

Trillium
August



Trumpet
2010

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How Are We Doing?

Trillium HomeCare has been providing services to our area for over seven years. It has been our pleasure to offer quality home care to our clients. I thank you for your continued support and welcome your comments and suggestions on how we can improve. I would like to receive feedback from our clients and friends. How are we doing? How can we improve? We take our commitment to our core values very seriously.

Integrity: First and foremost, integrity is the foundation of our business. We will conduct ourselves with the highest level of professionalism, adhering to strict moral and ethical values.

Respect: Treat each other with fairness, respect, and honesty, treating others as THEY wish to be treated.

Empowerment: Our team is our most important asset. We share a commitment to work together and embrace growth and creativity as we excel in becoming a leader in our industry.



Excellence: We are committed to achieving excellence at every level. Ensuring our never ending desire to be the best and setting ever higher standards to achieve.

We want to educate the community more fully about home care services

and other long term care alternatives. We are always available to talk at churches, synagogues, and organizations where they would like to know more about their options. If you know of someone who needs our services, please be aware that we offer a referral bonus to clients who refer a new client.

I look forward to hearing from you. Please call me directly at the office.

August Birthdays

Kathleen M. – 7th
Violeta – 7th
Virginia S. – 7th
Crystal – 9th
Nancy I. – 30th
Masresha – 31st

August Anniversaries

Cynthia – 3rd
Crystal – 1st
Rhoda – 1st



Events

OCC/Highland Lakes Campus Aug. 3-Concert 7:30pm-*The Marvin Jones Trio* (Smooth Jazz) *Free*

Farmington Heritage Park
Aug 5-Concert 7:00pm-*Jeremy Kittel*
(World renowned fiddler playing Scottish, Irish, Jazz and American music) *Free*

OCC/Highland Lakes Campus
Aug. 10-Concert 7:30pm-*Cats and the Fiddler* (Bluegrass) *Free*

Farmington Heritage Park
Aug. 12 -Concert 7:00pm-*Farmington Community Chorus*
(80 member chorus performing pop, jazz and classical vocals) *Free*

OCC/Highland Lakes Campus
Aug. 17-Concert 7:30pm-*Blackthorn*
(Irish Folk), *Free*

Farmington Heritage Park
Aug. 19-Concert 7:00pm-*Saline Fiddlers* (Premier youth fiddling band playing folk, bluegrass, jazz, western swing and Celtic.) *Free*

Trillium will be sponsoring BASCC's Annual Summer Picnic
in the courtyard for BASCC members. This year's date is Wed., August 18 beginning at 11:30 a.m... Guests will enjoy a hot dog prepared by Franks Anatra, chips, pop and ice cream sundaes. They will be entertained by the ever-popular Birmingham Straw Hat Band

Watching Your Sodium?

Fruits and vegetables that have less than 5 milligrams of sodium per ½ cup serving are considered to be sodium-free and may be labeled so. Here is a list of produce that would fall into this labeling:

Apple	Apricot
Asparagus	Avocado
Banana	Blackberries
Blueberries	Carambola
Cherries	Corn
Cucumber	Currants
Dates	Eggplant
Endive	Figs
Garlic	Gooseberries
Grapefruit	Green Beans
Guava	Kiwi
Lemon	Lime
Mango	Pear
Plum	Potato
Pummelo	Raspberries
Romaine	Strawberries
Lettuce	Tangerines
Summer Squash	Watermelon

Natural Highs

1. Falling in love.
2. Laughing so hard your face hurts.
3. A hot shower.
4. No lines at the super market.
5. Getting mail.
6. Taking a drive on a pretty road.
7. Hearing your favorite song on the radio.
8. Lying in bed listening to the rain outside.
9. Hot towels fresh out of the dryer.
10. A bubble bath.
11. Giggling.
12. Fresh cut grass.
13. Finding a 20 dollar bill in your coat from last winter.
14. Laughing at yourself.
15. Laughing for absolutely no reason at all.
16. Having someone tell you that you're beautiful.
17. Laughing at an inside joke with friends.
18. Accidentally overhearing someone say something nice about you.
19. Waking up and realizing you still have a few hours left to sleep.
20. Making new friends or spending time with old ones.
21. Playing with a new puppy.
22. Sweet dreams.
23. Swinging on swings.
24. Making chocolate chip cookies.
25. Watching the sunrise.
26. Getting a hug from someone you care about deeply.
27. Knowing you've done the right thing, no matter what other people think.

Can you think of some natural highs we have not listed? You probably have already thought of some great ones.

Send us your list and we'll publish it.

A Well-Planned Retirement

From The London Times:



Outside England's Bristol Zoo there is a parking lot for 150 cars and 8 buses. For 25 years, its parking fees were managed by a very pleasant attendant. The fees were 1£ for cars (\$1.40), 5£ for buses (about \$7).

Then, one day, after 25 solid years of never missing a day of work, he just didn't show up; so the Zoo Management called the City Council and asked it to send them another parking agent.

The Council did some research and replied that the parking lot was the Zoo's own responsibility. The Zoo advised the Council that the attendant was a City employee. The City Council responded that the lot attendant had never been on the City payroll.

Meanwhile, sitting in his villa somewhere on the coast of Spain or France or Italy... is a man who'd apparently had a ticket machine installed completely on his own and then had simply begun to show up every day, commencing to collect and keep the parking fees, estimated at about \$560 per day – for 25 years.

