

Trillium

February



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

**Trillium Support
at Costick Center**

Here is an event that you won't want to miss. The Costick Center is holding an old fashion "Spelling Bee" on Thursday, February 25 from noon to 2:00. Various senior groups will be competing in the event. Trillium HomeCare will be there to help with the program they are sponsoring. Come out and join the fun.

**New Men's Caregiver Support
Group Is Organized**

Trillium will hold the first meeting of a Men's Caregiver Support Group on Tuesday, February 9 at 10:00 a.m. in their office conference room. Support groups are extremely helpful to relatives with the responsibility of caring for a loved one. We recognize that it is especially difficult for men and there is a need for a peer group with whom they can discuss problems and solutions in complete confidence. The meeting will be lead by Nancy Izzard who is a social worker on our staff. She is a trained moderator and will keep the conversation relevant and within the 1 1/2 hour time frame. Support Groups help caregivers cope with the daily stress, decision making and understanding of the illness with which their loved one is coping. You will learn you are not alone and others have the same concerns and often good solutions. Plan to join the group.

Events

**Farmington Musicale presents
"Rounds Around the World" –
music from Asia**
Farmington Community Library –
Feb. 7 at 2:30 p.m.

"Traditional Afternoon Tea"
Longacre House – Feb 9 at 1-3 p.m.
Reservation call 248-473-1870

Valentine's Day Party
Costick Center – Friday
Feb. 12 at 11:00 a.m. – 3:00 p.m.
For information: 248-473-1830

The Farmington Players
"You Can't Take it With You"
Feb. 12th – March 6th

A Valentine's Day Piano Concert
Farmington Community Library
Auditorium Sun. Feb. 14 at 2 p.m.

Caregivers Support Group
Costick Center – First & Third Wed.
1:00 p.m.

Men's Caregiver Support Group
Trillium Office Conference Room
32910 W. 13 Mile Road, Suite E503
Tuesday, Feb. 9 at 10:00 a.m.
Thereafter, the 3rd Tues. of the month.

February Birthdays



Helen – Feb 1
Cynthia – Feb 10
Wendy – Feb 17
Eva – Feb 22

Cathy's Corner



We have received an anonymous suggestion that **Trillium go green!**

What a good idea! You can help us in this endeavor. To begin with, if you agree, we would like to send invoices, newsletters, and other communications by email. This will allow you to receive your information early and between us, save a tree.

Clients and caregivers, who would receive our correspondence by email, please send us an email telling us we have your permission to keep you informed by today's electronic means. Address your email to:
cthomas@trilliumhomecare.com
 and our accountant will be alerted to communicate with you in this manner.

Trillium is trying to launch this effort to go green and you can help. Thank you to all who acknowledge receipt of this notice by sending us an email.



The Rescuing Hug

This is a picture from an article called "The Rescuing Hug." The article details the first week of life of a set of twins, Brielle (left) and Kyrie (right).



Apparently, each was in their respective incubators, and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart rate stabilized and her temperature rose to normal.

They both survived, and are thriving, in fact, the two girls went home to share a crib, and still snuggle. The twins are happy kindergartners now. The hospital changed their policy after they saw the effect of putting the two girls together, and now they bed multiples together.

Let us not forget to embrace those whom we love and never underestimate the power of a hug!

Hug someone today!

This story was published in Worcester Telegram & Gazette (November 18, 1995), Life Magazine (June 1996 - Page 18) and Reader's Digest (May 1996 Pages 155-156)

Hospital Regulations

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



You don't marry someone you can live with. You marry the person who you cannot live without.

Author unknown

Tax Assistance

The AARP Tax-Aide Program is a volunteer-run, free tax-preparation and assistance service offered to low and middle income taxpayers with special attention to those age 60 and older. Our volunteers are trained and IRS-certified to understand individual federal-tax issues. You can contact AARP Tax-Aide by phone at 1-888-AARP-NOW.

***Happiness keeps You Sweet,
IRS keeps you broke.
Trials keep You Strong,
Sorrows keep You Human,
Failures keep You Humble,
Success keeps You Glowing,
But Only Friends & Buddies
Keep You Going!***

My Job History

My first job was working in an orange juice factory, but I got canned - couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it, mainly because it was a so-so job.

Next I tried working in a muffler factory but that was too exhausting.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

I got a job at a zoo feeding giraffes, but I was fired because I wasn't up to it.

After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

So, then I retired ... and found out I was perfect for the job!

Ever Wonder Why

Why does the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why you never ever see the headline "Psychic Wins Lottery"?

Why "abbreviated" is such a long word?

Why doctors call what they do "practice"?

Why lemon juice is made with artificial flavor, and dishwashing liquid is made with real lemons?

Why the man who invests all your money is called a "broker"?

Why the time of day with the slowest traffic is called rush hour?

Why there isn't mouse-flavored cat food?

Why Noah didn't swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Heart-Healthy Diet

Since February is a month we think of hearts, we should certainly consider our own hearts. Learn how to eat a heart-healthy diet and reduce your risk of heart disease.

