



**McFARLAN
VILLAGES**

MCFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

January 2020

Hug Therapy

Hugs may keep you healthy during cold season. In a study where subjects were exposed to a cold virus, those who received regular hugs were less likely to develop cold symptoms than participants who didn't receive daily hugs. Researchers say hugging reduces stress and strengthens the immune system.



Volunteer Opportunities

The McFarlan Villages wellness department has exciting news for this new year! In efforts to become more involved within our community, we have increased the number of volunteer opportunities for our residents.

McFarlan Home has been volunteering in a variety of ways such as making dog treats for the local animal shelters and sorting personal needs at Catholic Charities, which McFarlan Court Street Village has recently begun to join them in.

As a Village, we have recently partnered with Franklin Avenue Mission to help prepare rolled silverware for their community dinners. Franklin Avenue Mission holds a dinner each Tuesday and Thursday evening where they serve dinner to over 150 people.

Our staff and residents are very excited for this new opportunity where we can continue to

volunteer our time to the community of Flint.



New Year, New Challenge

When it comes to a better brain boost, it's best to get out of your comfort zone, say doctors. That may mean learning to speak a new language or play a musical instrument, or taking on another activity that's new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells. Researchers say pursuits that require continuous challenges showed the biggest benefits.

January Days to Remember

- 1/1 New Year's Day
- 1/9 Law Enforcement Day
- 1/19 National Popcorn Day
- 1/20 MLK Jr Day
- 1/20 Nat'l Cheese Lover Day
- 1/25 Chinese New Year
- 1/27 Spa Day!
- 1/29 National Puzzle Day

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

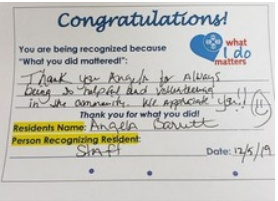


WELCOME

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.



To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.

Volunteer Feature

- Resident Liaison
Florence Taylor, James Riley, Roosevelt Mitchner, Shane Dawson, Thelma Mull, Wendall Moore
- Indoor Beautification
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
James Humpert, Richard McCoy
- Community Improvement Research
Karen Lyons
- West Office Volunteers
Angela Barrett, James Humpert
- Resident Event Volunteers
Betty Lott, Bettye Brown, Charles

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



- Henderson, Florence Taylor, Jeanette Johnson, Karen Johnson, Shane Dawson, Sharla Wilbanks, Thelma Mull
- Condolence Angels
Herosa Simon, Willie Jo Foote
- Community Flyer Distribution
Helen Hodorovich, Linda Morris, Richard McCoy, Lavena Colley
- Community Closet Staff
Helen Hodorovich, Lavena Colley, Ruth Youngs, Lois Eaker, Floradine Taylor
- Children Center Staff
Cindy Duffie, Lavena Colley, Ruth Youngs, Lois Eaker, Floradine Taylor

Winter Blooms

The small and delicate snowdrop is one of the earliest bulbs to bloom, sometimes pushing up through the winter snow to cover the ground with a blanket of white flowers.



Winter Reminders

We hope you are staying warm and safe in this cold winter weather. Just a few reminders, if you have to go outside:

Though our maintenance team's number one priority is your safety, our grounds, parking lots, and sidewalks may still be slippery. Walk slowly, be very conscious of where you are stepping, and wear proper footwear. Bundle up and do not stay outside for long periods of time. Be mindful. This is for the safety and well-being of you!



Fundraising Update

With the help of Bob Bessert, our former McFarlan Board president, we were able to surpass our Alzheimer's fundraising goal. We thank him for his extremely generous donation of \$1,000.

We look forward to fundraising again this year while we work toward the cure for Alzheimer's.

'Scarf' Is One

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



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.



Wit & Wisdom

"There's only one thing more precious than our time, and that's who we spend it on."
—Leo Christopher

"You can't make up for lost time. You can only do better in the future."
—Ashley Ormon




"All we have to decide is what to do with the time that is given us."
—J.R.R. Tolkien

"They always say that time changes things, but you actually have to change them yourself."
—Andy Warhol

"The way we spend our time defines who we are."
—Jonathan Estrin

"You can't have a better tomorrow if you are thinking about yesterday all the time."
—Charles F. Kettering

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1	2	3	4
5	6 Davis (East)	7 	8 Baker (East)	9 Banks (East) Davis (East) Dickson (West) Gayles (West)	10	11
12	13	14	15	16 Kotowicz (McFarlan)	17	18 Campbell (West)
19 Bradley (East) Marzec (McFarlan)	20 Hartfelder (McFarlan) Jackson (West) Taylor (East) Walker (East)	21 Massey (East)	22	23	24	25 
26 Farrar (East) Thornton (West)	27	28 McDonald (West)	29 Humpert (West)	30 Baker (East) Harriott (West)	31 Sadler (West) Threlkeld (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

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

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