



**McFARLAN
VILLAGES**

MCFARLAN HOME
COURT STREET
VILLAGE

mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

September 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

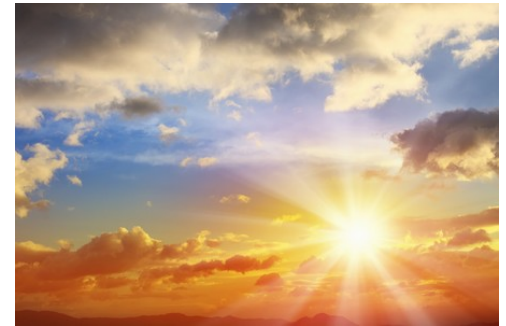


Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

Memorable Melody: 'The September of My Years'

"One day you turn around and it's summer; next day you turn around and it's fall." For many folks, that's a relatable sentiment. The words are the opening lyrics of the title track on one of Frank Sinatra's most famous albums, which won the Grammy Award for best album of 1965. An example of life imitating art, the popular crooner was turning 50 that year, and music critics say the ballad's wistful tone echoed Sinatra's outlook as he entered the "golden, warm September" season of his life.



Sunset on Summer

The Labor Day holiday signals the unofficial end of summer. Play, picnic, splash and celebrate the last days of the season! Fall arrives Sept. 22.

Let a Lazy Susan Work for You

Turn to a Lazy Susan to make reaching for items easier. Use the handy spinning turntables on a bedside table, bathroom counter or closet shelf so that you don't have to strain to get to what you need. Plus, they help keep spaces tidy.

School Days Watchlist

Go back to school—no studying required!—by watching one of these film favorites.

- "Stand and Deliver"
- "Dead Poets Society"
- "October Sky"
- "School of Rock"
- "Freedom Writers"

**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.

A Tip of the Hat

The Labor Day holiday is an annual salute to workers. In several occupations, the hat worn while on the job has become a recognizable part of the profession.

Hard hat. Due to the on-the-job dangers involved in trades such as construction, mining, and power line maintenance, hard hats are required safety gear. Inspired by metal helmets that protected soldiers in World War I, hard hats were invented in 1919.

Chef's hat. When it comes to cooking, the towering white hat that chefs wear is a toque, the French word for "hat." In the early days of the craft, the hat's height and number of pleats signified skill and rank—the taller the hat and the more pleats, the more experienced and important the chef.

Firefighter's helmet. The helmet worn by these first responders is a widely recognized symbol of the profession, representing bravery and honor. The

color and stripes on a firefighter's helmet can indicate their rank.

Military covers. Those who serve in the armed forces wear a hat, called a cover, as part of the uniform of their branch. There are covers for service and formal dress uniforms as well as specialized ones used in combat.



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,

Lois Eaker

Children Center Staff

Cindy Duffie, Lavena Colley,

Lois Eaker





A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.

A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal, and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

If you have a small appetite in the morning, dietitians say it's fine to split your breakfast into snack-sized portions.

The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

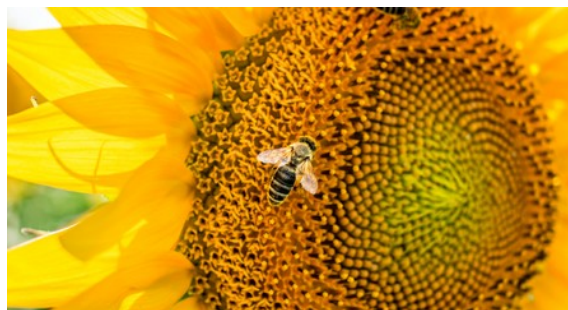
Honeybee. The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

Bumblebee. Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

Carpenter bee. A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered pests because they drill holes and build nests in old wood, including buildings.

Sweat bee. These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

Leafcutter bee. You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.



Wit & Wisdom

"It's only through listening that you learn."
—Drew Barrymore

"Learning is a treasure that will follow its owner everywhere."
—Chinese proverb

"When you make mistakes and you recover from them and you treat them as valuable learning experiences, then you've got something to share."
—Steve Harvey

"I'm a very strong believer in listening and learning from others."
—Ruth Bader Ginsburg

"I never learn anything talking. I only learn things when I ask questions."
—Lou Holtz

"The beautiful thing about learning is that nobody can take it away from you."
—B.B. King

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>			1 Booth (East) Jakeway (East) Latimer (West)	2 Gardner (East) Olds (West)	3 Blade (East) Riley (East) Smith (East)	4 Gallagher (East) Montgomery (East)
5 Spiller (West)	6 Labor Day	7 Farris (East) Mustafah (West)	8	9 Smith (West)	10 Johnson (East) Stanley (West)	11 Johnson (East)
12 	13 Moore (West)	14	15 Beaven (McFarlan)	16	17 Ray (East)	18 Cameron (East)
19 Hehn (McFarlan)	20	21 	22 Rush (West)	23	24 Johnson (West)	25
26	27	28	29	30 Alley (East) Phillips (East)		

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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51	52	53					54			55	56	57
58				59		60				61		
62				63						64		
65				66						67		

ACROSS

- Storage building
- Sewn joints
- Messy person
- Subdue
- Of Pius X
- Stack
- Chief Norse deity
- Mountain ridge
- Famous 1871 opera
- Design
- Word with Boston or fox
- Type
- Parker's regulator
- Active; energetic
- ___ none
- Bridges and others
- Dryer residue
- Disfigure
- Rainstorm leftover
- Grape cluster: Lat.
- Red shade
- Top club
- Apartment, usually
- Suffix for inspect or act
- Like good cheese
- Outrun the catcher's throw
- Cribbage board piece
- States
- Exposed
- Prefix for school or heat
- Burned
- Does a security guard's job
- Mishmash
- Reptile
- Word of agreement
- City in Italy
- Flower or tree
- Donated
- Used anil or eosin
- Transmits
- North American Indian

DOWN

- Word on a red sign
- ___ go at; tried
- Give off, as rays
- Driller and filler
- Vivacity
- Make
- King Kong, for one
- No ___; regardless of
- Winter condition
- Wrangled
- One-third of CLIX
- Merry ___ England
- Forest animal
- Wapiti
- Contradict
- Bound by a vow
- Makes indistinct
- Affix
- Ludicrous
- Woolly lament
- Proverb
- Stomach ailment
- Spores
- Mid-12th-century date
- Item on a desk
- Place for dressing
- Record
- Supermarket newspaper
- Mediocre
- Sell
- "House Party" host
- Harvests
- Sections
- Convinced
- Satiate
- Adjutant
- Remain unsettled
- General Bradley
- One of Jacob's sons
- Dagger
- ___ Rather