Assuming 7 days a week, that amounts to just over \$7 million dollars... and no one even knows his name.

Serious Seniors

Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me! I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

Comic Steven Wright's gems

- Half the people you know are below average.
- 99% of lawyers give the rest a bad name.
- 42.7% of all statistics are made up on the spot.
- A conscience is what hurts when all your other parts feel so good.
- Experience is something you don't get until just after you need it.
- If you want the rainbow, you gotta put up with the rain.
- The early bird may get the worm, but the second mouse gets the cheese.
- I almost had a psychic girlfriend, but she left me before we met.
- How do you tell when you're out of invisible ink?

Dispose of Old Medications Safely

From "Senior Health Line"
Michigan State University Extension
Oakland County

Flushing down the drain or the toilet is **not** a good choice for disposing of old medications. This action can lead to traces of these chemicals in our water system. Wastewater treatment does not remove many of the drugs. Antibiotics flushed into a septic system can kill the good bacteria that are there to help the septic system work properly.

So what can you do with old or unused medications? The Michigan Department of Environmental quality suggests asking your pharmacist for help. Many pharmacies have a take-back program where they will dispose of old medications safely for you.

One way of disposing of medication safely is to put some water in a bottom of a plastic bottle, add the medication and cap the bottle tightly. Once the pills are dissolved you can put the bottle in the trash.

Many municipalities now have medication collection centers. You can find more on disposing of old medications on line at <http://www.michigan.gov/>.

Tender Moment

One night a wife found her husband standing over their newborn baby's crib. Silently she watched him. As he stood looking down at the sleeping infant, she saw on his face a mixture of emotions: disbelief, doubt, delight, amazement, enchantment, skepticism. He would stand back, shake his head and say, "Amazing," while smiling from ear to ear.

Touched by his unusual display and the deep emotions it aroused, her eyes glistened as she slipped her arms around him.

"A penny for your thoughts," she whispered in his ear.

"Isn't it amazing!" he replied. "When you take the time and really look close, how can anyone make a crib like that for only \$39.99?"

The Mayor's Burden

One of the burdens of office of the small town mayor was his brother-in-law, a fellow who liked to throw his or, rather, his in-law's political weight around. The mayor had instructed his policemen and other city officials to treat him just like they would any other taxpayer.

The brother-in-law got a ticket for overtime parking. He immediately descended in fury on police headquarters, waving the ticket and sputtering, "Hey, do you know who I am?"

The desk sergeant surveyed him calmly, picked up his telephone and dialed the mayor's office. "Tell the mayor," he said to the secretary, "that his brother-in-law is down here and can't remember his name."

Ed and the Seagulls

It happened every Friday evening, almost without fail, when the sun resembles a giant orange and is starting to dip into the blue ocean.

Old Ed comes strolling along the beach to his favorite pier. Clutched in his bony hand is a bucket of shrimp. Ed walks out to the end of the pier, where it seems he almost has the world to himself. The glow of the sun is a golden bronze now. Everybody's gone, except for a few joggers on the beach. Standing out on the end of the pier, Ed is alone with his thoughts....and his bucket of shrimp.

Before long, however, he is no longer alone. Up in the sky a thousand white dots come screeching and squawking, winging their way toward that lanky frame standing there on the end of the pier. Before long, dozens of seagulls have enveloped him, their wings fluttering and flapping wildly.

Ed stands there tossing shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, "Thank you. Thank you."

In a few short minutes the bucket is empty. But Ed doesn't leave. He stands there lost in thought, as though transported to another time and place. Invariably, one of the gulls lands on his sea-bleached, weather-beaten hat - an old military hat he's been wearing for years.

When he finally turns around and begins to walk back toward the beach, a few of the birds hop along the pier with him until he gets to the stairs, and then they, too, fly away. And old Ed quietly makes his way down to the end of the beach and on home.

If you were sitting there on the pier with your fishing line in the water, Ed might seem like "a funny old duck," as my dad used to say. Or, "a guy that's a sandwich shy of a picnic," as my kids might say. To onlookers, he's just another old codger, lost in his own weird world, feeding the seagulls with a bucket full of shrimp.

To the onlooker, rituals can look either very strange or very empty. They can seem altogether unimportant...maybe even a lot of nonsense.

Old folks often do strange things, at least in the eyes of Boomers and Busters. Most of them would probably write Old Ed off, down there in Florida. That's too bad. They'd do well to know him better.

His full name: Eddie Rickenbacker. He was a famous hero back in World War II. On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived, crawled out of their plane, and climbed into a life raft.

Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger. By the eighth day their rations ran out. No food. No water.

They were hundreds of miles from land and no one knew where they were. They needed a miracle. That afternoon they had a simple

devotional service and prayed for a miracle. They tried to nap. Eddie leaned back and pulled his military cap over his nose. Time dragged. All he could hear was the slap of the waves against the raft.

Suddenly, Eddie felt something land on the top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal - a very slight meal for eight men - of it. Then they used the intestines for bait. With it, they caught fish, which gave them food and more bait...and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued. (After 24 days at sea...)

Eddie Rickenbacker lived many years beyond that ordeal, but he never forgot the sacrifice of that first lifesaving seagull. And he never stopped saying, "Thank you." That's why almost every Friday night he would walk to the end of the pier with a bucket full of shrimp and a heart full of gratitude.

PS: Eddie was also an Ace in WW I and started Eastern Airlines back in the 30's.

