

THE TRILLIUM TRUMPET
NOVEMBER-DECEMBER
2009

Trillium HomeCare

248 539 0714
248 539 4578 (Fax)

(NEW) 1-877-864-4842

INTEGRITY RESPECT EMPOWERMENT EXCELLENCE

Keep your brain in shape through exercise.....

Get out of your "Comfort Zone" if you have mastered crossword puzzles move to something new: Sudoku, brain teasers, or something opposite of your natural skills, for instance, if you like numbers, learn to draw.

Get support if you are caring for an ailing family member it is stressful – do not face the situation alone. Interacting with others activates many parts of the brain.

Switch from croutons on your salad to walnuts: Walnuts contain Omega-3s that have been found to improve mood and calm inflammation that may lead to brain-cell death.

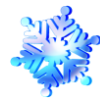
Information found on line at aarp.org



DATES OF INTEREST

NOVEMBER:

- 01: Daylight Savings Time Ends (Fall Back)
- 06: Half way point of Autumn
- 07: Cake Appreciation Day
- 11: Veterans Day
- 13: World Kindness Day
- 26: Thanksgiving Day



DECEMBER:

- 01: Rosa Parks Day
- 07: Pearl Harbor Day
- 12: Hanukkah
- 25: Christmas Day
- 26: Kwanzaa Day
- 31: New Year's Eve

NOVEMBER 01



DAYLIGHT SAVINGS
TIME ENDS

Change you clocks back one hour and check your smoke detector batteries.

IMPORTANT NOTICE:



We welcome all ideas and suggestions from clients, client family members, and Trillium staff!

We want to share stories, advice, articles, and recommendations from everyone. Call us at

(248) 539-4578

HAPPY BIRTHDAY



NOVEMBER

14: Ardis

DECEMBER

10: Agnes

14: Mary

STAFF

NOVEMBER

02: Bob Dickinson

DECEMBER

17: Sharon

24: Meta

25: Almeta

BACK IN TIME....

Remember the metal lunch boxes the kids took to school?

- Only 450 metal lunch box designs were created.
- The last metal lunch box was Rambo in 1985.
- Vinyl replaced metal as lunch box material
- The most valuable collectables are the 1960 Mickey Mouse at \$1,500; 1962 the Jetsons at \$1,250, and 1969 Superman at \$810.

Did you hear the Funny Story?

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association Helpline operates 24 hours a day, seven days a week, in 140 languages. Their staff is highly trained and knowledgeable about all aspects of Alzheimer's disease. Call if you have questions about

- Alzheimer's disease or memory loss, medications and treatment options, brain health, and care options.
- How the Association can help you
- Caregiving tips and respite care options
- Services available in your community

You can also call for emotional support – as often as you need. We know that living with Alzheimer's can be overwhelming at times. Remember, The Alzheimer's Association is here for you – all day, every day.

Phone: 1 800 272 3900

ALL COFFEE HAS SOME AMOUNT OF CAFFEINE

Decaffeinated coffee contains a small amount of caffeine that could contribute to sleeplessness if a person is sensitive to it.

But some caffeine can be good for you. Many recent studies have shown that coffee can reduce the risks for heart disease, diabetes, Parkinson's disease and in some studies even Alzheimer's disease. Plus, coffee and tea are the biggest sources of antioxidants for Americans today, if limited to 3 or 4 cups per day.

Visit our website at

www.trilliumhomecare.com



FACTS AND INFORMATION

Low Fat Dairy Foods have Health Benefits

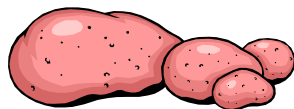
Low-Fat calcium rich dairy products are very good for you nutritionally. Cheese, yogurt and milk provide nine essential nutrients which are important in bone health, controlling blood pressure and heart health at a low cost per serving. (From the Journal of the American College of Nutrition.) Another plus is dairy products may assist in controlling weight gain.

Nuts

We know nuts are high in calories and fat even though it is a healthy fat. Did you know nuts can lower low density lipoproteins or bad cholesterol in your blood? They also can reduce your risk of developing blood clots by improving the health of the lining of arteries.

Purple Sweet Potatoes

A new variety of sweet potatoes which is purple has been appearing in the stores. It is special in that it may fight cancer. Cultivated at Kansas State University where researchers say it is high in anthocyanin, a pigment that has anti-cancer properties.



*Life isn't about waiting for the storm to pass.
It's about learning to dance in the rain.*



LOCAL EVENTS

November:

15: "Songs for Two" music program by the Farmington Musicale at the First Presbyterian Church of Farmington call 248 474-6170 or Farmington Musicale.com

December:

07: "Holiday Brass" Detroit Chamber Winds & Strings performing at the Farmington Players Barn 248 473-1848

11 & 12: "Our Holiday Family Album" concert by the Farmington Community Chorus at Mercy High School - Hotline 810 632- 4067

Trillium Homecare will be sponsoring the following event.

If you can make the following date - be sure to visit our booth

November 10: Annual Health Fair - Waterford Senior Center - 10am-2pm

Overheard in the Hospital

An elderly lady was being admitted to the hospital and a clerk asked for her wrist saying "I'm going to give you a bracelet." "Has it got diamonds and rubies?" The patient asked joking.

"No" she replied but it costs just as much."

When I was born I was so surprised, I didn't talk for a year and a half.

Gracie Allen



DID YOU KNOW..

Take your bananas apart when you get home from the store.

If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil.

It will stay fresh much longer and not mold!

Add garlic immediately to a recipe if you want a light taste of garlic, and at the end of the recipe if your want a stronger taste of garlic.

Reheating refrigerated bread -

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

IMPORTANT CONTACT INFORMATION



Alzheimer's Association (800) 272-3900

American Association of Retired Persons (AARP) (800) 424-3410

American Diabetes Association (800) 232-3472

American Heart Association (800) 968-1793

Arthritis Foundation (800) 968-3030

Area Agency on Aging: (800) 852-7795

Legal Hotline (800) 347-5297

Meals on Wheels- Call Area Agency on Agency to find a program serving your area

Medicare/Medicaid Assistance (800) 803-7174

Oakland Health Department (248)424-7000

Social Security Administration (800) 772-1213

Veteran's Administration (800) 827-1000

Computer sites:

AARP www.aarp.org/statepages/mi.html

Healthy Aging for Older Adults

www.cdc.gov/aging

National Council on Aging www.ncoa.org

Trillium Home Care www.trilliumhomecare.com

US Administration on Aging www.aoa.gov

US Department of Veterans Affairs www.va.gov

Happiness



Most folks are about as happy as they make up their mind to be.

Abe Lincoln

Content makes poor men rich; discontent makes rich men poor.

Ben Franklin

Happiness depends upon ourselves. *Aristotle*