

Trillium  
January



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

### Holiday Season Ends January Winter Begins

What a great party we had! How wonderful it was to meet and visit with so many caregivers and clients.



We hope everyone had a wonderful holiday season. Now that we are into January, we can snuggle down and enjoy the blanket of snow.

### **The winter of 1932 was so cold that Niagara Falls**



**froze completely solid.**

### New Alzheimer Association Meeting at Trillium HomeCare

There will soon be an **Alzheimer's Association Caregiver Support Men's Group** offered at Trillium. It will be facilitated by our own social worker, Nancy Izzard who has been trained by the Alzheimer's Association. **This will include all forms of dementia support.** The day and time are still to be announced. Let anyone know who might be in need of this group.

### January Birthdays

Sonja. – Jan. 12  
Releigha – Jan. 14  
Mary T. – Jan. 22  
Vivian – Jan. 22  
Elaine – Jan. 30



### January Anniversaries

We would also like to acknowledge the caregivers who have reached an anniversary with Trillium HomeCare.

Linda – 4 years

### Cathy's Corner

Happy New Year Trillium!

As one of the newest members to the Trillium HomeCare Team, I wanted everyone to know how much I have enjoyed getting to know all of you. I am very excited to be a part of such an excellent Team, and am looking forward to a successful 2010.

There is a great Team here at Trillium. The other day we received a phone call from a person who said they had heard Trillium has a Sterling reputation. I was very glad to hear such a positive compliment, especially being so new to a company. But, we only received this compliment due to the amazing job of our Caregivers. I wanted to say Thank You and commend you for the job you are doing. As we move on into 2010, I will continue to pass along these very deserving and motivating words as we receive them. I am looking forward to an exciting 2010 for Trillium.

To start off this New Year, I am looking for suggestions on how we can make Trillium better for you as Caregivers and also for our clients. As you know there is a lonely suggestion box located in the lobby. Along with your paychecks on 1/15/10, there will be a very generic suggestion form. Please complete this form and deposit it into our suggestion



box or mail it in with your weekly ADL's before January 30, 2010. Everyone that submits a suggestion form will be entered into a drawing, and the winner will receive a small momentary gift card from their choice of business. The winner will be chosen out of a hat picked by a caregiver that stops by the office on 2/12/10. The winner will be contacted by phone on 2/12/10.

I look forward to an exciting 2010 with Trillium. Thanks for being patient during my transition with Trillium.

Cathy

**New Year's Wishes**

May you get a clean bill of health from your dentist, your cardiologist, your gastro-entomologist, your urologist, your proctologist, your podiatrist, your psychiatrist, your plumber, and the I.R.S.

May your hair, your teeth, your face-lift, your abs, and your stocks not fall; and may your blood pressure, your triglycerides, your cholesterol, your white blood count and your mortgage interest not rise.

May New Year's Eve find you seated around the table, together with your beloved family and cherished friends. May you find the food better, the environment quieter, the cost much cheaper, and the pleasure much more fulfilling than anything else you might ordinarily do that night.

May what you see in the mirror delight you, and what others see in you delight them. May someone love you enough to forgive your faults, be blind to your blemishes, and tell the world about your virtues.

May the telemarketers wait to make their sales calls until you finish dinner, may the commercials on TV not be louder than the program you have been watching, and may your checkbook and your budget balance

and include generous amounts for charity.

May you remember to say "I love you" at least once a day to your spouse, your child, your parent, and your siblings; but not to your secretary, your nurse, your masseuse, your hairdresser or your tennis instructor.

And may we live in a world at peace and with the awareness of God's love in every sunset, every flower's unfolding petals, every baby's smile, every lover's kiss, and every wonderful, astonishing, miraculous beat of our heart.



**This is what a bad mood looks like.**



**This is what sorry looks like.**

**Safety at Home**

As we go into a new year, let's take measures to make our homes **safe**. Here are a few items you should consider.

**Never use lighted candles**

They may seem festive but they are dangerous and can start house fires or injure someone. Today candles can be purchased with bulbs making a flame unnecessary. In case of a power outage, use flashlights and NOT candles.

**Take up throw rugs**

Anyone, a visitor or you, can trip on the edge of a throw rug and fall. Many of us tend to scuff our feet and throw rugs become a hazard.

**Proper lighting**

Change burned out bulbs and be sure there are no dark areas. Create an even level of lighting near doorways, stairways and between rooms. Night lights are very helpful in bathrooms and hallways.

**Expired Medication**

Dispose of medication that has expired or is no longer used. Medication should not be put down the sink or toilet. Two options for disposal are: add water to the bottle, replace cap and put in garbage **or** put pills in a plastic zip bag with kitty litter and dispose in garbage.

**Keep a fire extinguisher nearby**

Have a fire extinguisher and know where it can be found in a hurry.

