



**McFARLAN VILLAGES**

MCFARLAN HOME  
COURT STREET VILLAGE

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



Managed by  
Presbyterian Villages of MI

## December 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



### Welcoming Wreaths

Wreaths made of greenery have been used since ancient Greece, symbolizing victory, strength and honor. Later, as people decorated their homes in winter with evergreen trees, they used the trimmed branches to weave a wreath, in an effort to reduce waste. Wreaths became a symbol of welcoming, as well as a sign of new life to come in the spring.

### Basketball Is Born

Winter weather couldn't stop famous P.E. teacher James Naismith from keeping his students active. Instead, he created a game they could play indoors. With two peach baskets nailed at opposite ends of the gym, he gave them soccer balls to shoot, marking the birth of the world's "basket" ball craze on Dec. 1, 1891.



### Jingle All the Way

The jolly sound of sleigh bells ringing is a sign that winter's on its way. Bells have long been placed on horse harnesses as good luck charms, and before cars were invented, sleigh bells signaled that a horse-drawn carriage was coming down the street. This was especially important when snowy paths softened the sound of the animals' hooves, linking the jingle of bells to the winter season.

### From the Heart

"It isn't the size of the gift that matters, but the size of the heart that gives it." —Eileen Elias Freeman

### Brainteaser

Question: Turn me on my side, and I am everything. Cut me in half, and I am nothing. What am I?

Answer: The number 8.

### 'Bells' Is One

How many words can you come up with using the letters in "holly berries"?

### 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.

### Memorable Melody: 'Peppermint Twist'

In 1962, Joey Dee and the Starlites put a new twist on a dance craze with their cool tune "Peppermint Twist." Inspired by the fad created by Chubby Checker's smash song "The Twist," Dee and record producer Henry Glover wrote their own lively version, and named it after the Peppermint Lounge, the New York City nightclub where the band performed. With an infectious rhythm and dance steps such as "round and round, up and down" in the lyrics, the song had fans following the Starlites' lead.



### Remember When: Red Pistachios

Snacking on pistachios used to leave folks seeing red—their red-stained fingers and lips. Before the 1980s, most of America's pistachio supply was imported from the Middle East, where the nuts were dyed bright red to cover blemishes caused during harvesting. Improved production methods eliminated the need for dyeing, and today, nearly all the pistachios sold in the U.S. are grown in California. Red pistachios can still be found as a novelty item, especially during the holidays.

### Roll and Repeat

You can burn about 240 calories building a snowman!

### 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

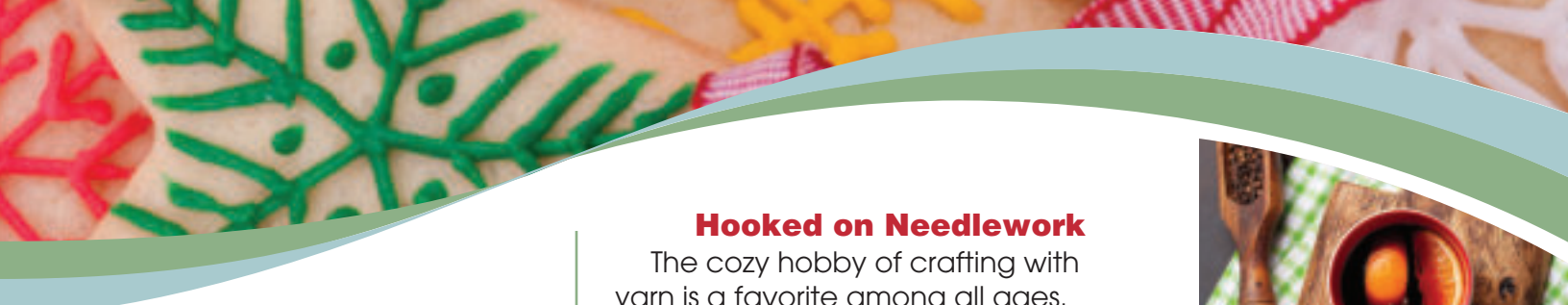
#### Children Center Staff

Cindy Duffie, Lavena Colley,

Lois Eaker







### In With the New

In America, New Year's Eve celebrations are a time for singing "Auld Lang Syne," watching the ball drop in Times Square, sharing a kiss at midnight, and eating black-eyed peas. But the rest of the world celebrates in many different ways:

*Denmark.* In this country, it's customary for pals to throw old plates and glasses at each other's front doors. A heaping pile of broken dishes on a home's doorstep is considered lucky, because it shows those inside have many friends.

*Philippines.* Filipinos wear polka-dotted clothing and eat round foods during their New Year festivities. The circular shapes represent coins and are meant to bring prosperity.

*Spain.* At midnight, people in Spain eat 12 grapes, one for each chime of the clock, to bring good luck for the coming year.

*Japan.* Among the many Japanese New Year's customs is *osoji*—a "big cleaning" of the entire house to prepare for a fresh beginning. Folks also eat long noodles, which represent a long and healthy life.

### Hooked on Needlework

The cozy hobby of crafting with yarn is a favorite among all ages. Several factors weave together to make knitting and crocheting such enduring pastimes.

