

Trillium

May



Trumpet

2010

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**Discover the
Trillium
Difference**

*Home Care with a
Personal Touch*

Carolyn Dickinson, RN
Co-Owner

**Trillium HomeCare offers
client-focused services:**

- ✚ Assistance with Bathing & Dressing
- ✚ Medication Reminders
- ✚ Incontinence Care
- ✚ Vital Sign Monitoring
- ✚ Meal Preparation
- ✚ Light Housekeeping & Laundry
- ✚ Linen Changes
- ✚ Shopping & Errands
- ✚ Transportation to Appointments
- ✚ Companionship & Conversation

A new service we are offering is **Comfort and Care Calls**. Our daily or weekly calls are a great way to provide a friendly “hello” and gentle reminders on medications and appointments. Personalized call plans can offer peace of mind for family members who may live out of state, take business trips or on vacations.

Events

**Farmington Farmers & Artisans
Market**

Market Season 2010

**Saturdays, May 8 - November 20
9:00am – 2:00pm**

Make your way to Downtown Farmington, Michigan for the 2010 season of the lively Farmington Farmers & Artisans Market. The market features growers providing a wide selection of flowers and plants plus seasonal fruits, vegetables and bakery goods. Crafts from selected local artisans are on display each week too.

**Southfield Adult Recreation
Center 50+**

**24350 Civic Center Drive,
Southfield, MI 48033**

Rummage & Craft Sale

Friday, May 28
9:00 a.m. – 12:00 p.m.

**Farmington Community
Library**

***Through African Eyes: The
European in African Art 1500 to
Present.***

Saturday, May 22, 2 p.m.

***Roadie: The Misunderstood World
of a Bike Racer – speaker Jamie
Smith***

Wednesday, May 26, 7 p.m.

**Men’s Caregiver Support Group
Trillium Conference Room
3rd Tuesday – May 18
10:00 a.m.**

May Birthdays

- Jean – May 6
- Nancy – May 7
- Lakesha – May 23
- Katrina – May 24
- Cynthia – May 25
- Lenore – May 26

May Anniversaries

- Almeta – 2nd
- Irene – 4th

Humility is the fruit of inner security and wise maturity. To be humble is to be so sure of one’s self and one’s mission that one can forego calling excessive attention to one’s self and status.

*Cornell West
from “Race Matters”*



8 Foods That Fight Stress

By Sara Reistad-Long in "Yahoo Health"

Chow down on eats that tame hunger and reduce anxiety. We all know that tension can wreak havoc on our eating patterns. But the right (healthy!) foods can often help tame mindless munching and cravings and, better yet, actually lower overall anxiety and its symptoms. Eight of our favorites:

Dark Chocolate – yeh!

High in flavonoids, which are lauded for their relaxing properties (chamomile tea is another great source), chocolate also contains phenethylamine, a chemical that enhances your mood. The darker the chocolate, the more healthy substances you're getting in your diet, so look for bars that are 70 percent cacao or higher.

Skim Milk

Turns out that a glass of warm milk really is calming. One study found that women who drank four or more servings of low fat or skim milk every day were about half as likely to experience stress-related PMS symptoms than those who drank less than one serving a week.

Oatmeal

Carbs help you produce serotonin, a calming hormone that helps fight anxiety's negative effects, which is probably why many of us crave them when we're stressed. Go with the craving and choose healthy sources. Oatmeal is high in fiber, which means that your body will absorb it slowly. In one fell swoop, you'll prolong the serotonin boost, keeping yourself feeling full for longer (and on less) and making sure your blood sugars in check.

Salmon

Research shows that omega-3 fatty acids-abundant in fish like salmon-can help reverse stress symptoms by boosting serotonin levels, and that an omega-3-rich diet can also help suppress the production of the anxiety hormones cortisol and adrenaline.

Walnuts

They've been shown to help lower blood pressure, which is critical for those whose hearts are already working overtime thanks to high adrenaline levels. In fact, research so strongly backs their health benefits that the U.S. Food and Drug Administration goes so far as to recommend 1 ½ oz per day.

Sunflower Seeds

A good source of folate, which helps your body produce a pleasure-inducing brain chemical called dopamine.

Spinach


Studies show that magnesium, which you'll find in leafy greens like spinach, improves your body's response to stress.

Blueberries

Their antioxidants counteract the effects of stress hormones like cortisol on your body.



How to Stay Young

1. Throw out nonessential numbers. This includes age, weight, and height. Let the doctors worry about them. That is why you pay "them."
2. Keep only cheerful friends. The grouches pull you down. 
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop."
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

Lucky Dog

Mary and her husband Jim had a dog named Lucky. Lucky was a real character. Whenever Mary and Jim had company come for a weekend visit they would warn their friends to not leave their luggage open because Lucky would help himself to whatever struck his fancy. Inevitably, someone would forget and something would come up missing.

