



McFARLAN
VILLAGES

McFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

June 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



So Nice To Hear

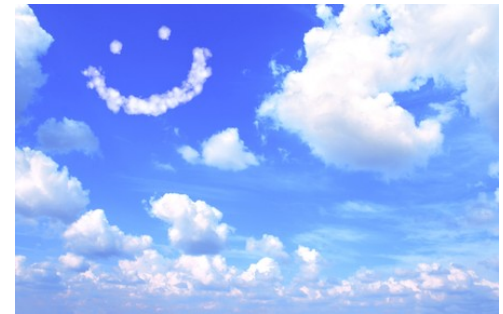
Start the month with a thank-you, compliment or other words of kindness. June 1 is Say Something Nice Day!

Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

Grab a Straw

In some parts of the U.S., it's called a frappe, a cabinet or a velvet, but most know it as a milkshake. The frosty blend of milk, ice cream and flavored syrups or fruit has been a cool treat since the early 1900s. Enjoy a classic taste on Vanilla Milkshake Day, June 20.



Summer Sun Day

It's the start of a new season! Summer officially begins Sunday, June 20.

Celebrating Dads Everywhere

Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today, about 160 countries across the globe have a day set aside to honor dads.

Get a Jump-Start

"Just one small positive thought in the morning can change your whole day."
—Dalai Lama

Brake for a Road Trip Movie

Enjoy the ride watching one of these popular road trip movies:

- "The Blues Brothers"
- "National Lampoon's Vacation"
- "Rain Man"
- "Little Miss Sunshine"
- "Green Book"

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.

Historic Moments for Old Glory

Each year on June 14, the U.S. commemorates the adoption of the nation's flag. Since it was first sewn, the Stars and Stripes has been part of many defining moments in history.

Fort McHenry. After a daylong bombardment by British forces during the War of 1812, Francis Scott Key saw "by the dawn's early light" that the "flag was still there," flying over Baltimore Harbor's Fort McHenry. Inspired to write about the moment, his words later became the national anthem, "The Star-Spangled Banner."

Iwo Jima. The iconic World War II image of Marines raising a U.S. flag during the Battle of Iwo Jima in 1945 won a Pulitzer Prize for photography.

Moon landing. After the crew of the Apollo 11 mission made the first moon landing on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin planted a flag on the lunar surface.

9/11. On Sept. 11, 2001, terrorist attacks reduced New York City's World Trade Center to rubble. Three firefighters hoisted a flag above the ruins, serving as a symbol of hope and unity. Another American flag that had flown atop one of the twin towers was later found in the debris. That tattered flag was carried by Team USA athletes and first responders at the opening ceremonies of the 2002 Winter Olympics in Salt Lake City.



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





Going Gaga Over Goat Yoga

Fresh air, calming breaths, gentle stretching, and baby goats climbing all over you. For fans of goat yoga, that's a prescription for happiness.

The unusual exercise has hopped all over the world during the last several years, but it all started in 2016 on a small farm in Oregon. Owner Lainey Morse regularly had friends over to hang out with her small herd of miniature goats, since being around them helped relieve stress and bring smiles to people's faces. When a yoga instructor friend suggested having classes on the farm, Morse insisted the goats join.

Because goats are outgoing and playful, they're ideal candidates for animal therapy. Adding them to a yoga session instantly creates a relaxed atmosphere. For beginners who may be nervous about doing yoga poses, baby goats can remind them not to take themselves too seriously. A nudge or nibble from a friendly kid can bring laughter and help folks feel at ease.

Since only small goats are used for yoga, some say having one climb on their back can feel a bit like a massage! The animals' goofy antics also challenge participants to keep their focus during each pose.

The Classic Corn Dog

Amid the fun at a fair, festival or ballgame, you'll likely find someone in the crowd who's enjoying a corn dog.

Its recipe is simple: A hot dog is skewered on a wooden stick, dipped in cornmeal batter and then deep-fried. The built-in handle makes it easy to eat, whether you're walking along a midway or in the stands at a sporting event.

There's no definitive date or place for its invention. Patents for machines to make this food on a stick were granted back in the 1920s. Over the next decades, various people claimed they created the corn dog, and it became a popular fair food since it was inexpensive, easy to prepare and portable for folks to eat as they walked around.

Some of the earliest vendors include Neil Fletcher's Corny Dogs, sold at the Texas State Fair beginning in 1942. Around that time, Pronto Pups from Oregon starting popping up across the U.S., and Cozy Dogs have been an Illinois tradition since 1946.

