



McFARLAN  
VILLAGES

McFARLAN HOME  
COURT STREET  
VILLAGE

[mcfarlanvillages.org](http://mcfarlanvillages.org)



Managed by  
Presbyterian Villages of MI

## November 2020

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



### Brain Bender: Turkey Day Terms

Unscramble each of the following Thanksgiving-themed words, then rearrange the letters in bold to create a seasonal phrase.

SPILRMIG  
FWAOEMLRY  
UTEYKR  
INSNAID  
BNMOEVRE  
ASRHVET  
CNRO  
DGTITARUE  
ULMHPYOT  
FTASE

*(Answers: Pilgrims, Mayflower, turkey, Indians, November, harvest, corn, gratitude, Plymouth, feast. The phrase is "Give thanks.")*

### Pounds of Pumpkins

About 2 billion pounds of pumpkins are harvested in the U.S. each year.



### A Turkey Myth

The familiar urge to take a snooze after Thanksgiving dinner is often blamed on tryptophan, an amino acid in turkey. But experts say the real culprit is overeating. To digest a piled-up plate (or two!) of food takes a lot of your body's energy.

### November Days to Remember

11/1 National Author's Day  
11/2 Deviled Egg Day  
11/9 World Freedom Day  
11/11 Veterans Day  
11/13 Caregiver Appr'n Day  
11/23 National Espresso Day  
11/26 Thanksgiving  
11/27 Black Friday

**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](http://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](mailto: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, and McFarlan Home residents will receive \$50. Start referring today!

### An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

*Keep a journal.* A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

*Create a collage.* Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

*Say "thank you."* Express your thanks

when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

*Give back.* Donating your time, skills or money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



### 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, Joey Baessler

#### Resident Event Volunteers

Betty Lott, Bettye Brown, Charles Henderson, Jeanette Johnson, Shane

Dawson, Thelma Mull, Joe Baessler

#### 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







## Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.



## Wit & Wisdom

"Thanksgiving is a time of togetherness and gratitude."  
—Nigel Hamilton

"I love Thanksgiving because it's a holiday that is centered around food and family."  
—Marcus Samuelsson

"Thanksgiving is a joyous invitation to shower the world with love and gratitude."  
—Amy Leigh Mercree

"Thanksgiving. That's the day people celebrate having food by eating as much of it as possible. ... That's the day people try to eat every turkey, pumpkin, and cranberry on the face of the earth. It's a tradition."  
—Jim Davis

"Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving."  
—Amy Grant



## Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.




Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit [LOC.gov/vets](http://LOC.gov/vets).



# November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Barlow (East)	4	5 Hall (West)	6	7
8	9 Hickmon (West)	10 Brown (West)	11 Veterans Day	12 Boaz (West) Franklin (East) Lewis (East)	13	14
15	16 Stone (East)	17 Jackson (East)	18 Green (West)	19 White (East)	20 	21 Dukes (East) Grier (East)
22 Darnton (West)	23 	24 Bowens (East) Weiss (McFarlan)	25	26 Thanksgiving	27 Peterfi (McFarlan) Reeves (West)	28 Davis (East) Madaras (East) Williams (East)
29 Smith (West)	30 Hatfield (West) Neeley (East)	<i>November</i>				

## 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

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

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