

Trillium

November



Trillium
HomeCare

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

Caring for the Elderly by
Preventing Falls

One bad fall for an elderly individual can lead to serious problems that require a hospital stay, loss of independence, lengthy rehabilitation, or worse. This is why it is so important to remain proactive in decreasing the risk of falls.

✓ ***Improve strength and balance***

Many elderly individuals and their families reduce the physical activities of the elderly person as a safety precaution. Unfortunately, lack of activity is actually a leading cause of falls. Regular exercise is important for strength, balance, stamina, proper walking gait and quicker reflexes.

✓ ***Activity*** that stimulates the brain are also important in order to improve reaction time.

✓ ***Safeguarding the House Environment***

Assess the home of an elderly person. Throw rugs may need to be removed and individuals with limited mobility should only use on the first floor.

✓ ***Assess Medications and Medical Conditions***

If an elderly person reports feeling dizzy or confused, the cause may be a medication or a medical condition. When drugs are used in combination, there can be undesirable side effects. Talk with your doctor.

Events

Michigan Weaver's Winter Market

Costick Center

Sat. Nov. 19 10am – 5pm
Holiday Gift Sale
Hand Crafted items

Displayed in the Art Gallery
Wearable Art, Jewelry, Sculptures
& Wall Hangings

18th Annual Holiday "Lights" Ceremony

Tuesday, Nov. 29 – 6:30 pm
At the Fire Station Headquarters

Aladdin Jr.

Costick Center State
Thurs. & Fri., Nov 17 & 18
7:00 pm
Sat. & Sun. Nov 19 & 20
1 pm & 5 pm

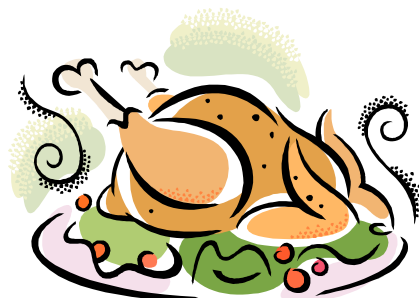
Flu Shots

If you have not already done so, please get your yearly flu shot before the upcoming flu season. Check with your doctor. You can also find many seniors centers and pharmacies that are offering flu shots. You may need a pneumonia shot also. They are effective for up to 5 years.

Birthdays

Freddie – Nov. 1
Bob – Nov. 2
Mary B. – Nov. 11
Ruth – Nov. 12
Sharon L. – Nov. 17
Mary C – Nov. 26
Joseph – Nov 28

Thanksgiving



Flying Rules

1. If you push the stick forward, the houses get bigger. If you pull the stick back, they get smaller. That is, unless you keep pulling the stick all the way back, then they get bigger again.
2. Flying isn't dangerous. Crashing is what's dangerous.
3. It's always better to be down here wishing you were up there than up there wishing you were down here.

4. The ONLY time you have too much fuel is when you're on fire.
5. The propeller is just a big fan in front of the plane used to keep the pilot cool. When it stops, you can actually watch the pilot start sweating.
6. When in doubt, hold on to your altitude. No one has ever collided with the sky.
7. A 'good' landing is one from which you can walk away. A 'great' landing is one after which they can use the plane again.
8. Learn from the mistakes of others. You won't live long enough to make all of them yourself.
9. You know you've landed with the wheels up if it takes full power to taxi to the ramp.
10. The probability of survival is inversely proportional to the angle of arrival. Large angle of arrival, small probability of survival and vice versa.
11. Never let an aircraft take you somewhere your brain didn't get to five minutes earlier.
12. Stay out of clouds. The silver lining everyone keeps talking about might be another airplane going in the opposite direction. Reliable sources also report that mountains have been known to hide out in clouds.
13. Always try to keep the number of landings you make equal to the number of take offs you've made.
14. There are three simple rules for making a smooth landing. Unfortunately no one knows what they are.
15. You start with a bag full of luck and an empty bag of experience. The trick is to fill the bag of experience before you empty the bag of luck.
16. Helicopters can't fly; they're just so ugly the earth repels them.

