

Trillium

April



Trumpet

2010

32910 West 13 Mile Road Suite E503 Office 248-539-0714  
 Farmington Hills, MI 48334 Fax 248-529-4578  
 Toll Free 1-877-864-4842



**Robert Dickinson**  
 President

**Discover the  
 Trillium  
 Difference**

***Home Care with a  
 Personal Touch***

Trillium HomeCare, is based in Farmington Hills serving the needs of our community for over seven years. We provide a wide range of in-home services for family members needing extra help to stay in their own home. These include providing personal needs in a caring manner such as showering, bed baths, incontinence care, and medication reminders. We provide gentle assistance with errands, driving to and from appointments, meal preparation, laundry, and light housekeeping. We also provide "Comfort and Care Calls," a friendly phone call to just say hello, or for appointment and medication reminders. All of our caregivers are supervised by a registered nurse and bonded and insured for extra protection. Our home care clients are provided with a free personal emergency reporting system for added security. For more information please call 248-539-0714.

**Events**

**Detroit Zoo**

Senior citizens living in Macomb, Oakland and Wayne counties are invited to enjoy a special day at the Detroit Zoo on *Senior Day, Wednesday, April 29*, 10 a.m. - 4 pm. Seniors 62 and older and their caregivers will receive FREE admission, parking and rides on the Tauber Family Railroad. Seniors are invited to stop by our Senior Resource area and visit with vendors. There will also be a Senior Bingo Game with fabulous prizes! Other activities include entertainment in the Main Picnic Grove.

**The Farmington Players**

*"Gypsy"*

**April 30 – May 22**

For tickets call 248.553.2955

**Festival of the Arts**

Farmington Costick Center-**April 22-24**  
 The **2010 Festival of the Arts**, a "celebration of the arts in our community" will fill the Costick Center with art—visual, musical & more. There is something at the Festival of the Arts for everyone! On Saturday there is live entertainment, artist's demonstrations and crafts. Admission is free.

**Plymouth Symphony at  
 Schoolcraft College**

Free Concert Music Series  
 Tenor Christopher Scholl with  
 Pianist Kevin Bylsma, April 21 noon

**Men's Caregiver Support Group**  
**Trillium Conference Room**  
**3<sup>rd</sup> Tuesday - April 20,**  
**10:00 a.m.**

**April Birthdays**

Ruth – April 1  
 Mary Anna – April 10  
 Sally – April 18  
 Linda W. – April 24



**April Anniversary**

Betty – April 23

**Great Truths About Life  
 That Adults Have Learned**

- ❖ We don't remember days, but moments.
- ❖ There is no key to happiness; the door is always open.
- ❖ Never mind learning the tricks of the trade, learn the trade.
- ❖ It is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.

**Oakland County  
Special Programs**

**Dental**

Dental care is now more accessible through a discount program provided through Oakland County. This is not an insurance program, but promises discounts on many services ranging from 20 to 50 percent on most dental procedures for a monthly fee of \$6.96 per month or \$69 per year through participating dentists. For more information or to register, call 866-498-7914 or go to [www.ocdiscountdental.com](http://www.ocdiscountdental.com).



**Prescription Drug Card**

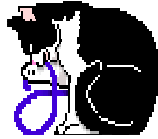
The Oakland County Board of Commissioners has provided a new discount prescription drug card for any Oakland County resident. It is available to those who are uninsured or underinsured by their insurance plan with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases. The card is available at Bloomfield Township Senior Services and other locations. For more information call 877-321-2652.

**Free Cell Phones**

Oakland County Sheriff Michael J. Bouchard's 911 Emergency Senior Cell Phone Program is designed to equip seniors with a mobile means of contacting help in the event of an emergency. The cell phones are available to any Oakland County Senior Citizens free of charge. There is no monthly service fee to use the phone for emergency use. Cell phone distribution hours are every Friday from 9:00 a.m. to 12:00 p.m. (noon) at the Oakland County Sheriff's Office, 1200 North Telegraph Road, Building 38E, Pontiac, Michigan 48341. In addition, the Sheriff's Office continues to accept the donations of unwanted inactive cell phones. The phones must

be in good condition and include an AC/DC recharging unit. For additional information, please call the Oakland County Sheriff's Community Events Hotline at 248-975-9700.

**Dogs Have Owners -  
Cats Have Staff**



**A cat has 32 muscles in each ear.**



Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.  
*Will Rogers*

**Four-year-olds**

BRITTANY had an ear ache and wanted a pain killer. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mom explained it was a child-proof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked: "How does it know it's me?"

SUSAN was drinking juice when she got the hiccups. "Please don't give me this juice again," she said, "It makes my teeth cough."

DJ stepped onto the bathroom scale and asked: "How much do I cost?"

MARC was engrossed in a young couple that were hugging and kissing in a restaurant. Without taking his eyes off them, he asked his dad: "Why is he whispering in her mouth?"

***We have moved our clock ahead.  
Now be sure to change the  
batteries in your smoke detectors.***

**Did You Know**

If you chill all the ingredients (including the flour) you will make a more tender pie crust. Warm ingredients will make a tough crust.

Research says that drinking out of a tall thin glass can decrease the amount of liquid calories you consume.

Some chefs like to keep a cloth towel on their shoulder to wipe their hands as they cook. Be very careful wiping your hands on a cloth towel after touching poultry. Use paper towels and toss them when working with raw meat. Don't forget the soap and water to wash hands thoroughly.

