



mcfarlanvillages.org



Managed by
Presbyterian Villages of MI

December 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



Famous Faces Born in December

Dec. 2, 1983: Aaron Rodgers
Dec. 3, 1948: Ozzy Osbourne
Dec. 4, 1969: Jay-Z
Dec. 12, 1975: Mayim Bialik
Dec. 19, 1987: Ronan Farrow
Dec. 21, 1937: Jane Fonda
Dec. 28, 1954: Gayle King
Dec. 31, 1943: Ben Kingsley

Happiness Helper: Get Creative

Whether putting together a holiday craft, making music or baking cookies, engaging in creative activities can help you feel happier. And those feelings of well-being last long after you've taken part in the activity. Psychologists studying the effect say you can gain this feel-good benefit from an artistic pursuit no matter your skill level or talent for it.

Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.



Winter Blooms

The large, showy flowers of the amaryllis make the plant one of the season's favorites. Similar to the lily, the trumpet-shaped blooms come in holiday hues of bright red, pink and white, as well as festive striped varieties. Because they are easy to grow and quickly sprout in several weeks, amaryllis bulbs make popular gifts.

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, and McFarlan Home residents will receive \$50. Start referring today!

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint. From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa. There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread. Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and

decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Eggnog. This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



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





The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Pick Pistachios for Health

It's called the smiling or happy nut because it looks like it's cracking a smile. But it's no joke that the flavorful pistachio provides healthy fuel for the body.

A 1-ounce serving is about 49 nuts, and all those green kernels have only 160 calories, making pistachios one of the lowest-calorie nuts. Having to pry open a pistachio's shell can keep you from overindulging.

One portion provides 6 grams of protein, about as much as an egg. And like eggs, meat and fish, pistachios are a complete protein, meaning they contain all nine essential amino acids necessary for good health.

Pistachios are rich in potassium, which helps build and preserve muscles. Another plus: They have high amounts of lutein and zeaxanthin, needed to keep eyes functioning at their best.

Because of their blend of antioxidants, "good" fats and fiber, the American Heart Association has certified pistachios as heart healthy. As part of a nutritious diet, the nuts can help maintain healthy blood pressure and cholesterol and blood sugar levels.

You may remember when all pistachios sold were dyed red, which left one's mouth and fingers stained. The coloring was added to mask blemishes on the shells caused by harvesting, but improved processing methods eventually eliminated the need to dye the nuts.



Wit & Wisdom

"Time together as a family is a gift."
—Joanna Gaines

"Nothing purchased can come close to the renewed sense of gratitude for having family and friends."
—Courtland Milloy

"The memories we make with our family is everything."
—Candace Cameron Bure

"I believe the world is one big family, and we need to help each other."
—Jet Li

"Cherish your human connections—your relationships with friends and family."
—Barbara Bush

"The more we can be in a relationship with those who might seem strange to us, the more we can feel like we're neighbors and all members of the human family."
—Fred Rogers

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Smith (East)	2 Mangham (East)	3	4
6 Saucier (East)	7	8	9 Brown (West) Underwood (East)	10 	11 Daniels (East) Smith (East)	12 Forte (West) Mitchner (East)
13 Brown (West)	14	15 Thompson (East)	16 Bell (West)	17 Neeley (East)	18 Goforth (McFarlan)	19
20 Blakley (East)	21 	22	23	24 Christmas	25	26
27 Kelly (West)	28	29	30 Ballenberger (East)	31 Simon (East)		

