



McFARLAN
VILLAGES

McFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

March 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



Tip for Your Lips

To avoid spreading any germs on your hands to your mouth, use a lip balm that comes in a tube instead of a product that you have to apply with your fingers.

A Seated Stretch

Give your lower body a good stretch with a simple seated exercise. Using a sturdy chair, sit on the seat's edge with both feet flat on the floor. Hold the sides of the seat for support. Starting on your right side, lift your foot and extend your leg out in front of you at a diagonal angle. Tap your heel once on the floor, then bring your foot back to the starting position. Repeat the move with your left foot. Work up to 10 stretches on each side.

Stop and Sip

"When in doubt, stand still—
and have a nice cup of tea!"
—Julie Andrews



Spring Takes Flight

As spring arrives, many migrating birds return to yards and parks. Along with robins, which often have stayed around all winter, other feathered symbols of the season include swallows, blackbirds and killdeer.

Get It Together

Use a small tray or a decorative bowl to corral little items that can easily get knocked off a nightstand or table. The catchalls will help keep smaller items organized and make cleaning these surfaces easier.

Famous Faces Born in March

March 1, 1987: Keshia
March 7, 1938: Janet Guthrie
March 10, 1940: Chuck Norris
March 17, 1964: Rob Lowe
March 19, 1936: Ursula Andress
March 22, 1952: Bob Costas
March 26, 1957: Leeza Gibbons
March 30, 1937: Warren Beatty

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.

With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.



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





America's Wartime Code Breakers

During World War II, thousands of courageous women from across the country moved to Washington, D.C., to take on top-secret jobs, vital in helping the Allies to victory. They served as code breakers for the U.S. Army and Navy.

At that time, the field of intelligence was only in its early stages, and men were needed to serve overseas. So, the military recruited more than 10,000 of the nation's brightest female college graduates in math, science and languages to work as cryptographers, trained to crack messages relayed by the Axis powers. The women were sworn to secrecy and told their families they were doing secretarial work.

Their jobs were difficult and tedious, and at times emotionally demanding since they were helping to protect American troops. Using massive code-breaking machines, the code breakers cracked many cryptic, ever-changing communication systems used by the Japanese and German military. They provided vital information to commanders in both the European and Pacific theaters.

Because of the secrecy of the work, the women never expected to receive public recognition for their achievements. The details of their mission were declassified in the 1990s.

Some of the women went on to hold high-ranking positions in the military. Their efforts also helped create the National Security Agency.

Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

Choose a motivational phrase.

Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

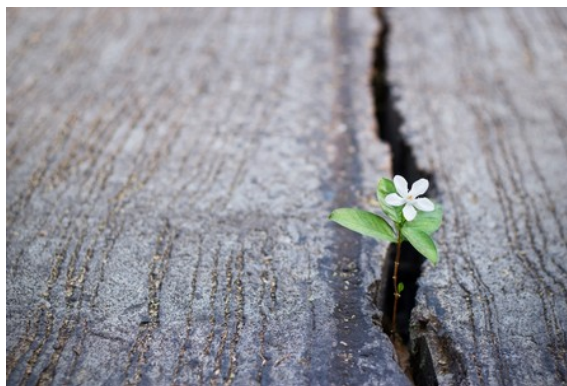
Spend time with upbeat people.

We tend to act like those we're surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

Assume the best. Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

Focus on solutions. When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

Practice gratitude. Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.



Wit & Wisdom

"You've got to have fun along the way."
—Victoria Beckham

"Having fun is definitely how you're going to keep yourself loose, and be at your best."
—Mookie Betts



"We are stronger, we are smarter, we have more fun when we include each other—when we include as many perspectives as possible."
—Leslie Odom Jr.

"Billboard this: 'Life is supposed to be fun!'"
—Jenny McCarthy

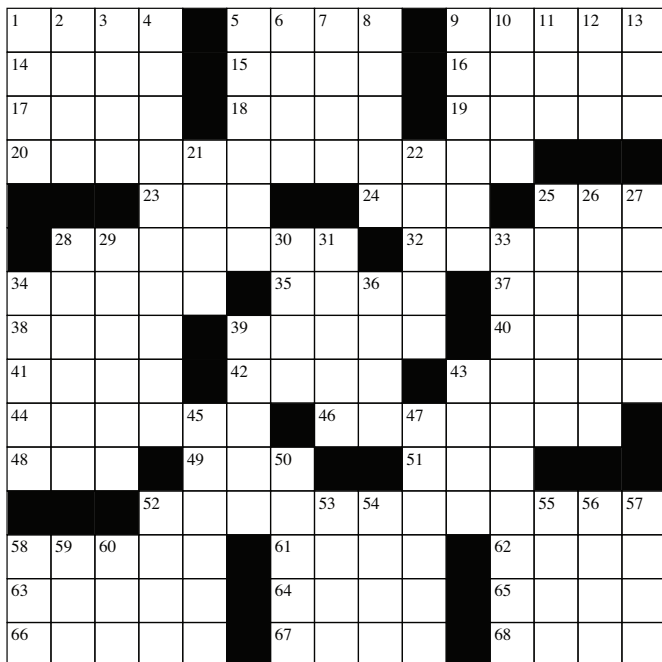
"I think of life itself now as a wonderful play that I've written for myself, and so my purpose is to have the utmost fun playing my part."
—Shirley MacLaine

"At the end of the day, if I can say I had fun, it was a good day."
—Simone Biles

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 Allen (East)	3 Johnson (West) McDonald (West)	4	5 Stewart (East)	6
7 Martin (West)	8	9 Henderson (West)	10 Lowery (East)	11	12 Kirkwood (West) Towner (East)	13 Baird (West) Marble (West) Norris (West) Rodgers (East)
14	15 Buters (West) Harden (West)	16	17 	18	19	20
21	22 Mays (West)	23 Beaver (East) Seneski (West)	24 Brown (East) Coates (West)	25 Bacon (West)	26	27 Mitchner (West)
28 Butler (East)	29	30 Moore (West)	31	<i>March</i>		

Crossword Puzzle



ACROSS

1. Spaces
5. In __; even
9. Hurriedness
14. Landed
15. Moving vehicles
16. Overturn
17. Unexceptional
18. Curves
19. Lets
20. Intimate and candid
23. Verily
24. Fem. title
25. Early third-century year
28. Hypersensitivity to some substance
32. Shallow spots
34. Hernia site
35. Of planes: pref.
37. Victory signs
38. Jungle beast
39. Done in
40. Famous twin
41. This: Sp.
42. Viscount's superior
43. Incensed
44. Teeter-totter
46. Dogs and hens?
48. Georgia, once: abbr.
49. Become firm
51. Letters on a postage stamp

DOWN

1. Wide cut
2. African lily
3. Tower site
4. Plots
5. 2009 movie for Sigourney Weaver
6. Poi source
7. Linear measure
8. Curvy letters
9. Shout of triumph
10. In __; pouting
11. McCain, for one: abbr.
12. Explosive letters
13. Sullivan and Bradley
21. High school student
22. Felonious offense
25. Shakespearean hero
26. Golf shoe features
27. Outflow
28. Comes up
29. Plunderer

30. Celebration
31. Periods of time
33. Future dieters
34. Actress Sharon
36. Irritate
39. Underground drain
43. "___ Wonderful Life"
45. Deputies
47. City in Arizona
50. Malicious writing
52. Article of clothing
53. Word with head or knowledge
54. Othello's downfall
55. TV's "American ___"
56. Make eyes at
57. Indispensable item
58. Not well-lit
59. "___ to Billy Joe"
60. Last of twenty-six

