



**McFARLAN
VILLAGES**

MCFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

July 2018

Summertime Fun!

Summertime is here! Fireworks, beaches and barbecues are just a few things that make summers so much fun.

My favorite summer memory as a kid was going to Detroit Belle Isle with my Mom, Granny and siblings. We would pack a cooler full of meat, veggies, juice, and fruit from the Eastern Market then would get to Belle Isle early in the morning to stake out our spot. My mom liked to be strategically placed between the playscape and the beach so she could see us run back and forth. These Belle Isle days were jam-packed with fun. We would swim, swing, run and laugh all day until the sun went down.

I am sure you have your own special summertime memory.

I want to urge you all to make new summertime memories this summer. Have fun! As adults and caretakers of parents,

grandchildren, and others, we can forget to enjoy life sometimes. Being a caretaker does not have to be the end of your fun days; that is the benefit of being a part of the McFarlan Villages family.

Here's how to get started with your mission of summertime fun: First, begin your planning with fun as a priority. Once the plan is in place, give your McFarlan Villages family a call and fill us in. Let us know what your plans are: where you are going, how long you will be gone, when you will return and who the responsible party is while you're away. Then leave the rest to us. At McFarlan Home, we can set up a time for your loved one to give you a comfort call while you're away, as frequent or infrequent as you'd like. On these calls, remind your loved one that you love them, that they are safe, and that you will be back soon. Then try to

relax and enjoy yourself!

The sole purpose of your family member being here at McFarlan is for them to be cared for in a safe and loving environment. We are an extension of your family. Trust your choice, and have fun this summer! We are here to support you and make sure that your summertime is full of fun new memories. So get those saved airline points out and start planning your summertime adventure!

Kelly Price
Administrator
McFarlan Home



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've been posting a lot of pictures and videos of our amazing residents on our Facebook page. We're on our way to 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.



July Dates to Remember

- 7/4 Independence Day
- 7/6 Fried Chicken Day
- 7/7 Nat'l Strawberry Sundae Day
- 7/9 National Sugar Cookie Day
- 7/13 International Puzzle Day
- 7/14 Shark Awareness Day
- 7/19 National Daiquiri Day
- 7/25 Nat'l Hot Fudge Sundae Day
- 7/27 Bugs Bunny's Birthday



McFarlan Villages

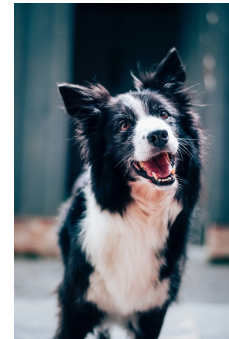
MTA Bus Schedule (Court Street Village)

- Meijer Mon, 12:45pm
- Walmart (Belsay) Thurs, 10am
- Kroger/Walmart (Corunna) Fri, 9am

West Store Hours (Court Street Village)

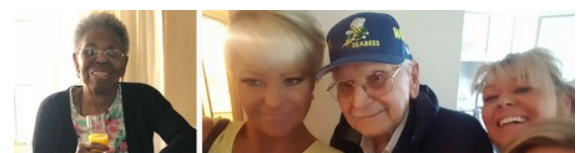
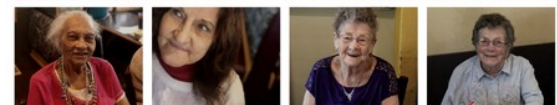
- Mon, Wed, and Fri 11:30am-2:30pm

Dog Days of Summer



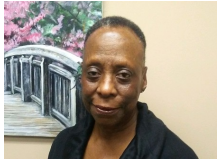
The Dog Days of Summer, which start on July 3rd and last until August 11th this year, are the hottest days of the year. In ancient Egypt, these days also overlapped with the rising of the Dog Star, Sirius.

McFarlan Villages is celebrating the **Dog Days of Summer** a little bit differently; we hope that everyone will learn a little about some different dog breeds this summer! Look for the weekly featured dog breed in your building's lobby.





Resident Spotlight



Florence V. Taylor, founder of the non-profit, It's a Heart Thing, and author of a book by

the same name, was born on January 27, 1945 in Tucson, Arizona. Florence graduated from Tucson High in 1963, and attended Texas Wesleyan University and the University of Texas where she majored in business and accounting. Since then, she's lived in California, Texas, Oklahoma, and Michigan, and loves to travel! Her accounting background and entrepreneurial spirit allowed her to take her job with her wherever she went.

Florence is a wonderful singer and pianist, and frequently treats us to her beautiful talents! She has always enjoyed music and conducts regular Praise & Worship services in both Court Street Village buildings (Come out every Sunday in the East building and once a month in West to worship with her!)

She has four children—two boys and two girls—as well as fourteen grandchildren and two great-grandchildren!

Florence considers herself a friend in a time of need and is truly loved by all in her community. Her giving servant heart is displayed in her passion for disadvantaged seniors; her non-profit acts as a liaison for their material needs. If you'd like to help, It's a Heart Thing is looking for beds and bedding for their clients right now.

Tips for Visiting Older Adults

So often I hear, "I wish that my son, niece, or friend would visit me, but I know they are busy." Visiting doesn't have to take long, it just needs to convey the message: "I'm thinking of you and you're important to me." Loneliness takes a physical and psychosocial toll on older adults. No matter how many staff members and neighbors love and care for older adults, nothing can take the place of their family and friends. Here are 10 tips for brief visits:

- Stop to say a prayer or give a hug (5 min)
- Drop a "thinking of you" card off (5 min)
- Drop off a church bulletin and/or Sunday newspaper (10 min)
- Stop by on the way to work and have a cup of coffee (20 min)
- Bring their favorite fruit from the Flint Farmers' Market and talk with them while you wash and cut it up for them (20 min)
- Spend your lunch hour with them eating and talking (20 min)
- Stop by to chat while you file and/or paint their nails (30 min)
- Take a walk around our buildings and admire the flowers and plants (45 min)
- Watch their favorite television show with them (60 min)
- Have a cup of coffee and get caught up on family, friends, and neighbors (60 min)

If you can't visit on a regular basis, a simple phone call goes a long way to convey the message that you care.

Erica Thrash-Sall
Executive Director



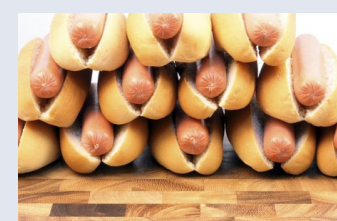
Quotes





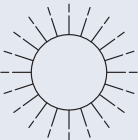
Hot Dog Eating Contest

Whether you're a Koegel fan or insist on another brand, most of us consider hot dogs an essential summer barbecue food item.

McFarlan Villages wants to join in on the summer cookout traditions, so, in honor of the **International Hot Dog Eating Contest** on July 4th, we are hosting our own hot dog eating contest this year! Join us **Monday, July 2nd at 2:30pm** for an event you won't want to miss! The contest will be held at Court Street Village on the lawn. See you then!



July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Towner (East)	3	4 Independence Day	5	6	7
8	9 Lynch (West) Youngs (McFarlan)	10	11 	12 Vickerman (McFarlan)	13 Simpson (West) Slaughter (East)	14 McMullan (West)
15 	16	17 Denson (McFarlan)	18	19	20 Greene (West)	21 Riker (East) Williams (East)
22	23	24 Knotts (East)	25	26	27 	28 Farah (McFarlan)
29	30 Thompson (West)	31 Russell (West)	July 2018 Birthdays!			

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

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

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