

Trillium

February



Trumpet

2011

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

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”

Attributed to Princess Diana



Love is like a rose. You have to see past the thorns to appreciate its beauty.

MedicAlert® + Safe Return®

It is common for a person with dementia to wander and become lost; many do repeatedly. In fact, over 60 percent of those with dementia will wander at some point during the course of the disease.

The Alzheimer’s Association and MedicAlert foundation together developed an innovative way to help improve the safety and well being of individuals living with Alzheimer’s or related dementia. MedicAlert® + Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer’s who wander or have a medical emergency. The service provides live 24-hour assistance, no matter when or where the person is reported missing.

MedicAlert+Safe Return provide enhanced services including assistance when a person wanders or is lost and access to vital medical information in time of need. A call to MedicAlert 24 hour emergency response service line will activate a

community support network to help reunite lost persons with their caregiver. MedicAlert enables first responders to access the wanderer’s emergency health records and quickly treat the individual. Medic Alert and the Alzheimer’s Association created a specialized purple MedicAlert+Safe Return identification bracelet specifically designed for persons afflicted with Alzheimer’s disease and related dementias.

In addition, caregivers will also have the option to obtain a “caregiver bracelet or pendant” including all the benefits of the MedicAlert Advantage program. This caregiver program ensures that in an emergency, first responders are alerted that they are treating a caregiver responsible for a person with Alzheimer’s or related dementia. Caregivers can easily obtain and update personal information in the system.

For more information, or to enroll in the MedicAlert+Safe Return program, please visit www.medicalert.org/safereturn or call 888-633-4298

February Birthdays

- Helen - Feb. 1**
- Ghada - Feb. 2**
- Donna – Feb. 5**
- Eva - Feb. 22**

***Alzheimer’s Association
Care-giver Support Group for Men***

***First Tuesday of the Month
February 1
at 11:00 a.m. to 12:30 p.m.
At Trillium HomeCare***

Events

FARMINGTON COSTICK CENTER

Valentine’s Day Party

February 11

11 am - 3 pm

Lunch, Dancing, Prizes

Tickets by February 7, \$8

All Others \$10

LIVONIA PUBLIC LIBRARY

February 17 12:00

Carl Henry – Blues Guitarist

FARMINGTON MAIN LIBRARY

AUDITORIUM

Feb. 6 – 2:00 pm

Boogie Woogie Pianist, Matthew Ball

Feb 10 – 7 pm

“Critical Information Inventory”

Contacts, insurance, retirement plans,

Jan 17 through Feb 11

Harlem Renaissance Exhibit

Jan 10 through end of February

Black History expressed by local artists from the Art League of Mi

Feb 17 – 7:00 pm

“The Underground Railroad Movement in Michigan”

Feb 20 – 2:00 pm

Matt Watroba Celebrates President’s Day with Songs for the Entire

Family– local music historian, singer, & songwriter

Feb 23 – 7:00 pm

“The Underground Railroad Movement in Farmington & Oakland County “

Feb. 26

102ns U. S. Colored Troops (Michigan’s 1st colored Infantry) reenactment presentation

Daughter-in-law

A young man excitedly tells his mother he's fallen in love and is going to get married. He says, "Just for fun, Ma, I'm going to bring over three women and you try and guess which one I'm going to marry."

The mother agrees.

The next day, he brings three beautiful women into the house and sits them down on the couch and they chat for a while.

He then says, "Okay, Ma. Guess which one I'm going to marry."

She immediately replies, "The red-head in the middle."

Stunned, the young man says, "That's amazing, Ma. You're right. How did you know?"

"I don't like her," she says.

Falling in Love

You never know when it will strike, but there comes a moment at work when you know that you just aren't going to do anything productive for the rest of the day. What happens when you fall in love with:

A chef? (You get buttered up.)

A chauffeur? (You get taken for a ride.)

A gambler? (He cheats on you.)

A telephone operator? (He gives you a phone-y line.)

