

Trillium
January



Trumpet
2011

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T'was the month after Christmas

T'was the month after Christmas,
and all through the house,
Nothing would fit me,
not even a blouse.

The cookies I'd nibbled,
the chocolate I'd taste
at the holiday parties
had gone to my waist.

When I got on the scales
there arose such a number!
When I walked to the store
(less a walk than a lumber),

I'd remember the marvelous
meals I'd prepared;
The gravies and sauces and
beef nicely rared,

The wine and the rum balls, the
bread and the cheese
And the way I'd never said,
"No thank you, please."

As I dressed myself in my
husband's old shirt
And prepared once again to do
battle with dirt...

I said to myself,
as I only can,
"You can't spend a winter,
disguised as a man!"

So, away with the
last of the sour cream dip.

Get rid of the fruit cake, every
cracker and chip.

Every last bit of food
that I like must be banished
Till all the additional
ounces have vanished.

I won't have a cookie,
not even a lick.
I'll want only to chew
on a long celery stick.

I won't have hot biscuits,
or corn bread, or pie.

I'll munch on a carrot
and quietly cry.

I'm hungry, I'm lonesome,
and life is a bore...
But isn't that
what January is for?

Unable to giggle,
no longer a riot.
Happy New Year to all,
and to all a good diet.



**2011 is the Chinese
Year of the Rabbit**

January Birthdays

Mary – Jan. 2
Henrietta – Jan. 18
Cherry – Jan. 30
Elaine – Jan. 30

Anniversaries

Linda – 5th

Events

Livonia Public Library
David Berriman – Piano Man
January 20 – Noontime concert

Caregiver College
Henry Ford Health System
West Bloomfield Campus
6777 W. Maple Road

Tuesday, January 18 – 6-8 p.m.
***“Know the Signs of Alzheimer’s
Disease”***

*Learning the warning signs of
Alzheimer’s Disease and how the
disease differs from normal aging.*

Tuesday, February 15 – 6-8 p.m.
***“Legal & financial
Considerations”***

*Find out which legal documents
everyone should have in place and
ways to protect your assets.*

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

***There will be no meeting
In January***

Taking Daddy's Advice

It was snowing heavily and blowing to the point that visibility was almost zero when a young lady got off work. She made her way to her car and wondered how she was going to make it home.

She sat in her car while it warmed up and thought about her situation. She finally remembered her daddy's advice that if she got caught in a blizzard she should wait for a snow plow to come by and follow it. That way she would not get stuck in a snow drift.

This made her feel much better and sure enough in a little while a snow plow went by and she started to follow it. As she followed the snow plow she was feeling very smug as they continued and she was not having any problem with the blizzard conditions.

After an hour had passed, she was somewhat surprised when the snowplow stopped and the driver got out and came back to her car and signaled for her to roll down her window.

The snow plow driver wanted to know if she was all right as she had been following him for a long time.

She said that she was fine and told him of her daddy's advice to follow a snow plow when caught in a blizzard.

The driver replied that it was okay with him and she could continue if she wanted, but he was done with the Wal-Mart parking lot and was going over to Sears next.



Memory Clinic

Two middle-aged couples were enjoying friendly conversation when one of the men asked the other, "Fred, how was the memory clinic you went to last month?"

"Outstanding," Fred replied. "They taught us all the latest psychological techniques, like visualization, association, and so on. It was great. I haven't had a problem since."

"Sounds like something I could use. What was the name of the clinic?" Fred went blank. He thought and thought, but couldn't remember.

Then a smile broke across his face and he asked, "What do you call that flower with the long stem and thorns?"

"You mean a rose?"

"Yes, that's it!" He turned to his wife, "Hey Rose, what was the name of that memory clinic?"



Tips To Stretch Your Food Budget

1. Buy in bulk. Shop with a friend or relative and split bulk quantities with someone else. This works well, especially with frequently used ingredients.
2. Cook in large quantities and freeze leftovers in single serving quantities. Place just enough of the leftovers in a container for a single meal. Then when you don't feel like cooking or can't get to the market, you can thaw out a home cooked meal to enjoy.
3. Make a grocery list before shopping. By sticking to a shopping list, you avoid expensive impulse buying. This way you can also avoid purchasing less healthy foods that you don't really need or want.
4. Check for deals and sales before making your shopping list. Check your local grocery flier for weekly sales and plan your menus around sale items.
5. Use coupons, but only for products on your shopping list. You are not saving money if you are buying things you won't use, even if it is a great deal.
6. Don't shop when you are hungry. When you are hungry, everything in the grocery store is enticing. Shop after a meal or eat a piece of fruit before shopping to avoid impulse buying due to hunger.
7. Buy store brands. Store brands are often produced by the same companies as name brands. There are less advertising costs so they tend to be less expensive while just as healthy and tasty.

8. Try a makeover instead of leftovers. Change leftovers into a different meal so that boredom doesn't lead to tossing out those leftovers, for example, roasted chicken leftovers can be used to make a chicken burrito, shredded chicken to toss into a fresh garden salad or hearty chicken noodle soup.
9. Substitute dried legumes for meat in your diet. Dried beans are a great source of low fat protein.
10. Eat homemade meals more often. Eating out or carrying prepared foods can increase the cost of food. Make simple homemade meals to save on your food budget.

