



McFARLAN
VILLAGES

McFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

February 2019

Resident Feature



Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of **Valentine's Day chocolates**. The most popular pick according to surveys is the classic caramel.



A Focus on Friends

Valentine's Day is all about romantic love in many countries, but Finland has a unique take on the holiday. The Finnish celebrate **Friendship Day** on Feb. 14 by giving cards and small gifts to friends and family as well as sweethearts.



Black History Month Film Festival

Please join us for our second annual **Black History Month Film Festival** where we will be featuring musicals every Saturday in February from 3-5 pm at McFarlan Home.

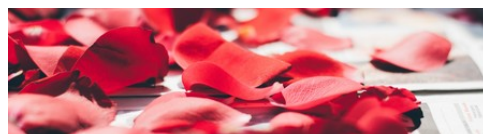
2/2	Carmen Jones
2/9	Porgy and Bess
2/16	The Wiz
2/23	Dream Girls

February Dates to Remember

2/1	National Freedom Day
2/2	Groundhog Day
2/3	Super Bowl Sunday
2/5	Chinese New Year
2/12	Lincoln's Birthday
2/14	Valentine's Day
2/18	Presidents Day
2/22	Washington's Birthday

McFarlan Home
Front Desk Phone
810-235-3077

Court Street Village
Office Phone (East) 810-239-4400
Office Phone (West) 810-239-4700



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.

2. We post a lot of pictures and videos of our amazing residents on our Facebook page. We just blew past 150 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 mfrey@pvm.org.



Year of the Pig

Chinese New Year begins Feb. 5, and 2019 is the Year of the Pig. In Chinese culture, pigs symbolize wealth and prosperity.



Volunteer Feature

Resident Liaison

Florence Taylor, James Riely, Roosevelt Mitchner, Thelma Mull, Vershann Dawson, Wendall Moore

Indoor Beautification

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

Outdoor Beautification

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

Coffee Baristas

Phillip Hairston, Richard McCoy

Community-Improvement Research

Karen Lyons

West-Office Volunteers

James Humpert, Karen Lyons

Resident-Event Volunteers

Angela Barrett, Arthur Romel,

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

Florence Taylor, Jeanette Johnson, Sharla Wilbanks, Thelma Mull, Vershann Dawson

Community-Flyer Distribution

Janice Villalpando, Richard McCoy

Community-Closet Staff

Helen Hodorovich, Lavena Colley,

Ruth Youngs

Children-Center Staff

Charlotte Williams, Cindy Duffie, Lavena Colley, Ruth Youngs

Humane-Society-Dog-Treat Makers

Arlene Chizmadia, Beverly

Vickerman, Cindy Duffie, Empress

Uribe, Helen Hodorovich, Lavena

Colley, Lois Eaker, Lucy Myers,

Ruth Youngs

Cookie Making for YWCA Flint

Charlotte Williams, Cindy Duffie,

Helen Hodorovich, Lavena Colley, Lois

Eaker, Ruth Youngs



Avoid the Winter Cold and Flu

Cold and flu season can begin as early as October and usually ends in April. While there is no sure-fire cure for the common cold, you can take certain steps to help reduce your chances of getting sick in the first place, such as getting a flu shot. You can also use a number of natural strategies. Following these steps may improve your overall health and provide an extra layer of flu and cold protection:

- Eat a well-balanced diet with plenty of fruits, vegetables and whole grains, as well as foods with immune-boosting nutrients, such as ginger, vitamin C, zinc and lactobacillus (the bacteria in yogurt).
- **Wash your hands frequently with soap and warm water.**
- Drink water to stay hydrated.
- Exercise regularly to increase your body's natural immunity.
- Avoid smoking and drinking alcohol, both of which lower your resistance to infection.



Ageless Adage

"A heart that loves is always young."
—Greek proverb



A Grand Anniversary

President Theodore Roosevelt called it the "one great sight which every American should see." Arizona's Grand Canyon, carved out by the Colorado River over millions of years, is considered one of the world's natural wonders. **Grand Canyon National Park** was established Feb. 26, 1919, and will be celebrating its centennial with special events all year long.



Wit & Wisdom

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."
—Henry Van Dyke

"I would like to be remembered as someone who did the best she could with the talent she had."
—J.K. Rowling

"We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities but its own talents."
—Eric Hoffer

"Above everything else I've done, I've always said I've had more guts than I've got talent."
—Dolly Parton

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."
—Martin Seligman

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2019 Birthdays					1	2 Grow (East) Moore (McFarlan) Morea (East) Page (East) Rugley (East) Turner (West)
3 	4	5	6 Wilson (East)	7	8 Willingham (East)	9
10	11 Chizmadia (McFarlan)	12	13 	14 Towner (East)	15 Burgess (East)	16 Frato (West)
17	18 Presidents Day Dunlap (West)	19	20 Bowens (East)	21	22	23 Lusane (West)
24 Frazier (East) Williams (East)	25 Hill (East) Mull (East)	26 Kelly (McFarlan)	27	28	February	

Word Search

Category: Flowers

F Y R P B U C M Y L I L U S I O D E A D A D A I C N T D S R G P I G E L S A E M I E O O N D L A H P L G U P D O N A A C I D O D P I I S I I Z G A L I Y D T N D Z S A D D G V Q A D D A D Y D I F A I N U T E P R D F H C S R Z P I L U T E G C <u>D A H L I A</u> I R I S G R C B L U E B E L L C Z O	1. Dahlia _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____
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1. Azalea
2. Begonia
3. Bluebell
4. Carnation
5. Dahlia
6. Daisy
7. Fuchsia
8. Geranium
9. Iris
10. Lilac
11. Lily
12. Marigold
13. Orchid
14. Pansy
15. Petunia
16. Poppy
17. Rose
18. Tulip
19. Violet
20. Zinnia