A trashman? (He dumps you.)

A clockmaker? (He two-times you.)

A pastry cook? (He desserts you.)

A shoe salesman? (He walks all over you.)

An elevator operator? (He lets you down.)

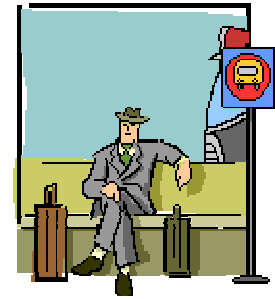
An artist? (He gives you the brush.)

A jogger? (He gives you the run-around.)

Buying Chocolate

What's Valentine's Day without some CHOCOLATE? Choose chocolate wisely! Handpick some special shapes or exotic flavors of chocolate rather than just a box of everyday chocolates for a gift. This says you really care and have put some thought into the gift. Remember, just because it is expensive does not mean that it is high quality chocolate. Many countries have fine chocolate. Don't choose chocolate that has no cocoa butter fat; real chocolate has no fat other than the cocoa butter. Don't buy chocolates that have non-dairy fats or partially hydrogenated oils. Try to buy the very freshest chocolates that you can find. Even if the recipient is on a diet they will be tempted to try a special perfect chocolate.

*MSU Extension Program
Wellness News You Can Use
February 2010 issue*

**Waiting For The Bus**

A nursing home in Germany developed a unique way to keep some of their residents with dementia from wandering away. They installed an exact replica of a bus stop with a bench just outside the door. The residents would see the stop and remember that waiting there meant they would get home. After a short wait there, the staff would then approach them and let them know the bus would be late and invite them in for coffee or tea. The distraction worked and they came inside, forgetting that they were trying to leave. The program has been so successful that it is being expanded to other care homes.

Home Improvement Loan Program

Oakland County provides home improvement loans with an emphasis on health and safety items. The program is available to low and moderate income residents. The loans have no interest and payments and are 100% deferred until you sell, move or lease your home. For more information about this program, call 248-858-0493 or visit the Oakland County Community & Home Improvement Division website at www.oakgov.com/chi. For an application, call 248-858-5401.

Michigan Trivia

Q. In 1936, what UP city processed 100,000 square feet of bird's eye maple for use in the English luxury liner, the Queen Mary?

A. Escanaba

Q. When the territory of Michigan was created on January 11, 1805, what town was selected as its capital?

A. Detroit

Q. Bloomfield Hills was first known by what name?

A. Bagley's Corners

Q. Where is the world's only marble lighthouse?

A. Belle Isle (Livingstone Lighthouse)

Q. Utica was originally known by what name?

A. Hog's Hollow

Q. Approx. how many lakes are in the state?

A. 11,000

In Michigan you are never more than six miles from a lake or a stream.

Michigan's rivers and streams would reach one and one-half times around the world.

You can stand anywhere in Michigan and be within 85 miles of one of the Great Lakes.

Michigan leads the nation in number of state parks and campsites.

Michigan was the first state to establish road-side picnic tables.

Michigan is the automotive capital of the world.

Michigan is the home of President Gerald Ford.

Michigan has the world's highest artificial ski jump at Pine Mountain Lodge in Iron Mountain.

Michigan grows almost all of the country's supply of navy beans.

Port Huron is as far east as Greenville and Ironwood is as far west as St. Louis, Missouri.

Michigan is so expansive that it is nearly as far from Ironwood in Michigan's Upper Peninsula to Detroit as it is from Detroit to New York City.

Woodward Avenue in Detroit, Michigan, carries the designation M-1, so named because it was the first paved road anywhere



Woodward had a lot more open space and fewer cars in 1921.

***Silence is often misinterpreted,
but never misquoted.***

The \$2.99 Special

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$2.99.

"Sounds good," my wife said. "But I don't want the eggs."

"Then, I'll have to charge you \$3.49 because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously.

"Yes," stated the waitress.

