



McFARLAN  
VILLAGES

McFARLAN HOME  
COURT STREET  
VILLAGE

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



Managed by  
Presbyterian Villages of MI

## February 2022

### Love and Be Loved

“How you love yourself is how you teach others to love you.”

—Rupi Kaur

### A Date for Dates

Make a date with a sweet and chewy fruit on Feb. 4, Medjool Date Day. These Moroccan treats have a caramel flavor and are high in fiber, potassium and antioxidants, making them a heart-healthy snack.

### The President’s Cabinet

Each U.S. president has a team of advisors, including the vice president, chief of staff, and department heads, that collectively make up the Cabinet. President James Madison, the country’s fourth leader, is believed to have given this name to the group, from the Italian *cabinetto*—“a small, private room.”

### Cards From the Heart

The earliest surviving Valentine’s Day message, a poem, dates from 1415. Victorian-era greetings featured lace and embossed paper, and at that time, it was considered bad luck to sign a Valentine’s Day card. Today, more than 1 billion valentines are exchanged each year.

### A Friendship Fashion

Woven into intricate patterns from embroidery floss, friendship bracelets celebrate the bond between buddies. Inspired by Central American handicrafts, the bracelets became popular in the U.S. in the 1970s and remain a trendy activity for kids and teens. The colors are said to represent traits such as loyalty (blue) and kindness (pink), and pals wear the bracelets constantly as a symbol of lasting friendship.



### Amazing Orchids

The orchid family is a unique group, displaying different shapes, sizes, colors and fragrances. With over 25,000 different species, there are more kinds of orchids on the planet than birds or mammals! It may take many years for an orchid to bloom, but some blossoms will last for months, making the friendly-looking flowers popular houseplants.

### Year of the Tiger

Chinese New Year falls on Feb. 1, beginning the Year of the Tiger. The jungle cat represents power, courage, happiness and strength.

### Crowning Achievement

This month marks seven decades that Queen Elizabeth II has reigned over the United Kingdom. She took the throne on Feb. 6, 1952, at age 25, and has served longer than any other British monarch. The U.K. will celebrate the first-ever Platinum Jubilee, marking 70 years, in June.

### 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 Cook-Off of Regional Chili Recipes

Every cook has their own way of making chili, and so do many states and regions in America. Which is your favorite?

*Texas chili.* True Texas chili, called "bowl of red" or "Texas red," has no beans whatsoever, though some folks say tomatoes are OK. Stewed meat or ground beef is slow-simmered in a spicy sauce that's given its signature color by whole dried chili peppers.

*Cincinnati chili.* Seasoned with a spice blend that includes cinnamon and cumin, the signature chili of Ohio is a tomato-based meat sauce that's served over spaghetti and covered with shredded cheese. Add beans or onions to make it a "five-way."

*Springfield "chilli."* Illinois embraces the extra "L" in their style of stew, created in 1909 at the Dew Chilli Parlor in the state's capital city. The original recipe consisted of spiced ground

meat in tomato sauce, with no beans or diced tomatoes.

*Chili verde.* Travel to New Mexico to taste-test the best version of this green chili, made with smoked Hatch chili peppers, tomatillos and stewed pork.

*Hoosier chili.* Key ingredients make Indiana's otherwise typical chili recipe stand out: brown sugar for extra sweetness and broken spaghetti or elbow macaroni for a hearty serving of comforting carbs.



## 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







### Get Fit at the Barre

You don't need to be a dancer to benefit from barre exercises, which incorporate movements inspired by ballet.

The word "barre" refers to the handrail used by ballet dancers for stability as they do warmup stretches and practice foot placements. In a dance studio, the barre is often attached to a mirrored wall, and freestanding barres are also common. At home, a sturdy chair, railing or countertop can be used in place of a barre.

During a typical barre routine, you'll hold on to the barre for support as you gently move your body to different positions, flexing one specific muscle at a time. The exercise is low-impact and easy on the joints, and modifications are easily made to accommodate one's abilities.

These workouts are designed to improve flexibility, core strength, posture and balance. Just a few barre sessions can help a person feel stronger and steadier on their feet, as well as reduce pain from arthritis or similar conditions. This type of exercise also helps build and maintain bone density.

Like yoga and tai chi, barre fitness has mental health benefits, too. Focusing on holding each position keeps your mind in the moment instead of thinking about things that cause stress or worry. A regular barre routine has also shown to help improve sleep.

### Snowy Sport Contest

Sports fans will gather around their TV screens this month to watch the XXIV Olympic Winter Games, taking place Feb. 4-20 in Beijing, China.

The Asian nation's capital is the first city to host both a Summer and Winter Olympics; the Summer Games were held there in 2008. Events will occur in Beijing and two nearby cities, Yanqing and Zhangjiakou. Although a mountainous region of China, the area doesn't receive much snowfall, so artificial snow will be used for the outdoor contests.

Among the 15 sports featured at the 2022 Winter Olympics are Alpine and cross-country skiing, ice hockey, figure skating and snowboarding. One of the new events is women's monobob, a version of bobsled racing with only one driver. Other bobsled events have two- or four-person teams, so monobob places more emphasis on the pilot's driving skills.

Named "Flying," this year's Olympic torch has a red and silver spiral design, symbolizing the meandering Great Wall of China, the curvy skiing courses at the Games, and "mankind's relentless pursuit of light, peace and excellence."

Every Olympics has a mascot, and the character representing the Beijing Winter Games is an animated panda bear named Bing Dwen Dwen. In Mandarin, the word "bing" means "ice" and "dwen dwen" means "robust and lively." The bear wears a futuristic spacesuit made of ice that enables it to play winter sports alongside the Olympic athletes.



### Wit & Wisdom

"Nothing is more romantic than chocolate."  
—Ted Allen

"Love is like swallowing hot chocolate before it has cooled off. It takes you by surprise at first, but keeps you warm for a long time."  
—Henri Frederic Amiel




"The goal of life is to make your heartbeat match the beat of the universe."  
—Joseph Campbell

"There's a sure shot way to get rid of that frown, when you have some chocolate around."  
—Manali Manan Desai

"When you can't find the silver lining, look for the chocolate lining."  
—Cathy Guisewite

"A kiss makes the heart young again."  
—Rupert Brooke

# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Price (East)	2 Grow (East) Morea (East) Page (East) Rugley (East)	3	4	5
6 Taylor (East) Wilson (East)	7 	8 Willingham (East)	9	10	11 Chizmadia (McFarlan) Coates (West)	12
13	14 Towner (East)	15 Burgess (East)	16 Frato (West)	17 	18 Baity (West) Dunlap (West)	19 Rumph (East) Sullivan (East)
20 Bowens (East)	21 <b>Presidents Day</b> King (West)	22	23 Lusane (West) Maynie (East)	24 Williams (East)	25 Hill (East) Mull (East)	26 Causey (East)
27 Brown (West) Frazier (East)	28 29- Coleman (East)					

## 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

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

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