Cranberries are a cousin of the blueberry and huckleberry. Cranberries provide vitamin C, dietary fiber, magnesium and vitamin K. Keep a package of dried cranberries on the kitchen shelf for making salads or for snacking.

Skip the butter; squeeze fresh lemon juice over steamed vegetables such as asparagus, broccoli and green beans. Squeeze lime juice on corn for an interesting flavor.

If you add an ounce of lemon juice to a cup of hot tea you increase absorption of immunity-boosting antioxidants by up to 80 percent, according to researchers at Purdue University.



Exercise boosts the immune system and its ability to fight infections. Research shows that women who took a brisk walk five times a week were less likely to get a cold. Women get more colds than men because of their greater exposure to sick children.

From Michigan State University Extension

*The Most Beautiful Flower*

The park bench was deserted  
as I sat down curtly,  
beneath the branches  
of an old willow tree.  
Disillusioned by life with  
good reason to frown,  
for the world was intent  
on dragging me down.

And if that weren't enough  
to ruin my day,  
a young boy approached,  
all tired from play.  
He stood right before me  
with his head tilted down  
and said with a great excitement,  
"Look what I found!"

In his hand was a flower  
and what a pitiful sight,  
with its petal all worn – not enough  
rain, or too little light.  
Wanting him to take his dead flower  
and go off to play,  
I faked a small smile  
and then shifted away.

But instead of retreating  
he sat next to my side  
and placed the flower to his nose, and  
declared with surprise,  
"It sure smells pretty and  
it's beautiful too.  
That's why I picked it;  
here, it's for you."

The weed before me  
was dying or dead,  
not vibrant of colors:  
orange, yellow or red.  
But I knew I must take it,  
or he might never leave.  
So I reached for the flower, and  
replied, "Just what I need."

But instead of him placing  
the flower in my hand,  
He held it mid air  
without reason or plan.  
It was then that I noticed  
for the very first time  
That weed-toting boy could not see:  
he was blind.

I heard my voice quiver;  
tears shone in the sun  
As I thanked him for picking  
the very best one.  
"You're welcome," he smiled,  
and then ran off to play,  
Unaware of the impact  
he'd had on my day.

I sat there and wondered  
how he managed to see  
a self-pitying woman  
beneath an old willow tree.  
How did he know of my  
self-indulged plight?  
Perhaps from his heart,  
he'd been blessed with true sight.

Through eyes of a blind child,  
at last I could see.  
The problem was not with the world;  
the problem was me.  
And for all of those times  
I myself have been blind,  
I vowed to see the beauty in life, and  
appreciate every second that's mine.

Then I held that wilted flower  
up to my nose  
and breathed in the fragrance  
of a beautiful rose.  
And smiled as I watched that young  
boy, another weed in his hand,  
about to change the life of an  
unsuspecting old man.

*Author Unknown.  
Reprinted in "Older Adult Ministry"*



*Dear IRS: I'm sending you this money because I cheated on my income tax and my conscience has been bothering me. If it doesn't stop, I'll send you the rest.*

*How to Stay Married!*

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day the woman got very sick and the doctor said she might not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box.

When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000. He asked her about the contents.

"When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?" "Oh," she said, "that's the money I made from selling the dolls."

~~~~~

A couple, asked the secret of their long time marriage, responded as follows:

**Husband:** Don't be selfish. There is no "I" in marriage.

**Wife:** Never correct your husbands spelling.

**Time Gets Better With Age**

I learned that I like my teacher because she cries when we sing "Silent Night."  
Age 5

I learned that our dog doesn't want to eat my broccoli *either*.  
Age 7

I learned that when I wave to people in the country, they stop what they are doing and wave back.  
Age 9

I learned that just when I get my room the way I like it, Mom makes me clean it up again.  
Age 12

I learned that if you want to cheer yourself up, you should try cheering someone else up.  
Age 14

I learned that although it's hard to admit it, I'm secretly glad my parents are strict with me.  
Age 15

I learned that silent company is often more healing than words of advice.  
Age 24

I learned that brushing my child's hair is one of life's great pleasures.  
Age 26

I learned that wherever I go, the world's worst drivers have followed me there.  
Age 29

I learned that if someone says something unkind about me, I must live so that no one will believe it.  
Age 30

I learned that there are people who love you dearly but just don't know how to show it.  
Age 42

I learned that you can make some one's day by simply sending them a little note.  
Age 44

I learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others.  
Age 46

I learned that children and grandparents are natural allies.  
Age 47

I learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.  
Age 48

I learned that singing "Amazing Grace" can lift my spirits for hours.  
Age 49

I learned that motel mattresses are better on the side away from the phone.  
Age 50

I learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.  
Age 51

I learned that keeping a vegetable garden is worth a medicine cabinet full of pills.  
Age 52

I learned that regardless of your relationship with your parents, you miss them terribly after they die.  
Age 53

I learned that making a living is not the same thing as making a life.  
Age 58

I learned that if you want to do something positive for your children, work to improve your marriage.  
Age 61

I learned that life sometimes gives you a second chance.  
Age 62

I learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.  
Age 64

I learned that if you *pursue* happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you.  
Age 65

I learned that whenever I decide something with kindness, I usually make the right decision.  
Age 66

I learned that everyone can use a prayer.  
Age 72

I learned that even when I have pains, I don't have to be one.  
Age 82

I learned that every day you should reach out and touch someone. People love that human touch – holding hands, a warm hug, or just a friendly pat on the back.  
Age 90

I learned that I still have a lot to learn.  
Age 92