Garlicky Green Beans

6 cloves garlic
 2 tablespoons olive oil
 2 cups green beans
 ½ teaspoon salt
 pepper to taste
 Wash and trim the green beans. Heat the olive oil over medium heat. Add the garlic and cook until garlic turns golden brown, 2-3 minutes. Add green beans and continue cooking about 7 minutes, shaking the pan often to coat with olive oil garlic mixture. Green beans should be cooked but still crunchy. Sprinkle with salt and pepper. Serve hot. Makes 4 servings.

Nutritional Information per serving:

Calories 50
 Protein trace
 Carbohydrates 6 grams
 Fiber 1 gram
 Fat 4 grams
 Cholesterol 0 milligrams
 Sodium 250 milligrams

*MSU Extension Program
 Senior Healthy Line*

All that wander are not lost...but most of the rest of us need a GPS just to find our pants.



Coffee Filters

Coffee filters Who knew!
 And you can buy 1,000 at the Dollar Tree for almost nothing, even the large ones.

1. Coffee filters make excellent covers. Cover bowls or dishes when cooking in the microwave.
2. Clean windows, mirrors, and chrome. Coffee filters are lint-free so they'll leave windows sparkling.
3. Protect China by separating your good dishes with a coffee filter between each dish.
4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
6. Apply shoe polish. Ball up a lint-free coffee filter.
7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
9. Hold tacos. Coffee filters make convenient wrappers for messy foods.
10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
11. Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
12. Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters..
13. Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc on them. It soaks out all the grease.
14. Keep in the bathroom. They make great "razor nick-fixers."
15. As a sewing backing. Use a filter as an easy-to-tear backing for embroidering or appliquéing soft fabrics.
16. Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors.
17. Use them to strain soup stock and to tie fresh herbs to put in soups and stews.
18. Use a coffee filter to prevent spilling when you add fluids to your car.
19. Use them as a spoon rest while cooking and clean up small counter spills.
20. Can use to hold dry ingredients when baking or when cutting a piece of fruit or veggies - saves on having extra bowls to wash.
21. Use them to wrap Christmas ornaments for storage.
22. Use them to remove fingernail polish when out of cotton balls.

23. Use them to sprout seeds. Simply dampen the coffee filter, place seeds inside, fold it and place it into a plastic baggie until they sprout.

24. Use coffee filters as blotting paper for pressed flowers. Place the flowers between two coffee filters and put the coffee filters in phone book.

25. Use as a disposable "snack bowl" for popcorn, chips, etc.

Bald spot? No, that's a solar panel for brain power

Working His Way Through College

There was a college student trying to earn some pocket money by going from house to house offering to do odd jobs. He explained this to a man who answered one door.

"How much will you charge to paint my porch?" asked the man.

"Forty dollars."

"Fine" said the man, and gave the student the paint and brushes.

Three hours later the paint-splattered lad knocked on the door again.

"All done," he says, and collects his money. "By the way," the student says, "That's not a Porsche, it's a Ferrari."



Activity Ideas

The weather is keeping us inside more but we need to be active to stay young. Here are a few ideas to motive seniors. We will give a **special gift** to those who can give us **5 brand new practical ideas** we can print in the next newsletter issue.

Armchair travels
Aromatherapy
Arts & Crafts/Macaroni crafts
Avon/Mary Kay demo
Art appreciation
Baby visits
Ball/bean bag toss/horseshoes
Balloon volleyball
Bible study
Billiards/Bowling
Bingo, Dominoes
Bird Watching/Feed the ducks
Bread making/cooking/baking
Cards-Blackjack/Gin/Yahtzee
Chicken soup for the Soul
Charades/Comedy hour
Chess/checkers
Clean the fish tank
Clay/play dough/candle making
Color Pictures
Coffee Social/Tea party
Collage making/trace leaves
Coupon Clipping
Creative writing/letter writing
Crossword puzzles /Brain Teasers
Candlelight dinner
Cut shapes from colored paper
Cut out paper dolls, pictures
Cut pictures from Christmas cards
Dance/ exercise/Yoga
Dye Easter eggs, arrange flowers
Folding clothes, towels
Force bulbs for winter flowers
Go for a ride
Grow magic rocks
Hot potato game
Indoor gardening/water plants
Jewelry making
Jigsaw puzzles
Knitting/ Rug hooking/Braiding



Let's chat/reminisce
Listen to music/name that tune
Look up names in the phone book
Make Christmas/Birthday cards
Make a family tree poster
Make a fruit salad
Make lemonade/ice cream
Make paper butterflies/airplanes
Memory games
Name the presidents/finish nursery rhymes
News/current events
Manicure/facials/hand lotions
Musical chairs
Matching game/ Pictionary
Movie matinee
Monopoly/Pokeno/Keno
Needlepoint
Pie party/Pizza party
Photography
Paint with string/finger paint
Pine cone bird feeders
Polishing silverware/put away
Pet visits
Penny pitch
Popcorn party
Put coins in a jar
Ring/horseshoe toss
Read books/paper/magazines
Roll yarn into a ball
Root-beer float party
Sand wood
Scrabble, Hangman game
Scrapbooking/recipe book
Spelling bee
Sorting buttons, photos, beads, poker chips, cards, letters
Sort clothing drawers/junk drawer
Story time/Talent Show
String Cheerios for the birds
Sand art, sewing cards
Sing along
Stamp collecting
Sweep floor, porch
Take a walk
Trivia/Word Search
Use the carpet sweeper
Weave a pot holder
Wine & cheese party
Wipe the table/countertops