Those deep-fried delights are still being served, and you'll find corn dogs at fast-food chains and corner convenience stores.

The classic corn dog has also evolved over time, with some menus offering smaller sizes, called corn puppies or mini corn dogs, or swapping out hot dogs for bratwurst or meatless hot dogs.



Wit & Wisdom

"The sky is an infinite movie to me. I never get tired of looking at what's happening up there."
—K.D. Lang

"You cannot look up at the night sky on the planet Earth and not wonder what it's like to be up there amongst the stars."
—Tom Hanks

"The sky is the ultimate art gallery just above us."
—Ralph Waldo Emerson

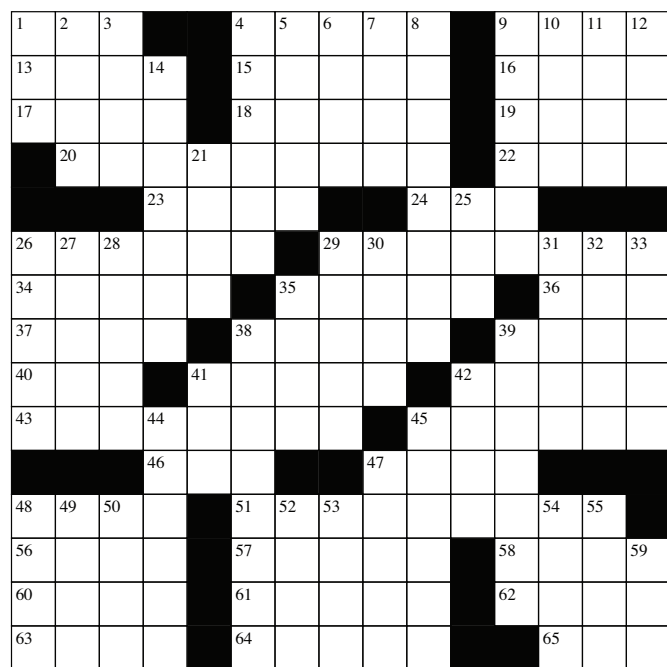
"My experiences remind me that it's those black clouds that make the blue skies even more beautiful."
—Kelly Clarkson

"We are a nation of communities ... a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky."
—George H.W. Bush

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hodorovich (McFarlan)	2	3 Nelson (McFarlan) Richards (West)	4 Gamble (McFarlan) Outen (West)	5
6 Simmonds (West)	7	8	9	10 Henderson (West) Jones (West)	11 	12
13 Richards (East)	14	15 Thornton (West)	16 Bohanon (East)	17 Swartz (West)	18 Shine (West) Wilcher (East)	19 David (East) Scott (West)
20 Dukes (West)	21	22	23 Duffie (McFarlan) Pleasant (East)	24 Dawson (East) Miller (McFarlan)	25	26
27  ENJOY SUMMER!	28	29 Meneray (East) Nance (West)	30	June		

Crossword Puzzle



ACROSS

- Shade tree
- Commonplace
- Breathe with difficulty
- Palm reader
- Coeur d'_, Idaho
- Chorale member
- Remove potato skins
- Main points
- Space
- Caucus attendees
- Sow's opposite
- Drinks
- Early apple eater
- Synagogue soloist
- Income tax deductible
- Emigré
- Burdened
- Brazilian city, for short
- Swamps
- Subdued
- Hay unit
- Ace, sometimes
- Phonies
- Traveler's stop
- Those who dine on the house
- Sharpeners
- Suffix for assist or attend
- Grouch's problem
- Deeds
- Perform for

DOWN

- Eerie sense, for short
- Go first
- One who has enfants
- Grocery store employee
- Otherwise known as
- Treehouse?
- Poker term
- Ebbed
- Upper room
- Lotion ingredient
- Greek portico
- Splendor
- Narrates
- College in North Carolina
- Mover's need
- Lodge's middle name
- Companionless
- African country
- British titles
- Keats' specialties
- Fuming
- Refueling ship

- Seasonal songs
- Fishing spot
- Ragged
- Slavery
- \$5 bill
- Disapproving shout
- Dog owner
- Derby participants
- 39.37 inches, in London
- Weapons
- Winter item
- Sound
- 15th-century vessel
- Recommend highly
- Oil exporter
- Space flight agcy.
- Slangy response

