

Trillium

Sept.



Trillium HomeCare

Trumpet

2010

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Attention Wartime Veterans And Surviving Spouses

Are you a veteran or the surviving spouse of a veteran? Did you know that you may qualify for government benefits that could help you pay for the cost of personal care? Every year millions in earned government assistance goes unpaid, simply because many of those who deserve them don't even know they exist! The Aid and Attendance pension is one such benefit. Created in 1951 and enhanced in 2001, this benefit is funded by Congress and is designed specifically to help those who served our country's military in their greatest time of need.

Intended to help veterans and their family cover the cost of medical expenses and long term care, this special pension could help lift the financial burden of costs associated with nursing home, assisted living, in-home care and more. The benefit rates for 2010 are as follows:

- \$2,540 per month for two married veterans
- \$1,949 per month for a veteran with a dependent/spouse
- \$1,644 per month to a veteran
- \$1,056 per month to a surviving spouse

Ned Hoff is a disabled veteran dedicated to helping veterans apply for this benefit at no cost. Call him today to schedule an appointment at (810) 549-7624.

Downtown Farmington

Farmer's Market

Sat., Sept. 25 – 9 a.m. to 2 p.m.
Pig Roast 11 a.m. w/fresh corn
Continuous music all day

Harvest Moon Festival

Thurs., Sept. 23-25
1st Annual Beer & Wine Tasting with food pairings
Music by Daniree
6 p.m. to 10 p.m.

Longacre House

Sept. 21 – "Tea With the Presidents' Wives"

Speaker: Barbara Kincaid
Call 248-473-1870 for information

Cultural Arts Concert Series

at the
Farmington Players Barn
Theater

Jill Jack

September 25

**Smile, it gives your face
something to do!**

Alzheimer's Support
Group for Men
**Meeting Tuesday,
September 7 at 11:00
At Trillium HomeCare**

September Birthdays

John V. – 2nd
Sharon M. – 5th
Sue – 8th
Melanie – 10th
Faith – 14th
Charlotte – 16th
Joyce S. – 18th
Louise – 22nd
Kathleen Q. – 24th

September Anniversaries

Amy – 2nd
Corinne – 2nd



Salt is Salt is Salt

Many people believe sea salt or kosher salt are healthier alternatives to table salt. This truly is not the case. There are only slight differences between the different types of salts used for flavoring. They are all between 97.5% and 99% sodium chloride. The biggest difference between the salts is the size of the crystals. Kosher and sea salts typically have larger crystals than table salt. Sea salts have trace amounts of minerals that may affect the taste. Table salt is obtained from salt found in mines. The salt crystals are refined and additives are added to keep the salt free-flowing. Often times, iodine is also added to table salt to reduce the incidence of goiter and for thyroid function. Sea salt is salt that is obtained by the evaporation of sea water. It can range in color from white to red or grey. Sea salt may contain trace amounts of calcium, magnesium and sulfate. Kosher salt is coarse salt used to process meat for kosher dietary laws. It contains no additives. Although sea salt and kosher salt do not provide any nutritive benefits, they may lead to a lower intake of sodium through perception. Because the crystals are larger than table salt, you get less salt per teaspoon and therefore, less sodium. Kosher and sea salts are however, more expensive than table salt.

Senior Health Line
Michigan State University Extension
Oakland County

Clorox Versus Peroxide

by Becky Ransley of Indiana
(a doctor's wife)

I would like to tell you of the benefits of that plain little ole bottle of 3% peroxide you can get for under \$1.00 at any drug store. What does bleach cost?

My husband has been in the medical field for over 36 years and most doctors don't tell you about peroxide. Have you ever smelled bleach in a doctor's office? NO! Why? Because it smells, and it is not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better!

Did you also know bleach was invented in the late 40's? It is chlorine, folks! Peroxide was invented during WWI in the 20's. It was used to save and help cleanse the needs of our troops and hospitals.

Please think about this:

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe.) No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.
2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
4. Put half a bottle of peroxide in your bath to help get rid of boils, fungus, or other skin infections I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water

on them (especially the toes) every night and let dry. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.

5. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in the bathroom to disinfect without harming your septic system like bleach or most other disinfectants will. Spray around the toilet and on the floor. In the blink of any eye all the smell will be gone & the bacteria eliminated! I use peroxide to clean my mirrors. There is no smearing, which is why I love it so much.

6. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold to plugged the sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.

7. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

8. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually, so it's not a drastic change.

9. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

I Rescued a Human Today

Her eyes met mine as she walked down the corridor peering apprehensively into the kennels. I felt her need instantly and knew I had to help her. I wagged my tail so she wouldn't be afraid. As she stopped at my kennel I blocked her view from a little accident I had in back of my cage. I didn't want her to know that I hadn't been walked today. Sometimes the shelter-keepers get too busy and I didn't want her to think poorly of them.

As she read my kennel card I hoped that she wouldn't feel sad about my past. I only have the future to look forward to and want to make a difference in someone's life.

She got down on her knees and made little kissy sounds at me. I put my head against the bars to comfort her. She caressed my neck; she was desperate for companionship. A tear fell down her cheek and I raised my paw to assure her that all would be well.

Soon my kennel door opened and her smile was so bright that I instantly jumped into her arms. I would promise to keep her safe and to always be by her side. I would promise to do everything I could to see that radiant smile and sparkle in her eyes.

It was fortunate that she came to my corridor. So many others haven't walked the corridors. At least I could save one. Yes, I could save one. I rescued a human today.

*A Homeless Man's Funeral*

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Kentucky back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And as I played "Amazing Grace," the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

Apparently I'm still lost.

Favorite Animal

Our teacher asked us what our favorite animal was and I said, "Fried chicken." She said I wasn't funny. But she couldn't have been right - everyone else in the class laughed.

My parents told me to always be truthful and honest, and I am. Fried chicken is my favorite animal. I told my dad what happened and he said my teacher was probably a member of PETA. He said they love animals very much. I do, too. Especially chicken - pork and beef and fish too.

Anyway, my teacher sent me to the principal's office. I told him what happened, and he laughed too. Then he told me not to do it again.

The next day in class my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, just like she'd asked the other children. So I told her it was because you could make them into fried chicken. She sent me back to the principal's office again. He laughed, and told me not to do it again.

I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am. Today, my teacher asked us to tell her what famous person we admire most.

I told her, "Colonel Sanders."

Guess where I am now...

Have you ever seen anyone actually laughing all the way to the bank?

Great Truths That Little Children Have Learned

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandma's lap.

Great Truths That Adults Have Learned

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

I started early teaching my kids the value of a dollar. From then on, they demanded their allowances in gold.

A Dog's Purpose

Being a veterinarian, I had been called to examine a ten-year-old Irish wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, age six, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's death, wondering aloud about the sad fact that animal lives are shorter than human lives.

Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said, "People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?" The six-year-old continued, "Well, dogs already know how to do that, so they don't have to stay as long."

If A Dog Was The Teacher You Would Learn Things Like:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

Take naps. Stretch before rising.

Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

Don't you hate it when people can't sphen?