



Managed by
Presbyterian Villages of MI

October 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



Detective Duos

If crime-solving sleuths entice you, tune in to these TV series that feature favorite detective duos.

- "77 Sunset Strip"
- "Moonlighting"
- "Bones"
- "Psych"
- "Sherlock"

Make a Difference Day

Even the smallest act of kindness can change someone's day. Do what you can on Make a Difference Day, the fourth Saturday in October.

Go Orange for Immunity

For an immunity boost, color your meals with orange fruits and vegetables. The bright hue of oranges, cantaloupe, mangoes, carrots, sweet potatoes, butternut squash and pumpkin comes from carotenoids, which are antioxidants that support the immune system and help protect you from disease.

Brainteaser

Question: With pointed fangs I sit and wait; with piercing force I crunch out fate, grabbing victims, proclaiming might, and physically joining with a single bite. What am I?

Answer: A stapler.



Not Your Usual Pumpkins

While the classic round, orange pumpkin is an iconic seasonal sight, chances are you've noticed the unusual heirloom varieties that have cropped up. And the trend is the weirder the better, say plant breeders. From the eerie to the whimsical, pumpkins in peculiar shapes, colors and textures are popular picks.

Feel Like a Kid Again

"When we were small children, we all played dress-up, and everybody had a good time. So why stop?" —Iris Apfel

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.

Building a Book Club

Book clubs can add an element of fun to reading. Whether you are in a group, want to start one, or are looking for ways to enhance your solo experience, consider these pointers:

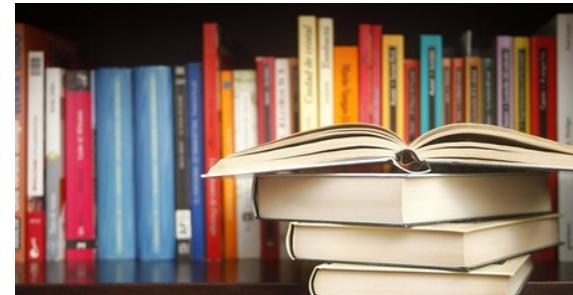
Most book clubs meet once a month, in person or virtually, to talk about their recent pick. Adjust the schedule to what works for the group. Allow for enough time for folks to get their reading done by choosing books that are about 300 pages.

Deciding on a book can be a challenge. One solution is to let members make selections until each has had a chance to choose a title. Mix up genres; reading different types of stories expands your knowledge and enhances brain function.

When it's time to meet, use the first few minutes for socializing, then dive in to the discussion. The person who picked the book may want to lead, but allow time for everyone to share

their thoughts. If you need ideas to get the conversation going, many books come with book club questions and guides.

If you're reading on your own, you may find it meaningful to reflect on a book's discussion questions and journal your answers. You can also track your reading in a journal or a mobile app that lets you post a rating and a review of the book.



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





Golden Blooms

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower.

Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms. Despite their names, the flowers are actually native to the Americas.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They're also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.

Marigolds play an important role in the annual Mexican celebrations of *Día de los Muertos*, or the Day of the Dead. For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.

Healthy Cheese Choices

A flavorful snack and ingredient, cheese is full of protein, calcium and other vital nutrients. In moderation, these varieties can be "grate" for your health!

Mozzarella. This soft white cheese is a star of many Italian dishes. It's low in calories, and fresh mozzarella contains probiotics that boost gut health and immunity.

Swiss. One of the best cheeses to choose if you're watching your blood pressure, Swiss is very low in sodium.

Cheddar. When it comes to vitamin K content, cheddar is better! This semi-hard cheese, ranging in flavor from mild to extra-sharp, is a valuable source of this vitamin, which is essential for bone and heart health.

Blue cheese. Bold and tangy blue cheese is one of the cheeses highest in calcium—about a third of the daily recommended amount. It's higher in fat and sodium, but because of its robust flavor, a little goes a long way.

Feta. Made from sheep's or goat's milk, this soft Greek cheese is a good source of calcium and phosphorous, promoting strong bones and teeth.

Cottage cheese. This fresh, creamy cheese is low in calories yet high in protein, helping you stay full. Cottage cheese is also a great source of vitamin B12, a key element of healthy brain function.

Parmesan. Just a sprinkle of Parmesan is loaded with nutrients—a 1-ounce serving packs about 10 grams of protein and 25% of the daily needed amount of calcium.



Wit & Wisdom

"A smile is like an instant face-lift and an instant mood lift."

—Christie Brinkley

"Use your smile to change the world; don't let the world change your smile."

—Chinese proverb

"Just smiling at someone walking down the street can make the person's day. It's all about paying it forward."

—Mariska Hargitay

"Let us always meet each other with a smile, for the smile is the beginning of love."

—Mother Teresa

"As long as you live, keep smiling because it brightens everybody's day."

—Vin Scully

"Nothing is more beautiful than a smile that has struggled through tears."

—Demi Lovato

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Webster (West)
3 Cook (West)	4	5	6 Benjamin (East) Ravert (East)	7 	8	9
Eaker (McFarlan) Ramsey (East)	10 Columbus Day	11	12 Beavers (West)	13 Flagg (East)	14 Brooks (East) Gamborowitz (East)	15 Hopkins (East) Scott (East)
 17 Burns (East)	18 Williams (McFarlan)	19	20	21	22	23 Murdock (East)
24/31 31- Wilson (East)	25 Morgan (West)	26	27	28 Smith (McFarlan)	29	30 Lyons (West)

