



McFARLAN  
VILLAGES

McFARLAN HOME  
COURT STREET  
VILLAGE

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



Managed by  
Presbyterian Villages of MI

## January 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

### Washing Cloth Masks

Fabric face masks should be washed regularly, says guidance from the Centers for Disease Control and Prevention. Simply toss them in the washing machine with a load of laundry.

If laundering by hand, wash with water and laundry detergent, then rinse thoroughly. Avoid using bleach or hydrogen peroxide to clean a mask because the chemicals could damage the fabric, making it less effective.

To dry, you can use a dryer, or hang face masks or lay them flat to air-dry. If your mask contains a metal nosepiece, air-drying is a better option.

Consider having more than one mask on hand so that you always have a clean one at the ready.

For more information on COVID-19, go to [CDC.gov](http://CDC.gov).



### Help Keep Our Community Safe

Thank you for following our community's infection control measures to help keep everyone safe.

- Wear your face mask—covering your nose and mouth—when in the common areas and during activities.
- Keep your distance from others, staying 6 feet apart.
- Wash your hands often.

### Make Someone's Day

Jan. 24 is National Compliment Day.

### Famous Faces Born in January

Jan. 5, 1975: Bradley Cooper  
Jan. 10, 1953: Pat Benatar  
Jan. 11, 1997: Cody Simpson  
Jan. 12, 1985: Issa Rae  
Jan. 20, 1930: Buzz Aldrin  
Jan. 23, 1964: Mariska Hargitay  
Jan. 25, 1981: Alicia Keys  
Jan. 29, 1945: Tom Selleck

**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!

### Falling For Dominoes

Whether it's chicken foot, Mexican train or 42, domino games score big for fun.

The click-clack sound of dominoes has long been enjoyed across geography and cultures. The game likely originated in China during the 12th century. By the 1700s, a modified version was being played in Europe, then it later spread to North and South America.

Domino game pieces are rectangular tiles, also called bones. The face of each tile has two sections, marked with a number of spots known as pips, which are like those on a pair of dice. Similar to card games, the tiles are shuffled, and players draw a number of pieces for their hands. Players take turns laying down their dominoes, forming connected chains of tiles.

There are dozens of domino games for all skill levels. Simple ones involve

matching pips on one end of a tile to another tile already in play, while more challenging games entail complex strategies.

Domino toppling has also become a popular activity. Game tiles are stood upright on their ends and lined up, forming designs and images. Knocking over one domino creates a chain reaction of falling pieces and a visual spectacle.



### 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





## Feel-Good Films

Begin the new year on a bright note by enjoying one of these movies that are favorites for their uplifting stories.

*"The Wizard of Oz" (1939).* Called one of history's greatest films, this Technicolor musical fantasy has stood the test of time for its tale about friendship, courage and longing for home.

*"Hoosiers" (1986).* A small town high school basketball coach defies the odds and guides his team to the state finals. This underdog story has been named one of the best and most inspiring sports films.

*"The Shawshank Redemption" (1994).* With its plot about a man wrongly imprisoned and message of never losing hope, this timeless drama remains a top-rated pick decades after its release.

*"Apollo 13" (1995).* "Failure is not an option." That's a line from this true story of NASA's against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.

*"Ray" (2004).* A portrait of Ray Charles, this biopic shows how the music legend overcame tragedy and blindness to revolutionize American music.

*"Up" (2009).* In this animated hit, 78-year-old Carl carries out an unusual plan to fulfill a promise to his late wife by taking flight for a South American paradise. But a young stowaway steers his adventure off course.

## A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

*Pierogies.* These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

*Soupe a l'oignon.* A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

*Cha siu bao.* A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

*Picadillo.* This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

*Irio.* In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish or served as a side to roasted meat.

*Khichdi.* Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

*Moussaka.* A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.



## Wit & Wisdom

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you."  
—Mary Lou Retton

"Dare to be optimistic. It doesn't cost you money or time. It's free and makes you feel better."  
—Remez Sasson

"You have to look to the future with optimism instead of negative ideas. Take the good and the bad and face it head on."  
—Goldie Hawn

"Part of being optimistic is keeping one's head toward the sun, one's feet moving forward."  
—Nelson Mandela

"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient."  
—Daniel Kahneman

# January 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<h1>JANUARY</h1>					New Year's Day	1	2
3	4	5	6	7	8	9	
			Davis (East)			Davis (East) Dickson (West) Gayles (West) Meeks (West)	
10	11	12	13	14	15	16	
	Seabron (West)	Love (East)		Haralson (East)		Kotowicz (McFarlan)	
17	18	19	20	21	22	23	
	<b>Martin Luther King Jr. Day</b> Campbell (West)	Bradley (East)	Jackson (West) Walker (East)	Massey (East)			
24/31	25	26	27	28	29	30	
31- Primm (McFarlan) 31- Sadler (West) 31- Threlkeld (East)		Farrar (East) Stead (East) Thornton (West)		McDonald (West)	Humpert (West) Travis (East)	Baker (East) Duncan (East) Harriott (West)	

## 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

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

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