



McFARLAN
VILLAGES

McFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

May 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



Explore Memorials Virtually

You can virtually tour many U.S. military and war memorials. Among the most popular are the National Civil War Museum, National World War I Museum, World War II Memorial, National D-Day Memorial, Korean War Memorial, and Vietnam Veterans Memorial. Museums dedicated to each branch of the armed forces also offer online exhibits.

Picture It

Would you like to surround yourself with more of your favorite photos? Many drugstores and online retailers that process photos can put your images on just about anything—a mug, T-shirt, pillow or puzzle.

Positive Thought

“One of the most important things you can accomplish is just being yourself.” —Dwayne Johnson



Relax With Lavender

Lovely to look at, lavender is more than just a pretty plant. It's prized for its aroma, which many people use to relax. Studies have shown that sniffing it before bed helped people drift off into a deeper sleep and wake up better rested and more energized. Lavender seems to have a calming effect by lowering heart rate and blood pressure, which promotes relaxation.

Just Horsing Around

What do you call a horse who lives next door? Neighbor!

Famous Faces Born in May

May 2, 1948: Larry Gatlin
May 5, 1983: Henry Cavill
May 10, 1978: Kenan

Thompson

May 12, 1968: Tony Hawk
May 23, 1933: Joan Collins
May 25, 1943: Leslie Uggams
May 28, 1985: Carey Mulligan
May 29, 1958: Annette Bening

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.

Spring's Fatty Foods

Some of spring's seasonal foods are belly busters, and that's no surprise. Others, however, may add pounds that you never saw coming.

No surprises there. As a relatively inexpensive treat, ice cream is a popular pick during spring. Choose frozen yogurt or sorbet instead. Some beverages also make a spring comeback: Iced coffee, tropical punches and smoothies are thirst quenchers. Liquid calories add up, so pay attention to the ingredients in your favorite pick-me-up.

Make smart swaps. As baseball begins and grills are pulled from storage, hot dogs and hamburgers return, so try turkey versions to save calories. During brunch, a popular spring ritual, load your plate with fruits and vegetables and only a few indulgences.

I had no idea! A salad with fresh spring veggies is a great way to eat

healthfully, but only if the dressing is low-fat and low-sugar. Avoid coconut, a staple in cakes, cream pies, smoothies and shrimp dishes—one ounce contains 129 calories and 8 grams of fat.



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





The Case for Calcium

No bones about it, calcium is an essential mineral that provides support for many of the body's functions.

About 99% of the calcium in the human body is in the bones and teeth. The nutrient is required to help bones grow when we're children, and it keeps bones strong as we age. Older adults, especially women, have a higher risk of osteoporosis, which is a loss of bone density, so they need to get enough calcium to help protect their bones from weakness and breaking.

Calcium also plays a major role in heart health. Muscles need calcium in order to contract, and the heart, the most important muscle, can't beat without it! Additionally, calcium helps blood vessels circulate blood throughout the body, allows blood to clot properly, and helps maintain blood pressure. Calcium also affects how nerves function and the release of certain hormones.

Because the body doesn't make calcium, we need to get it from the food we eat to keep a steady supply. Foods with high levels of calcium include dairy products such as milk, cheese and yogurt; dark, leafy greens; salmon, sardines and shellfish; white beans; almonds; and sesame seeds.

To absorb calcium, the body needs vitamin D, which comes from sunlight and some foods, including salmon, eggs and mushrooms.



Mexico's Bright Blankets

Beautifully woven blankets called serapes are one of the most colorful emblems of Mexican culture.

The serape can be traced back to the 16th century, when the Aztec people of what is now Mexico wore blanketlike garments in vivid hues, woven from cotton and cactus fibers and dyed with crushed fruits and insects. The bright colors were believed to bring good fortune.

In the following centuries, Europeans introduced domesticated sheep to the country, and the animals supplied lots of wool to weave large blankets in intricate geometrical designs. A handcrafted serape from the 1800s could take as long as two years to finish and was cherished as a work of art, as well as a practical item. Used as a blanket or worn as a poncho, a serape provided warmth on chilly desert nights, but could also serve as a saddle blanket, pillow, sleeping mat, curtain or tablecloth.

Mexico's northeastern city of Saltillo has been a major production hub since the early days of the serape, which is why it is also known as a saltillo blanket.

Wit & Wisdom

"We're all different. That's what makes us special."

—Carrie Underwood

"In life, there is always that special person who shapes who you are, who helps to determine the person you become."

—Molly Ringwald

"Take that one thing you don't like about yourself and more often than not that's the one thing that makes you more special."

—Shay Mitchell

"I believe in individuality, that everybody is special, and it's up to them to find that quality and let it live."

—Grace Jones

"You take away all the other luxuries in life, and if you can make someone smile and laugh, you have given the most special gift: happiness."

—Brad Garrett

May 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--------------------------------------|--|--------------------------------------|--|--|
| <i>May</i> | | | | | | 1 |
| 2 Wayne (East) | 3 Henry (East) | 4 Dansby-Coleman (East) | 5 Moore II (East) Pollard (West) | 6 Mabry (West) | 7 | 8 Mitchner (West) |
| 9  | 10 | 11 | 12 Colley (McFarlan) | 13 | 14 | 15 Lott (West) |
| 16 | 17 Bradshaw (East) | 18 Hunter (West) Morris (West) | 19 Chandler (East) | 20 Rich (East) Wanbaugh (East) | 21 Blackmer (McFarlan) Gordon (East) | 22 |
| 23/30 23rd- Boaz (West) 30th- Hart (West) 30th- Horn (McFarlan) | 24/31 Memorial Day 24th- Cummings (West), Green (East) 31st- Northway (East) | 25 Catron (East) Clark (East) | 26 | 27 Cole (West) | 28 | 29  |

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

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