Any artistic endeavor results in a feeling of satisfaction when the project is complete. The same is true when somebody finishes knitting or crocheting a hat, scarf, blanket or other item. Being able to use their creation, or see someone else use and appreciate it, makes this happy glow even stronger.

But even while a project is still a work in progress, the benefits of knitting and crocheting are huge. Many yarn crafters say the process itself is a form of therapy that distracts them from anxious thoughts and bad habits, soothes irritability and stress, eases boredom and reduces insomnia. The repetitive motion of the needles and texture of the yarn results in a relaxing and meditative experience.

Those same movements help build and maintain strength in the hands, and the calming activity can lower blood pressure. Since stitching involves counting and concentration, it's also a brain booster, with studies showing the hobby may reduce the risk of dementia.

Knitting and crocheting are popular ways to give back to charity as well. Hospitals, veterans' organizations, homeless shelters and animal rescues are just some of the places that welcome gifts of woven items.



### Wit & Wisdom

"It is only when the cold season comes that we know the pine and cypress to be evergreens."  
—Chinese proverb

"A good way to remedy a cold morning is to have a warm heart."  
—Keith Wynn

"Silence can always be broken by the sound of footsteps walking over frozen ground."  
—Merrill Moore

"Shut the door. Not that it lets in the cold, but that it lets out the coziness."  
—Mark Twain

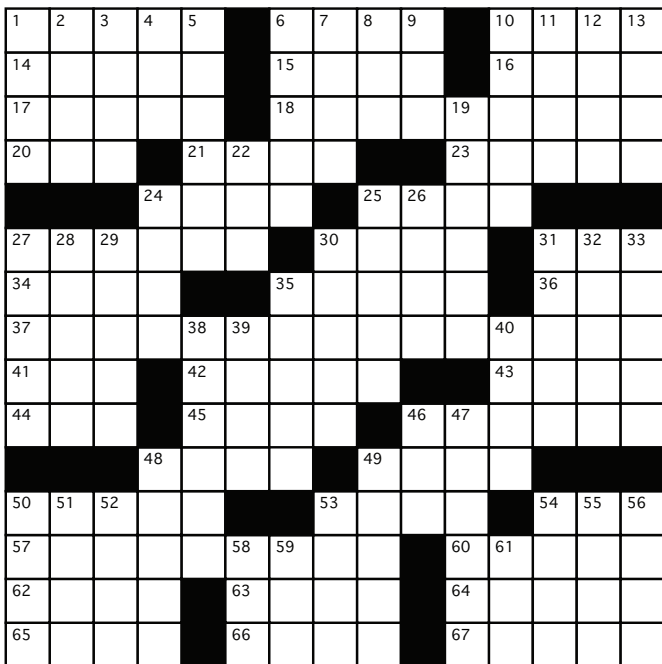
"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together."  
—Vesta M. Kelly

"If flowers can teach themselves how to bloom after winter passes, so can you."  
—Noor Shirazie

# December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Bearyman (West) Smith (East)	2 Webster (West)	3	4
5 Mangham (East)	6	7 Jenkins (West) Saucier (East)	8 Boyd (West)	9 Brown (West) Underwood (East)	10 	11 Daniels (East) Smith (East)
12 Mitchner (East)	13	14 Brown (West)	15 Trotter (McFarlan)	16 Bell (West)	17 Neeley (East)	18
19	20 	21 Downs (East)	22	23	24 Christmas (Observed) Roberts (West)	25 Christmas
26	27	28 Kelly (West)	29 Stone (West)	30	31 New Year's Day (Observed) Simon (East)	

## Crossword Puzzle



### ACROSS

- Chocolate substitute
- Assist in wrongdoing
- Strike
- Game site
- Fly high
- Part of a horse's collar
- Digs for ore
- Custodian
- Nationalist org.
- \_\_\_ machines; Las Vegas attractions
- Auguries
- Root vegetable
- "Old King \_\_\_"
- Bawl out
- Whittle
- 90° from ENE
- Spanish love
- Ventilated
- Parents' org.
- Recorded one's intake
- Giant Mel
- Distribute in shares
- Magazine title
- Barbara Bush \_\_\_ Pierce
- \_\_\_ Cong
- Tried
- Change direction
- Fountain order
- Fencing weapon
- Shakespearean villain

### DOWN

- Sleep outside
- Seed covering
- Nevada city
- Small bill
- Droopy-eared animal
- Famed British racecourse
- Barge, for one
- Corncob
- Italian three
- "\_\_\_ on you!"
- \_\_\_ Michigan
- Word of affirmation
- Confidential: abbr.
- City in Ohio
- Majors, for one
- Farm building
- 200 milligrams
- Russian city
- Breakfast request
- Shed crocodile tears
- Line of travel
- Decorative loop of thread

- Knocked over a drink
- Engraved pillar
- Slackened
- Psychologist Alfred \_\_\_
- Social spot
- Activist \_\_\_ Wiesel
- Remainder
- Game for "It"
- Impulsive lover
- Brink
- Alma \_\_\_
- Gilbert of "Roseanne"
- Mine passage
- Rib, for one
- Divider's word
- Commanded
- \_\_\_ out; defeated overwhelmingly
- His and \_\_\_
- Chinese leader Zedong
- Put a stop to
- Made-up account