"I'll take the special then," my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied. She took the two eggs home and baked a cake.

DON'T MESS WITH SENIORS!
We've been around the block more than once!

Dear Old Dad

An older gentleman was on the operating table awaiting surgery And he insisted that his son, A renowned surgeon, Perform the operation.

As he was about to get the anesthesia, he asked to speak to his son.

"Yes, Dad, what is it?"

"Don't be nervous, son; Do your best and just remember if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."

Experience is that thing you have just after you need it.

Boiling Water in the Microwave

A man put a cup of water in the microwave to heat it up. He wanted to bring the water to a boil. When the timer went off he removed the cup from the oven. As he looked into the cup he noticed the water was not boiling, but suddenly the water in the cup “blew up” into his face. The cup remained in tact until he threw it out of his hand

At the hospital, the doctor who was attending to him stated this was a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy.

Here is what a local science teacher had to say: “Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as “super heating.” It can occur anytime water is heated and will particularly occur if the vessel in which the water is heated is new or a small amount of water is heated (less than 1/2 cup). What happens is the water heats faster than the vapor bubbles can form and release some of the heat built up. The water continues to heat well past its boiling point. What usually happens then is the liquid is bumped or jarred, which is enough of a shock to cause the vapor bubbles rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated drink spews when opened after being shaken.”

You can virtually eliminate the possibility of this happening by

simply leaving some non-metallic item (like a wooden spoon, stir stick, tea bag) in the cup or bowl when you boil liquids in the microwave. It may not be necessary but it won't hurt anything either. Peace of mind rarely comes so cheap.

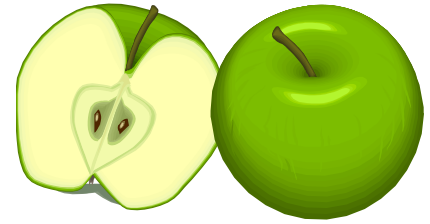
Slow Cooking

There's a chill in the air and a desire for a nice warm, hot cooked meal, but not a desire to put in a lot of time to prepare it. A slow cooker is a great appliance for easy preparation of healthy meals without too much fuss. Toss in a protein source, beef, chicken, turkey, etc., with some seasonal vegetables in the morning and by dinner time you can have a nice stew or barbeque meal ready to go. Here are some simple ideas.

- Beef chunks, potatoes, carrots, celery and beef broth to make easy beef stew.
- Chicken breast, your favorite barbeque sauce, packet of onion soup mix and a chopped onion
- A rump roast or chuck steak, packet of Italian salad dressing mix and water.

Remember to cut vegetables into small pieces and place them at the bottom of the cooker. Leftovers can be frozen in freezer bags or containers. Freeze the leftovers in serving sizes you can use for future meals. Label with the name of the product and the date you are freezing it. Refrigerate or freeze leftovers quickly, within 2 hours of serving for food safety.

*MSU Extension Program
Senior Healthy Line
November 2010 issue*



Baked Chicken Breast with Apples and Feta Cheese

- 4 skinless, boneless chicken breast
- 2 Tablespoons margarine
- 2 Granny Smith apples, sliced thinly
- 6 ounces feta cheese
- Salt and pepper to taste

Salt and pepper the chicken breasts to taste. Bake the chicken in the oven until the internal temperature of the chicken breasts is 165 degrees F. when tested with a meat thermometer.

Melt margarine in a sauce pan over medium heat. Add the apples and sauté until slightly brown. Spoon apples over hot chicken breasts and sprinkle with feta cheese. Serve immediately. Makes 4 servings.

Nutritional value per serving:
Calories 35
Protein 33 grams
Carbohydrates 13 grams
Fiber 1.5 grams
Sodium 200 milligrams
Fat 18 grams
Cholesterol 100 milligrams

*MSU Extension Program
Senior Healthy Line
November 2010 issue*

February 14 is Valentines Day

February 21 is Presidents Day