17. If all you can see out of the window is ground that's going round and round and all you can hear is commotion coming from the passenger compartment, things are not at all as they should be.
18. In the ongoing battle between objects made of aluminum going hundreds of miles per hour and the ground going zero miles per hour, the ground has yet to lose.
19. Good judgment comes from experience. Unfortunately, the experience usually comes from bad judgment.
20. It's always a good idea to keep the pointy end going forward as much as possible.
21. Keep looking around. There's always something you've missed.
22. Remember, gravity is not just a good idea. It's the law. And it's not subject to repeal.
23. The three most useless things to a pilot are the altitude above you, runway behind you, and a tenth of a second ago.



Baked Yam & Potato Casserole

- 1 large sweet potato, thinly sliced
- 1 large potato, thinly sliced
- 1 onion, thinly sliced
- 4 tablespoons butter, divided
- salt and pepper to taste
- 2 tablespoons all-purpose flour
- 3/4 cup vegetable broth
- 1 cup shredded mozzarella cheese
- 2 tablespoons dry bread crumbs
- 1 tablespoon dried parsley (optional)

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish. In the prepared dish, make a single layer of sweet potato slices. Place a few onion slices on top, dot with butter, and sprinkle with salt and pepper. Repeat, alternating layers of white and sweet potatoes. In a small bowl, or measuring cup, combine flour and broth. Pour over potatoes. Sprinkle cheese, bread crumbs and parsley over the potatoes. Dot with remaining butter. Cover. Bake in preheated oven for 1 hour or until potatoes and onions are soft.

Mental Health

The psychology instructor had just finished a lecture on mental health and was giving an oral test.

Speaking specifically about manic depression, she asked, "How would you diagnose a patient who walks back and forth screaming at the top of his lungs one minute, then sits in a chair weeping uncontrollably the next?"

A young man in the rear raised his hand and answered, "A basketball coach?"

Why Rednecks Make Good Soldiers

Dear Ma & Pa:

Am well. Hope you are. Tell brother Walt & brother Elmer the Marine Corps beats working for old man Minch by a mile. Tell them to join up quick before maybe all of the places are filled.

I was restless at first because you got to stay in bed till nearly 6 a.m., but am getting so I like to sleep

late. Tell Walt & Elmer all you do before breakfast is smooth your cot and shine some things. No hogs to slop, feed to pitch, mash to mix, wood to split, fire to lay. Practically nothing. Men got to shave but it is not so bad, they git warm water.

Breakfast is strong on trimmings like fruit juice, cereal, eggs, bacon, etc..., but kind of weak on chops, potatoes, ham, steak, fried eggplant, pie, and other regular food. But tell Walt & Elmer you can always sit between two city boys that live on coffee. Their food plus yours holds you till noon, when you get fed again. It's no wonder these city boys can't walk much.

We go on "route" marches, which the Platoon Sergeant says are long walks to harden us. If he thinks so, it is not my place to tell him different. A "route march" is about as far as to our mailbox at home. Then the city guys gets sore feet and we all ride back in trucks. The country is nice, but awful flat.

The Sergeant is like a schoolteacher. He nags some. The Capt. is like the school board. Majors & Colonels just ride around & frown. They don't bother you none.

This next will kill Walt & Elmer with laughing. I keep getting medals for shooting. I don't know why. The bulls-eye is near as big as a chipmunk and don't move. And it ain't shooting at you, like the Higgett boys at home. All you got to do is lie there all comfortable and hit it. You don't even load your own cartridges. They come in boxes.

Be sure to tell Walt & Elmer to hurry & join before other fellers get into this setup & come stampeding in.

Your loving daughter, Gail

P.S. Speaking of shooting, enclosed is \$200 towards a new barn roof & ma's teeth. The city boys shoot craps, but not very good.

