



McFARLAN VILLAGES

MCFARLAN HOME
COURT STREET VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

October 2018

Cozy Up in October

“October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.”

—John Sinor



Welcome Fall!

Football is on TV every Sunday. The pumpkin patches are open and the cider mills are pumping out fresh cider. The leaves are starting to change and everything is flavored with pumpkin and spice. The mornings are slightly chilly and all the stores are stocked with sweaters. That’s right — fall is here!

All of those things are great, but there are some downsides to the fall season. One of the biggest this time of year is the Holiday Blues. The Holiday Blues occur when depression sets in due to loneliness, less sunlight, and the stress and anxiety of being alone.

There are some warning signs that can help you to prevent falling completely into the Holiday Blues. Pay attention to decreased energy, changes in appetite, and trouble concentrating. Watch for sadness

that stays for an extended period and reduced interest in things you love to do.

You can get ahead of the Holiday Blues by preparing for it. You can invite a neighbor over for coffee or go to fun parties with friends — and don’t forget to get lots of exercise! Start a new hobby or join a new education class. Volunteer with a community organization. There are a lot of ways here at McFarlan for you to get involved and meet new friends! And look for the education session at McFarlan Home in next month’s calendar that will teach you about ways to prevent, recognize, and cure Holiday Blues.

Here’s to a Happy and Healthy Autumn!

Kelly Price
Administrator
McFarlan Home

October Is Breast Cancer Awareness Month



McFarlan Villages will be participating in the Making Strides

Against Breast Cancer Walk in Flint on Saturday, October 13th. Please contact Shelby at 810-235-3077 to join our team!

McFarlan Home
Front Desk Phone
810-235-3077

Court Street Village
Office Phone (East)
810-239-4400
Office Phone (West)
810-239-4700



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 blew past 150 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 mfrey@pvm.org.



October Dates to Remember

- 10/1 Int'l Day for the Elderly
- 10/7 Nat'l Frappe Day
- 10/8 Indigenous Peoples' Day
- 10/10 Nat'l Angel Food Cake Day
- 10/13 U.S. Navy Birthday
- 10/20 Sweetest Day
- 10/21 Nat'l Pumpkin Cheesecake Day
- 10/22 Nat'l Color Day
- 10/29 Nat'l Cat Day
- 10/30 Nat'l Candy Corn Day
- 10/31 Halloween

MTA Bus Schedule (Court Street Village)

- Meijer Mon, 12:45pm
- Walmart (Belsay) Thurs, 10am
- Kroger/Walmart (Corunna) Fri, 9am

McFarlan Villages

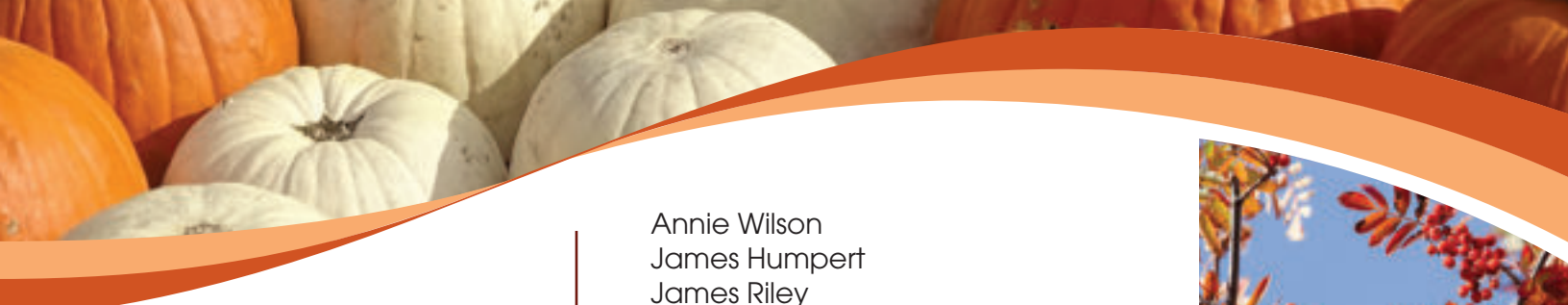
West Store Hours (Court Street Village)

- Mon, Wed, and Fri 11:30am-2:30pm



McFarlan Villages Fun!





Resident Spotlight

Emperatriz Uribe has lived at McFarlan Home for about three and a half years, since 2015. She moved to the United States from Colombia, South America, in her 20s. She has seven brothers and sisters. She also has two children and many grandchildren, and she is very proud of all of them!

Empress worked for the Flint Public School System for many years. She specialized in two different areas: teaching Spanish classes at many different grade levels and working with handicapped children.

Ms. Empress has a soft spot for her past dog, Princess — a small, white dog that Empress loved dearly.

She is very active at McFarlan Home and has joined in on many activities, though her most favorite is our outings.



