seasonal flu shot is now offered annually, since the influenza virus constantly changes. With ongoing scientific research, a new vaccine is developed each year to target the most common strains.

*Polio.* Medical researcher Jonas Salk became a global hero in 1955 after developing a vaccine against polio, a highly contagious disease among children that can lead to paralysis. The U.S. has been polio-free since 1979.

*MMR.* This injection that offers protection from measles, mumps and rubella was introduced in 1971, improving upon previous vaccines developed separately for each condition. All three highly contagious diseases were very common before the vaccine became widespread.



### Wit & Wisdom

"Life is like a roller coaster; live it, be happy, enjoy life."  
—Avril Lavigne

"Just play. Have fun. Enjoy the game."  
—Michael Jordan

"It's important to enjoy yourself and embrace whatever comes your way."  
—Miranda Kerr

"Learning to enjoy today has two benefits: It gives me happiness right now, and it becomes a good memory later."  
—George Foreman

"We are supposed to enjoy the good stuff now, while we can, with the people we love. Life has a funny way of teaching us that lesson over and over again."  
—Sheena Easton

"It's really not about what you have. It's about how you're able to enjoy life in general."  
—Kevin Harvick

# August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Watkins (East)	2 	3	4	5	6 Foote (East)	7 Ruffin (West)
8 Branch (East) McCorry (East)	9 Lewis (East) Shaver (East)	10	11 Collins (East) Moore (East)	12 Hill (East)	13	14
15 Branch (East) Sovis (McFarlan)	16	17 D'Aigle (West)	18 Kelly (East)	19 McDonald (West) Thomas (East) Walker (West)	20 Graham (West) Thorn (East)	21
22 Oben (East)	23	24	25 Kay (East)	26 	27 Gould (West)	28
29	30 McBrayer (East)	31 Russell (West)	<i>August</i>			

## SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

8	1	2	3	6	4	5	9	7
3	5	6	9	7	2	8	4	1
4	9	7	8	5	1	3	6	2
6	2	3	7	1	8	9	5	4
9	4	5	6	2	3	7	1	8
1	7	8	4	9	5	6	2	3
5	8	9	1	4	7	2	3	6
7	6	1	2	3	9	4	8	5
2	3	4	5	8	6	1	7	9

	7						3	
		4		3	2			
9			7				8	5
		9		6			7	
8			3		9			6
	5			1				
2	9				8			4
			2	7		9		
	6						1	