



McFARLAN
VILLAGES

McFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

January 2022

Wolf Moon

The January full moon is often called the Wolf Moon, and that could be because wolves are more vocal during the first months of the year. Wolves howl to communicate over long distances, staying in touch with other members of the pack or warning intruders away. Researchers say an average howl from a single wolf lasts three to seven seconds, but a chorus by a pack can last 30 to 120 seconds and longer during their breeding season in January and February. Although there are stories of wolves howling at a full moon, scientists don't think the phase of the moon plays a part in their calls. However, the canines are more active at night, and they do howl toward the sky because projecting their calls upward carries the sound farther.

Arriving in America

Historians estimate that over two-thirds of Americans can trace their ancestry to Ellis Island, the immigration station in New York Harbor that opened 130 years ago on Jan. 1, 1892. During the checkpoint's 62 years of operation, more than 12 million people passed through its doors on their way to a new life in the U.S.

Logical Lunges for Your Brain

Happy World Logic Day on Jan. 14! Teasers and puzzles such as riddles, sudoku, word problems and rebus clues are all fun ways to challenge the brain. Because these types of puzzles involve creative problem-solving techniques that are different than everyday thoughts, solving them is like taking your brain to the gym, ensuring that your mental muscles are stretched.



Artful Inspiration

Pick up a pencil or paintbrush, visit a virtual gallery, listen to a symphony or explore another branch of creativity on Jan. 31, Inspire Your Heart With Art Day.

Knock-Knock, New Year

January gets its name from the Latin word for door, since it opens the new year.

Keep On Rolling

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." —Susan B. Anthony

Brainteaser

Question: They fill me up and you empty me almost every day. But if you raise my arm, I work the opposite way. What am I?

Answer: A mailbox.

'Nest' Is One

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

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.
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.

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.

Have a Fresh Citrus Experience

The zesty and refreshing citrus family is full of familiar fruits, including oranges, lemons, limes and grapefruits. But have you ever tried one of their lesser-known relatives? Take your pick:

Pomelo. The largest of all citrus fruits, pomelos have a light green rind and yellow or pink flesh. An ancestor of the grapefruit, the pomelo has a similar, yet sweeter, taste.

Tangelo. This easy-to-peel fruit is a cross between a sweet tangerine orange and either a pomelo or grapefruit. It's easily recognized by the knob at the top, giving it the nickname "honeybell."

Blood orange. Slice into this orange to discover a vibrant red interior, which tastes like a mix of raspberries and oranges.

Kumquat. Tiny and tart, kumquats can be eaten whole, like a grape. Since the skin and seeds are edible, a kumquat packs a powerful

nutritional punch.

Finger lime. These dark green fruits are shaped like chili peppers, but have a surprise inside: delightfully tangy pearls that some foodies call "lime caviar."

All citrus fruits are rich in vitamin C and flavonoids, which have anti-cancer properties and may improve blood flow, reducing the risk of heart disease.



HEALTHY new Year

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



Waking Up With 'Today'

Many folks start their day by drinking a cup of coffee while watching some feel-good morning news. "The Today Show" was the first TV series to offer this type of programming, and it celebrates its 70th anniversary this month.

Airing live every weekday morning from New York City's Rockefeller Plaza, "Today" takes an upbeat, relaxed approach to broadcasting, mixing the latest news headlines with longer human-interest stories, as well as reporting the weather and featuring celebrity interviews and musical performances.

"The Today Show" debuted Jan. 14, 1952, with Dave Garroway as the lead anchor. Over the years, the series has launched the careers of journalists who became household names, including Barbara Walters, Tom Brokaw and Katie Couric. The show is also known for its popular weathermen. Willard Scott entertained viewers with his travel pieces and segments wishing happy birthday to centenarians. The current forecaster on "Today," Al Roker, is beloved for his joyous energy and interviews with fans.

What Is Sensory Therapy?

The human body's five major senses are easy to name—touch, sight, hearing, smell and taste—but the way they affect our overall well-being is anything but basic. That's why sensory therapy, a method of engaging one or more of the senses, has become commonplace in health care.

Although anyone can benefit from sensory therapy, it's often used to relieve agitation in those with dementia. Providing meaningful objects can soothe an upset person or bring back a happy memory. For example, someone who loved to visit the beach may find comfort in holding seashells or playing with sand.

Stimulating the senses also boosts brain activity, so using finger paints, forming shapes with clay, and playing "guess the scent" games can be fun exercises for people with dementia. Tasks such as folding towels, sorting coins or shuffling cards have a similar effect while also giving folks a sense of purpose and raising their self-esteem.

The distracting habit of fidgeting can be solved by switching that nervous energy to an object. Some may squeeze a ball, pop bubble wrap, or try one of the many "fidget items" that are available today to help ease anxiety and improve concentration.

No matter who you are, focusing on a specific sense can calm a stressed-out mind. A soft blanket, gentle melody or soothing fragrance are classic relaxing techniques that also count as sensory therapy.



Wit & Wisdom

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."
—Jesse Owens



"When you follow your dreams, you encourage other people to follow theirs."
—Nafessa Williams

"Thankfully, dreams can change. If we'd all stuck with our first dream, the world would be overrun with cowboys and princesses."
—Stephen Colbert

"All our dreams can come true, if we have the courage to pursue them."
—Walt Disney

"Dreams say what they mean, but they don't say it in daytime language."
—Gail Godwin

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>January</i>						New Year's Day 1
2	3	4	5	6 Davis (East)	7 	8
9 Davis (East) Meeks (West)	10	11	12 Love (East)	13	14 Haralson (East)	15
16 Martin Luther King Jr. Day	17	18	19 Bradley (East)	20 Jackson (West) Walker (East)	21	22
23/30 30- Baker (East) -Booms (East) -Harriott (West)	24/31 31-Munger (East) -Primm (McFarlan) -Sadler (West) -Threlkeld (East)	25 	26 Farrar (East) Stead (East)	27	28	29 Humpert (West) Meredith (West)

"This Month In History" JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.