Volunteer Feature

Resident Liaison

- Florence Taylor
- James Riely
- Roosevelt Mitchner
- Thelma Mull
- Vershann Dawson
- Wendall Moore

Indoor Beautification

- Angela Barrett
- Kathleen Knott
- Lillie Green

Outdoor Beautification

- William Wanbaugh

- Annie Wilson
- James Humpert
- James Riley
- Jeanette Johnson
- Thelma Mull
- William Wanbaugh
- Coffee Baristas
- Phillip Hairston
- Richard McCoy
- Community Improvement Research
- Karen Lyons
- Resident Event Volunteers
- Angela Barrett
- Arthur Romel
- Florence Taylor
- Jeanette Johnson
- Sharla Wilbanks
- Thelma Mull
- Vershann Dawson
- Community Flyer Distribution
- Janice Villalpando
- Richard McCoy
- Community Closet Staff
- Helen Hodorovich
- Lavena Colley
- Ruth Youngs
- Children Center Staff
- Charlotte Williams
- Cindy Duffie
- Juliette Farah
- Lavena Colley
- Ruth Youngs
- Flint Humane Society Dog Treat

Makers

- Arlene Chizmadia
- Beverly Vickerman
- Cindy Duffie
- Empress Uribe
- Helen Hodorovich
- Lavena Colley
- Lois Eaker
- Lucy Myers
- Ruth Youngs
- Shirley Kelly
- Shirley Weiss



Happenings

On Monday, October 15th, from 2:30pm-3:30pm, Court Street Village is hosting a **“Cooking for One” presentation** in the East building. Please call Cindy at 810-239-4700 to register.




October is the start of flu season. The best way to prevent the flu is to wash your hands in warm, soapy water, and wash them often. You can help **prevent the spread of the flu** this season!

Safety Reminder:

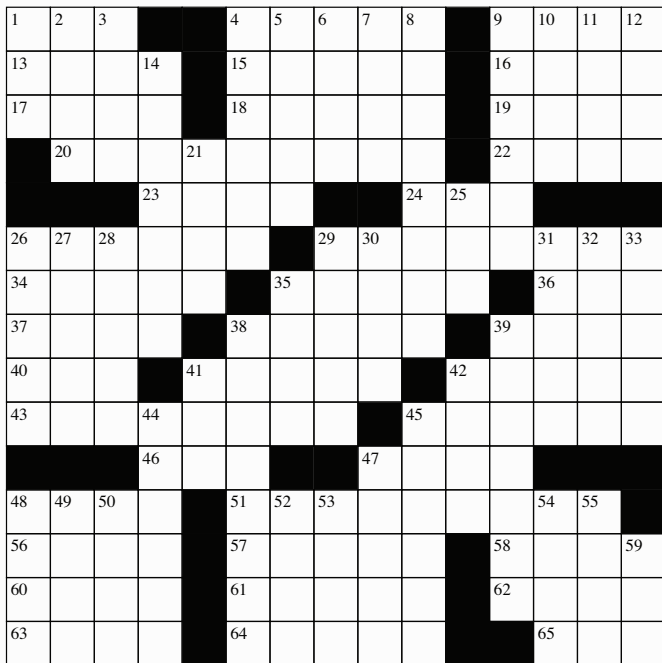
It’s getting dark earlier, so please pay attention to your surroundings, report any lights out on our campus, and NEVER leave valuables visible in your car. And lock your car doors!

Halloween is almost here! Be sure to keep an eye on the calendar for our fun Halloween activities, including Trick or Treat!

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2  OKTOBERFEST	3	4 Cook (West)	5	6
7 Benjamin (East)	8 Indigenous Peoples' Day	9	10 Eaker (McFarlan) Fryer (West)	11 Craig (East) Lynch (East) Ramsey (East)	12 	13 Beavers (West) Myers (McFarlan)
14 Flagg (East)	15 Brooks (East) Keels (East)	16 Hopkins (East)	17	18 Burns (East)	19 Baker (East) Williams (McFarlan)	20 Flores (East)
21 Moore (East)	22 	23 Murdock (East)	24	25 Graves (East) Morgan (West)	26	27
28 Smith (McFarlan)	29 Jones (East)	30 Lyons (West)	31 Wilson (East)	October		

Crossword Puzzle



ACROSS

1. ___ up; misbehave
4. Plant pest
9. Borders
13. Smelting refuse
15. Ordinary language
16. Correct another's manuscript
17. Father
18. Rings
19. Apportion
20. Confuses
22. Mare fare
23. Manner
24. Gobble up
26. Breaks a commandment
29. Was amazed
34. Signs of things to come
35. Social division
36. Tumor: suff.
37. Let
38. Trails
39. Run
40. Have ___ at; attempt
41. One of Disney's Dwarfs
42. Mediterranean cruise ship's stop
43. Mourned
45. Long-legged birds
46. Battery size
47. Paper fastener
48. Can't keep up

51. Attackers
56. "Wanna make ___?"
57. Loyal servant
58. Force out
60. Four and five
61. ___ in; join
62. Suffix for old or game
63. Hunter's prey
64. Theater necessities
65. Animal's home

DOWN

1. Cleo's downfall
2. Show approval
3. First aid kit item
4. Healthy snacks
5. Overuse the mirror
6. Prank
7. Man, for one
8. Meal courses
9. Channel changer
10. Creative notion
11. Sporting goods store purchase
12. Geneviève and Clotilde: abbr.
14. Dress
21. Prune centers
25. Address abbr.
26. Reddish color
27. Zee's counterpart
28. 1 Down's weapon
29. Paired

30. Wan
31. Italian-born actress
32. Ham it up
33. Social events
35. Headland
38. Drinks
39. Merchants
41. Chromosome material, for short
42. Rugged rock
44. Special Sunday
45. Bass holders
47. Narrow-minded one
48. Ground
49. Rose's lover, in play
50. ___ Kelly
52. Feminine one, in Ulm
53. Antitoxins
54. Goes bad
55. Cooking fat
59. Endeavor

