

Trillium

May



Trumpet

2011

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**VISIT THE TRILLIUM
ARTS & CRAFTS
GALLERY SHOW**

Stop by and see the Trillium Arts & Crafts Gallery Show during May 13 to May 20. We have displayed the work of our clients, caregivers, and staff. Many styles of art are featured and represent hours of work by these talented people.

The show will be open between 9:00 a.m. until 3:00 p.m. but not on the weekend.



LIVONIA PUBLIC LIBRARY
Noontime Concert Series
The Detroit Handbell Ensemble
May 19 - 12:15 p.m.

**DOWNTOWN FARMINGTON
FARMERS & ARTISANS
MARKET**
Beginning May 7
Music at the Market
10:00 am to 2:00 pm
The Two Timers – May 7
Bob Monteleone – May 14
Gia Warner – May 14
Mark Reitenga – May 28

LONGACRE PORCH PARTIES
Ice Cream Social
Friday, May 20 6-8 pm

**FARMINGTON COMMUNITY
CHORUS**
Mercy High School
May 6 & 7 - 8 pm
"Roger That! The Music of Richard Rogers"

**LIVONIA CIVIC PARK SENIOR
CENTER**
Lunch with the Doctors
Fri. May 13 12:00 noon lunch
1:00 pm discussion- no charge

**WARREN GREATEST
GARAGE SALE**
City Square Parking Garage
Sun. & Mon. May 29 & May 30
10:00 am to 5:00 pm

WARREN FARMER'S MARKET
At City Square
Sundays May 1 through Oct. 30
9:00 am to 2:00 pm

May Birthdays

Sharon L. – 12th
John – 22nd
Cynthia – 25th
Lenore – 26th
Karen – 30th

Anniversaries

Almeta – 3rd – May 23
Irene – 5th – May 25
Marilyn – 1st – May 27
Whitney – 1st – May 27

Mothers

Being a full-time mother is one of the highest salaried jobs... since the payment is pure love.
- Mildred B. Vermont

Mother love is the fuel that enables a normal human being to do the impossible.
- Marion C. Garretty

All women become like their mothers. That is their tragedy. No man does. That's his.
- Oscar Wilde

The most important thing a father can do for his children is to love their mother.

Mother's Day is May 8
Don't you dare forget your mother!

Catskill Comics

You may remember the old Catskill comics of bygone days: Shecky Greene, Red Buttons, Totie Fields, Joey Bishop, Milton Berle, Jan Murray, Danny Kaye, Henny Youngman, Buddy Hackett, Sid Caesar, Groucho Marx, Jackie Mason, Victor Borge, Woody Allen, Joan Rivers, Lenny Bruce, George Burns, Allan Sherman, Jerry Lewis, Peter Sellers, Carl Reiner, Shelley Berman, Gene Wilder, George Jessel, Alan King, Mel Brooks, Phil Silvers, Jack Carter, Rodney Dangerfield, Don Rickles, Jack Benny and so many others. Here are a few of their one-liners – reminisce!

* I just got back from a pleasure trip. I took my mother-in-law to the airport.

* I've been in love with the same woman for 49 years! If my wife ever finds out, she'll kill me!

* What are three words a woman never wants to hear when she's making love? "Honey, I'm home!"

* Someone stole all my credit cards but I won't be reporting it. The thief spends less than my wife did.

* My wife and I always hold hands. If I let go, she shops.

* My wife and I went back to the hotel where we spent our wedding night; only this time I stayed in the bathroom and cried.

* My wife was at the beauty shop for two hours. That was only for the estimate. She got a mudpack and looked great for two days. Then the mud fell off.

* The doctor gave a man six months to live. The man couldn't pay his bill so the doctor gave him another six months.

* The doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "So did my arthritis!"

* Doctor: "You'll live to be 60!"
Patient: "I am 60!"
Doctor: "See! What did I tell you?"

* Patient: "I have a ringing in my ears."
Doctor: "Don't answer!"

* A drunk was in front of a judge. The judge says, "You've been brought here for drinking."
The drunk says, "Okay, let's get started."

* A man called his mother in Florida. "Mom, how are you?"

"Not too good," said the mother. "I've been very weak."

The son said, "Why are you so weak?"

She said, "Because I haven't eaten in 38 days."

The son said, "That's terrible. Why haven't you eaten in 38 days?"

"Because I didn't want my mouth to be filled with food if you should call."



"Laughter is the shortest distance between two people."

-- Victor Borge

"Laughter is a tranquilizer with no side effects."

-- Arnold Glasow

"Laughter is by definition healthy."

-- Doris Lessing

"The human race has one really effective weapon, and that is laughter."

-- Mark Twain

"What soap is to the body, laughter is to the soul."

-- Milton Berle

A Senior Vacation

by G. N. Huyser

(a limerick for my daughter)

Oh! I've walked all over Austin
And kept right up with you.
I've climbed a lot of stairways
Old ladies never do.

Someday when you think
of mother

I hope you'll think of me.

