



**McFARLAN
VILLAGES**

MCFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

July 2021

Court Street Village wants to extend a warm welcome to Alicia from Evergreen Health Services. Evergreen provides a variety of services such as home health care, skilled nursing, occupational therapy, physical therapy, and private duty care services, all of which you may be eligible for through your insurance.

Alicia's clinic is located in the library in our 800 East building and clinic hours are listed below. Feel free to stop by and welcome her to the building!

Tuesday 9:00am-4:00pm
Wednesday 9:00am-12:00pm
Thursday 12:00pm-3:00pm
Friday 12:00pm-4:00pm



Party Like It's 1776

On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence. In 1870, Independence Day became a federal holiday. This year, the U.S. celebrates its 245th birthday.

Stars in Soup

What better way to celebrate the Stars and Stripes than with ... a bowl of chicken soup? When Campbell's Chicken & Stars soup debuted in the 1960s, the company's colorful red, white and blue print ads showcased a bowl of the broth, filled with patriotic pasta that promised a "star-spangled sparkle."

Brainteaser

Question: Only one of the U.S. states uses a flag that is not in the shape of a rectangle. What state is it?

Answer: Ohio. Its flag has a swallowtail design.



A Sweet Pick

Summertime brings the fresh taste of ripe raspberries. If you look closely, a single berry is actually made up of about 100 tiny beadlike fruits, called drupelets, and each of those contains a seed. Red is the most common variety, but there are also golden, purple and black raspberries.

Just Be You

"Act as young as you feel. You're not getting older; you're getting more entitled to be your fabulous self." —Gwen Stefani

Famous Faces Born in July

July 2, 1984: Johnny Weir
July 3, 1970: Audra McDonald
July 6, 1979: Kevin Hart
July 10, 1977: Chiwetel Ejiofor
July 18, 1967: Vin Diesel
July 25, 1955: Iman
July 29, 1966: Martina McBride
July 30, 1977: Misty May-Treanor

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.

The Path to Liberty

The 13 Colonies' fight for independence began in Boston over two centuries ago. Today, visitors can step into history by walking the Freedom Trail through the city.

The 2.5-mile red brick path links 16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops:

Boston Common. The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation of Boston.

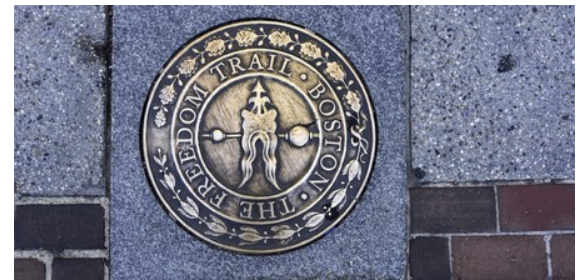
Faneuil Hall. Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace.

Old South Meeting House. Over 5,000 Colonists packed Boston's largest public building at the time to rally

against the tea tax, a protest that led to the Boston Tea Party.

Bunker Hill Monument. A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash.

The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.



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,

Ruth Youngs, Lois Eaker

Children Center Staff

Cindy Duffie, Lavena Colley, Ruth Youngs, Lois Eaker





Little Berries, Big Benefits

Called nature’s candy, blueberries are proof of the saying, “A little goes a long way.” A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition. On their own, they’re an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you’ve bitten into a blueberry, you know that it’s a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.

Now is the prime time for fresh blueberries, but the fruits are available year-round.

Whistle for the Wienermobile

It’s a happy sight rolling down the street: a giant hot dog on wheels! Bringing “miles of smiles” has been the Oscar Mayer Wienermobile’s mission since its 1936 debut.

Carl Mayer, nephew of the food company’s founder and namesake, came up with the idea of a hot dog-shaped vehicle that could advertise their product on the streets of Chicago, as well as bring joy to Americans in the midst of the Great Depression. The first Wienermobile was 13 feet long and driven by Carl himself, who would poke his head out of the roof to wave and hand out samples.

World War II gas rationing prompted a hiatus, but in the ‘50s, five new Wienermobiles, each 22 feet long, began a cross-country tour, visiting schools and participating in parades. That decade, Oscar Mayer also created the Wiener Whistle, a tiny plastic whistle shaped like the Wienermobile, which was included in hot dog packages and handed out by the drivers, known as Hotdoggers.

Today’s frankfurter fleet consists of six Wienermobiles all across America. Each vehicle is 27 feet long and 11 feet high, with ketchup- and mustard-colored seats, and a horn that blasts over 20 different versions of the Oscar Mayer Wiener jingle.

You can follow the Wienermobile’s adventures on social media and request a visit to your community at OscarMayer.com.



Wit & Wisdom

“I really think a champion is defined not by their wins, but by how they can recover when they fall.”
—Serena Williams



“Champions are made from something they have deep inside them—a desire, a dream, a vision.”
—Muhammad Ali

“Hard days are the best because that’s where champions are made, so if you push through ... you can get through anything.”
—Gabby Douglas

“True champions aren’t always the ones that win, but those with the most guts.”
—Mia Hamm

“What does it take to be a champion? Desire, dedication, determination, concentration and the will to win.”
—Patty Berg

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY</h1>				1 Edinger (East)	2 Routly (West) Towner (East)	3
4 Independence Day Bradshaw (East)	5 Independence Day (Observed)	6 Thompson (West)	7	8  ENJOY SUMMER!	9 Lynch (West)	10
11 Scott (West)	12	13 Simpson (West)	14 Long (East) McMullan (West) Scroggins (West)	15 Watts (East)	16	17 Denson (McFarlan)
18 	19	20 Greene (West) Laster (McFarlan)	21 Crockerham (West) Riker (East)	22	23	24 Davenport (West) Knott (East)
25	26 Barker (East)	27	28 Reese (East)	29	30 Balknight (West)	31 Russell (West) Taylor (West)

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20				21				22				
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	28	29			30	31	32		33			
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			52			53	54			55	56	57
58	59	60			61				62			
63					64				65			
66					67				68			

ACROSS

- Cereal dish
- Family member
- Complete
- Left Bank companion
- In the center of
- Swiftly
- ___ up; entered on a cash register
- ___, Nevada
- Put a stop to
- Pool maneuver
- Spike, for one
- Period lasting trois mois
- Commercials
- Ramble
- Enjoy one's RV
- Restrict
- Not taped
- Nota ___
- Sour substance
- Provide food for a banquet
- Make a little cut
- Encourage
- Unique individual
- Synonym specialist
- Of the back
- Assortment
- Wind direction: abbr.
- Uno y uno
- Australian bird
- Of the Washington-Idaho-Oregon area
- Kitchen appliance
- Stink
- Tribe member
- Sri Lankan, for one
- Sea in the former USSR
- Mauna Loa emission
- Trickles
- Animal with a mane
- River in Europe

DOWN

- Cutting remark
- "The Rubāiyāt" poet
- Dinner accompaniment
- Attorneys' assistants
- Said farewell
- Singer/actor Ed
- Blood giver's donation
- Idolize
- Oil transport
- Mayberry resident
- Compulsory payment
- Playing card
- ___ on; tempted
- Dispatched
- Furry swimmer
- Get even for
- One who won't accept the truth
- Nodded off
- One millionth of a meter

- Ellis Island arrival
- Verve
- Baptisms & weddings
- Positive response
- Magna cum ___
- ___ Miles
- Plum or orange
- 78 and 45
- Decorates
- In a humble way
- Sandal part
- ___ tide
- Main character
- Withdraw by degrees
- Times
- Tear
- Close
- Loony
- UN member: abbr.
- One dozen togas