**Install proper grab bars**

Towel bars were not meant to hold the weight of a person. Install grab bars in appropriate places that will be convenient to grab onto, especially in bathroom areas where the floor might be wet.



**Grape Juice**  
**Reduces Memory Loss**

Grape Juice can decrease or even reverse memory loss concludes a new study. Dr. Robert Kirkorian of the University of Cincinnati said, "While there were no significant differences between the groups at baseline, following the treatment those drinking Concord grape juice demonstrated a significant improvement in list learning. And trends suggested improved short-term memory retention and spatial, non-verbal memory. The results involving Concord grape juice are very encouraging and certainly warrant an additional study. A simple easy-to-incorporate dietary intervention that could improve or protect memory function, such as drinking Concord grape juice may be beneficial for the aging population."

*London news article Wed. 9 Dec. 2009*



***Every time I hear the dirty word "exercise," I wash my mouth out with chocolate.***

***Remember that while money talks, CHOCOLATE SINGS.***

***Happiness comes through doors you didn't even know you left open.***

**Why, Why, Why,**



Why do we press harder on a remote control when we know the batteries are almost dead?

---

Why do banks charge a fee on "insufficient funds" when they already know there is not enough money?

---

Why does someone believe you when you say there are four billion stars; but have to check when you say the paint is still wet?

---

Why doesn't Tarzan have a beard?

---

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

---

If people evolved from apes, why are there still apes?

---

Why is it that no matter what color bubble bath you use the bubbles are always white?

---

Is there ever a day that mattresses are not on sale?

---

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

---

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

---

Why is it that no plastic bag will open from the end on your first try?

---

How do those dead bugs get into those enclosed light fixtures?

---

In winter, why do we try to keep the house as warm as it was in summer when we complained about the heat?

**U. S. Census**

Starting in March, all U. S. households will be mailed a 10-question form so the government can count everyone living in the United States. Census workers will hand-deliver forms to isolated areas and group homes. All information collected is kept confidential. The form will NOT ask for legal status or Social Security numbers – any form doing so is a fake. Census workers will have proper identification. Ask them to show it to you if a worker comes to your door. The count begins April 1, after they begin to receive back the census forms. Be sure to complete your form and return it in the mail.

*AARP Bulletin December 2009*



**Eye Test**

Count every "F" in the following text:

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEAR

How many? Wrong, there are 6 – no joke. Read it again. Go back and try to find 6 F's. The reasoning is that the brain does not process "of." Incredible or what? Anyone who counts all 6 on the first go is a genius. Three is normal, four is quite rare.

### What Will You Do Different in 2010?

Sonia Ricotti, author of “*The Law Attraction Plain and Simple*” suggests you have an opportunity to **start fresh** in January 1, 2010.

1. **Get clear.** Let the past go. If something did not work out in the past, let it go. The past doesn't exist anymore, except in our minds. Clear your mind and start fresh again. Do not bring your negative past experiences into the present.
2. **Ask yourself** – What can I do differently this time around to achieve different results?”
3. **Write out what you want to achieve in 2010.** Writing it out will dramatically increase the chances of it actually coming to fruition. Get very clear what you want to create, manifest, and achieve in 2010.
4. Once you have your list of what you want to achieve, **times it by 10.** Ensure that you dream big.
5. The most important thing to remember, no matter how hard things become, **never, ever, ever, ever, give up.** Most people give up just when they were about to turn the corner. Your greatest life is just around the corner...so hold on!

*We welcome articles for the newsletter from caregivers or clients.*



### Stop and Listen



Just up the road from my home is a field, with two horses in it. From a distance, each looks like every other horse. But if you stop your car, or are walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing.

If nearby and listening, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to her halter is a small bell. It lets her blind friend know where she is, so he can follow her. As you stand and watch these two friends, you'll see how she is always checking on him, and that he will listen for her bell and then slowly walk to where she is, trusting that she will not lead him astray. When she returns to the shelter of the barn each evening, she stops occasionally and looks back, making sure her friend isn't too far behind to hear the bell. Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges.

He watches over us and even brings others into our lives to help us when we are in need. Sometimes we are the blind horse being guided by the little ringing bell of those placed in our lives. Other times we are the guide horse, helping others see.

Good friends are like this...You don't always see them, but you know they are always there. Please listen for my bell and I'll listen for yours.

### Only In America

Only in America...do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.

Only in America....do people order double cheeseburgers, large fries, and a diet coke.

Only in America...do banks leave both doors open and then chain the pens to the counters.

Only in America...do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Only in America...do we buy hot dogs in packages of ten and buns in packages of eight.

Only in America...do they have drive-up ATM machines with Braille lettering.



***I know I got a lot of exercise the last few years...just getting over the hill.***

***Living on earth is expensive, but it does include a free trip around the sun.***