Mary or Jim would go to Lucky's toy box in the basement and there the treasure would be, amid all of Lucky's other favorite toys. Lucky always stashed his finds in his toy box and he was very particular that his toys stay in the box.

It happened that Mary found out she had breast cancer. Something told her she was going to die of this disease...in fact; she was just sure it was fatal.

She scheduled the double mastectomy, fear riding her shoulders.. The night before she was to go to the hospital she cuddled with Lucky. A thought struck her...what would happen to Lucky? Although the three-year-old dog liked Jim, he was Mary's dog through and through. If I die, Lucky will be abandoned, Mary thought. He won't understand that I didn't want to leave him! The thought made her sadder than thinking of her own death.

The double mastectomy was harder on Mary than her doctors had anticipated and Mary was hospitalized for over two weeks. Jim took Lucky for his evening walk faithfully, but the little

dog just drooped, whining and miserable.

Finally the day came for Mary to leave the hospital. When she arrived home, Mary was so exhausted she couldn't even make it up the steps to her bedroom. Jim made his wife comfortable on the couch and left her to nap.

Lucky stood watching Mary but he didn't come to her when she called. It made Mary sad but sleep soon overcame her and she dozed.

When Mary woke, for a second she couldn't understand what was wrong. She couldn't move her head and her body felt heavy and hot. But panic soon gave way to laughter when Mary realized the problem. She was covered, literally blanketed, with every treasure Lucky owned! While she had slept, the sorrowing dog had made trip after trip to the basement bringing his beloved mistress all his favorite things in life. **He had covered her with his love.**

Mary forgot about dying. Instead she and Lucky began living again, walking further and further together every day. It's been 12 years now and Mary is still cancer-free. Lucky, he still steals treasures and stashes them in his toy box but Mary remains his greatest treasure.

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?" He answered, "Call for backup."

Mother's Day is Sunday, May 9.

Friendship Among Women:

A woman doesn't come home at night. The next day she tells her husband she slept over at a friend's house. The man calls his wife's 10 best friends. None of them know anything about it.

Friendship Among Men:

A man doesn't come home at night. The next day he tells his wife he slept over at a friend's house. The woman calls her husband's 10 best friends. Eight of them say he did sleep over and 2 claim he's still there.

Think You Are Having a Bad Day?

A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his waist towards the electric kettle. Intending to jolt him away from the deadly current, she whacked him with a handy plank of wood, breaking his arm two places. Up to that moment, he had been happily listening to his Walkman.

There now, feeling better????

Working at the post office, I'm used to dealing with a moody public. So, when one irate customer stormed my desk, I responded in my calmest voice, "What's the trouble?"

"I went out this morning," she began, "and when I came home, I found a card saying the mailman tried to deliver a package, but no one was home. I'll have you know, my husband was in all morning! He never heard a thing!"

After apologizing, I got her parcel. "Oh good!" she gushed. "We've been waiting for this for ages!"

"What is it?" I asked.

"My husband's new hearing aid."

Just Stay

A nurse took the tired, anxious serviceman to the bedside. "Your son is here," she said to the old man. She had to repeat the words several times before the patient's eyes opened. Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement.

The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man's hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile.

He refused. Whenever the nurse came into the ward, the Marine was

oblivious of her and of the night noises of the hospital - the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients. Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her. "Who was that man?" he asked.

The nurse was startled, "He was your father," she answered. "No, he wasn't," the Marine replied. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed."

The next time someone needs you...just be there. Just stay.



Saturday,
May 15 is
Armed
Forces Day



Vitamins and Mineral
Supplements are Important for
Older People

Research has discovered that as we age, our diets and our need for dietary supplements change. Doctors are increasingly concerned about boosting the levels of vitamins and minerals that we need as we grow older.

As most people get older, they tend to eat less due to a loss of appetite. As a result, many elderly individuals do not take in adequate amounts of vitamins and other nutrients as they did when they were younger. Other factors that can affect appetite and the inadequate uptake of vital nutrients are medications, medical complications, certain disabilities, diabetes, changes in the digestive system and even the changes in our skin as we age. One study estimates that ***one-third of the elderly are alarmingly low on important vitamins and minerals.*** Another study indicates that two thirds of the elderly patients admitted to a hospital are malnourished, resulting in low levels of vital nutrients. When a person is vitamin and mineral deficient, he or she is more susceptible to illness and infections. It is estimated that deaths due to infections are ten times more likely in the elderly.

Please go to <http://www.planforcare.org> for the entire article and previous articles.

*Thomas Day, Director
National Care Planning Council*