As the mom who

conquered Austin

At the age of eighty-three

From the January 2011

Roseville Senior Newsletter

A Good Night's Sleep

Getting a good night's sleep is important throughout life. It improves concentration, memory and helps to keep the immune system strong. As we age, we spend more time in a lighter stage of sleep than when we were younger. This can make it difficult to get a full night's sleep and feel well rested. Not enough sleep can lead to an increased risk of falling, irritability and lethargy. If you find yourself waking throughout the night or feeling you aren't getting the rest you need, consider the following tips.

1. Be active during the day. Exercise helps sleep. Be sure to exercise at least three hours before retiring for the night.
2. Limit naps. Napping makes it difficult to sleep at night. If you do nap, limit your naps to 15 minutes and try not to nap after 3 p.m.
3. Eat light at night. Heavy meals can lead to heartburn. If you are hungry at night, have a light snack. Do not drink lots of fluids before bed as this may cause you to wake for bathroom trips.
4. Sunlight helps. Two hours or more of exposure to sunlight has been found to regulate the production of melatonin, a chemical that is involved with the sleep-wake cycle.
5. Avoid alcohol and caffeine. Alcohol interferes with the most restful stages of sleep. It takes the human body six hours to eliminate half the caffeine in one cup of coffee, so do not drink caffeinated beverages from late afternoon

to increase the chances of a good nights sleep.

6. Have a nightly routine. Go to bed and wake up at the same time every day. Staying on a sleep schedule helps your internal clock stay in sync and improves sleep.



Walking & Exercise

I like long walks, especially when they are taken by people who annoy me.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently, you have to go there.

I do have flabby thighs, but fortunately, my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good, doesn't she."

If you are going to try cross-country skiing, start with a small country.

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

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Funny & Odd Quotes on Computers

"To err is human, but to really foul things up requires a computer."

Farmer's Almanac

"Imagine if every Thursday your shoes exploded when you tied them the usual way. This happens to us all the time with computers and nobody thinks of complaining."

Jef Raskin

"Programming today is a race between software engineers striving to build bigger and better idiot-proof programs, and the Universe trying to produce bigger and better idiots. So far, the Universe is winning."

Rick Cook,

The Wizardry Compiled

"To err is human – and to blame it on a computer is even more so."

Robert Orben

If the automobile had followed the same development cycle as the computer, a Rolls-Royce would cost \$100, get a million miles to the gallon and explode once a year, killing everyone inside."

Robert X Cringely

"Where a calculator on the ENIAC is equipped with 18,000 vacuum tubes and weighs 30 tons, computers in the future may have only 1,000 vacuum tubes and perhaps weight 1.5 tons."

Popular Mechanics Magazine,

1949

Column from Technology Times

March 2011



Following IT Requirements

During a recent password audit, the IT director discovered a new employee was using the following password:

MickeyMinniePlutoHueyLouieDeweyDonaldGoofySacramento.

Out of curiosity, he asked why she was using such a long password, to which she replied, "I was told that it had to be at least 8 characters long and include at least one capital!"

How's That Again?

"Your food stamps will be stopped effective March 1992 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances."

*Department of Social Services,
Greenville, South Carolina*

***Some drink from the fountain of knowledge.
Other just rinse and spit.***

Winning The Lottery

A tightwad was convinced by a friend to buy a couple of lottery tickets. But after he won the big prize, he didn't seem happy.

"What's wrong?" the friend asked. "You just became a millionaire!"

"I know," he groaned, "But I can't imagine why I bought that second ticket."

Agreeable

Sal: "You get along so well with just everybody - how do you do it?"

Nat: "It's easy: I never disagree with anyone, no matter what."

Sal: "Oh, that's impossible!"

Nat: "You're absolutely right."

I've Learned

I've learned...that you can do something in an instant that will give you heartache for the rest of your life.

I've learned...that it's taking me a long time to become the person I want to be.

I've learned...that you should always leave loved ones with loving words. It may be the last time you see them.

I've learned...that you can keep going long after you can't.

I've learned...that we are responsible for what we do, no matter how we feel.

I've learned...that either you control your attitude or it controls you.

I've learned...that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I've learned...that money is a lousy way of keeping score.

**Snacks to Curb Your Hunger**

Your stomach is growling, yet it is still hours until dinner. Now what? Don't be tempted by those high fat snacks like chips or a candy bar. Keep snacks on hand that will help carry you over until your next meal without destroying your diet.

Here are some good choices:
Fresh fruit – keep fresh fruit on hand, washed and ready to grab for a quick snack.

Fresh vegetables – have mini carrots, celery sticks, bell pepper slices or other veggies in the house. They can even be dipped in a low fat or fat-free dressing or salsa to add a little zip.

Whole grain crackers or whole grain cereals make a wonderful quick snack between meals.

Low fat cheese or yogurt are good snack choices that help ensure you are getting calcium in your diet along with protein.

Nuts are also a good snack choice, although be careful with serving sizes. Nuts are high in fats that will increase the calories consumed.

From Senior Health Line” Michigan State University Extension Oakland County November 2009