By paying close attention to what you eat, you can reduce your chance of developing blocked arteries that cause heart disease and stroke. With very careful lifestyle modifications, **you can even stop or reverse the narrowing of arteries.**

Feeding your heart well is a powerful way to reduce or even eliminate some risk factors. While most dietary plans just tell you what you CAN'T eat (usually your favorite foods!), the most powerful nutrition strategy helps you focus on what you CAN eat. In fact, heart disease research has shown that adding heart-saving foods is just as important as cutting back on others.

Here are nutrition strategies to lower your cholesterol and reduce your risk of heart disease:

1. **Eat more vegetables, fruits, whole grains and legumes.** These wonders of nature may be one of the most powerful strategies in fighting heart disease. The increase in dietary fiber helps lower bad LDL cholesterol.
2. **Choose fat calories wisely.** Keep these goals in mind: Limit total fat grams; Eat a bare minimum of saturated fats and trans-fatty acids (for example, fats found in butter, salad dressing, sweets and desserts); When you use added fat, use fats high in monounsaturated fats (for example, fats found in olive and peanut oil).
3. **Eat a variety – and just the right amount – of protein foods.** Commonly eaten protein foods (meat, dairy products) are among the main culprits in increasing heart disease risk. Reduce this

nutritional risk factor by balancing animal, fish and vegetable sources of protein. Substituting soy protein for animal protein. The American Heart Association recommends that fish be included as part of a heart-healthy diet.

4. **Limit cholesterol consumption.** Dietary cholesterol (regular soft drinks, sugar, sweets). can raise blood cholesterol levels, especially in high-risk people. Get energy by eating complex carbohydrates (whole wheat pasta, brown or wild rice, whole-grain breads) and limit simple carbohydrates
5. **Feed your body regularly.** Skipping meals often leads to overeating. For some, eating five to six mini-meals may help keep cravings in check, help control blood sugars and regulate metabolism. This approach may not be as effective for those who are tempted to overeat every time they are exposed to food. For these individuals, three balanced meals a day may be a better approach.
6. **Reduce salt intake.** This will help control your blood pressure.
7. **Exercise.** The human body was meant to be active. Exercise strengthens the heart muscle, improves blood flow, reduces high blood pressure, raises HDL cholesterol and helps control blood sugars and body weight.
8. **Hydrate.** Water is vital to life. Staying hydrated makes you feel energetic and eat less. Drink 32 to 64 ounces (one to two liters) of water daily (unless you are fluid restricted).
9. **Enjoy every bite.** Your motto should be dietary enhancement, not deprivation. When you enjoy what you eat, you feel more positive about life, which helps you feel better and less likely to overindulge.





Cannellini, Orange & Parmesan Cheese Salad

Makes 1 serving

- ½ cup arugula
- ½ cup cannellini beans
- 3-4 slices orange slices
- 3 thinly-sliced red onions rings
- 1 ounce shaved Parmesan cheese
- 1 tablespoon olive oil
- Salt
- Pepper

On a salad plate, arrange a layer of arugula, orange slices, red onions and Parmesan cheese. Drizzle with olive oil, season with salt and pepper. Serve.

A healthy salad which contains protein foods, fruit & vegetables, from Green Mountain at Fox Run, Ludlow Vermont, where they offer a women's lifestyle and weight loss program.

Fast Food

Someone asked the other day, "What was your favorite fast food when you were growing up?" "We didn't have fast food when I was growing up," I informed him. "All the food was slow."



Prevention-Not Panic Wards Off Flu

"Don't panic," says Shamia Kalyan, MD, SJMO infectious disease specialist. "Caution is the appropriate word." Rather than fearing the seasonal and 2009 H1N1 flu, empower yourself with knowledge for how to prevent and treat these viruses.

1. Studies have shown that the flu virus can survive on environmental surfaces like bathroom surfaces, kitchen counters, door handles, toys, telephones, and computer keyboards. The virus can infect a person for 2 to 8 hours after someone with the virus on their hands touches the surface.
2. Common household cleaners, including bleach-based products, hydrogen peroxide, standard disinfectants and alcohol-based products, can kill the flu virus. The products must be used according to their instructions for maximum effectiveness.
3. Studies have shown that alcohol-based hand cleaners are just as effective as soap and water in killing the influenza virus on hands as long as they are rubbed in until dry.
4. It is recommended that tissues and other disposal items used by an infected person be thrown into the trash immediately. People should wash their hands with soap and water after touching used tissues.
5. Linens (such as bed sheets and towels) should be washed in hot water with household laundry soap and tumbled dry on a hot setting. People doing the laundry of others who are ill should place the linens into a basket to carry and avoid hugging laundry prior to washing it. People should wash their hands with soap and water or alcohol-based hand rub

immediately after handling dirty laundry.

6. Eating utensils should be washed either in a dishwasher or by hand with hot water and soap.
7. You can help prevent the spread of the illnesses by staying home from work or school if you have a fever or other symptoms, such as body aches, sore throat, diarrhea or vomiting. You should also be fever-free for 24 hours before returning to work or school.

*From Michigan Medical Report
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Inner Peace

If you can start the day without caffeine,

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food every day and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can take criticism and blame without resentment,

If you can conquer tension without medical help,

If you can relax without liquor,

If you can sleep without the aid of drugs,

...Then you are probably

The Family Dog!