From www.swapmeetdave.com



The Dangers of Mathematics

At a certain airport, an individual later discovered to be a public school teacher was arrested trying to board a flight while in possession of a ruler, a protractor, a set square and a calculator. Authorities believe he is a member of the notorious al-Gebra movement. He is being charged with carrying weapons of math instruction.

I Am Thankful For...

I am thankful for the wife who says its hot dogs tonight, because she is home with me. And not out with someone else.

For the husband who is on the sofa being a couch potato, because he is with me and not out at the bars.

For the teenager who is complaining about doing dishes because that means she is at home, not on the streets.

For the taxes that I pay because it means that I am employed.

For the mess to clean after a party because it means that I have been surrounded by friends.

For the clothes that fit a little too snug because it means I have enough to eat.

For my shadow that watches me work, because it means I am out in the sunshine.

For a lawn that needs mowing, windows that need cleaning, and gutters that need fixing, because it means I have a home.

For all the complaining I hear about the government because it means that we have freedom of speech.

For the parking spot I find at the far end of the parking lot, because it means I am capable of walking and that I have been blessed with transportation.

For the huge heating bill because it means I am warm.

For the lady behind me in church who sings off key, because it means that I can hear.

For the pile of laundry and ironing, because it means I have clothes to wear.

For weariness and aching muscles at the end of the day, because I have been capable of working hard.

For the alarm that goes off in the early morning hours, because it means that I am alive.

And finally for the volumes of emails I receive, because it means I have friends who are thinking of me.



Eagle Trivia Contest

1. Bald Eagles are found in every state? True or False
2. What year did the bald eagle become a National Emblem? 1776, 1782, 1876
3. What is the wingspan of a bald eagle? 4-5 ft, 5-6 ft, 6-7.5 ft.
4. The largest nest found in Florida weighted how much? 500 lbs, 1 ton, 2 ton
5. How old are eagles before they take their first flight? 4-6 weeks, 7-8 weeks, 9-14 weeks
6. When was the bald eagle taken off the endangered

species list? 2006, 2007, 2008, 2009

7. A bald eagle can spot prey from how far way? Half a mile, 1 mile, 2 miles
8. Bald eagles get white heads and tail feathers at what age: 1-2 years, 3-4 years, 4-5 years
9. Ben Franklin wanted what bird to be our National Bird? A pheasant, a wild turkey, a rooster.

Answers

1. Bald Eagles are found in every state? *False – they are not in Hawaii*
2. What year did the bald eagle become a National Emblem? *1782*
3. What is the wingspan of a bald eagle? *6-7.5 ft.*
4. The largest nest found in Florida weighted how much? *2 ton*
5. How old are eagles before they take their first flight? *9-14 weeks*
6. When was the bald eagle taken off the endangered species list? *2007*
7. A bald eagle can spot prey from how far way? *2 miles*
8. Bald eagles get white heads and tail feathers at what age: *4-5 years*
9. Ben Franklin wanted what bird to be our National Bird? *a wild turkey*



Grand Rapids, Michigan Retirement Community

We found this lip dub a lot of fun. Through the production of Grand Valley State students and graduates in association with VisionStew productions, the senior citizens at The Clark Retirement Community came together to show the world just how good they're really feeling. Check out the following:

<http://www.wxyz.com/dpp/home/gv-su-revitalizes-senior-citizens-with-a-lipdub-video-reproduction>

Donate Used Hearing Aids

The Lions Hearing Center of Michigan, a non-profit organization, is collecting used hearing aids. The hearing aids will be used to purchase new hearing aids for those who have no insurance or who qualify for assistance. Drop off any used hearing aid at the Bloomfield Township Senior Services in the box located in the vending machine area off the Cafe on the main level. For more information about the Lions Hearing Center call 1-888-LHC-Mich.

Prescription Drug Card

The Oakland County Board of Commissioners has provided a new discount prescription drug card for any Oakland County resident. It is available to those who are uninsured or underinsured by their insurance plan, with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases. The card is available at Bloomfield Township Seniors Services and at other locations. For more information call 877-321-2652.