

Trillium

Sept.



Trillium HomeCare

Trumpet

2011

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Farmington Hills, MI 48334 Fax 248-529-4578
Toll Free 1-877-864-4842

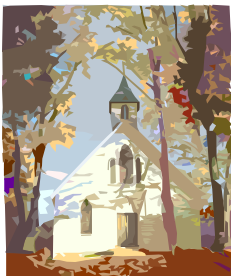
Referral Donation Offered to Your Church

Discover the Trillium Difference - Home care with a personal touch. Trillium personnel are available 24 hours a day, 7 days a week, to answer questions about service or respond to a client's emergency. We offer services from 3 hours to 24 hour care. Trillium will donate up to \$100 to your church for any referrals that become clients.

Our services include:

- Assisting with personal care - help with bathing, dressing, and oral care.
Light housekeeping
Preparing & serving nutritional meals - special diets
Medication reminders
Transportation to appointments, shopping, errands
24 hour monitoring available

Please let us know about your referrals so your church can receive up to \$100 donation in your name when they become a client.



Events

Governor Warner Mansion Porch Party

Night at the Civic
Joint fundraiser to benefit the Greater Farmington Area Chamber of Commerce and the Museum
Sept. 8 - 5:50 pm
Strolling Dinner - Salon Legato
Movie - Civic Theatre
Dessert & Coffee - Mentobe Cafe
Tickets \$25 in advance at Chamber of Commerce or City Hall, Farmington

Total Wellness Fair Costick Center

For Adults 50 & better
Tuesday, Sept. 20
10 am - 1 pm

To Kill a Mockingbird The Farmington Players

September 30 - October 22
For tickets call 248-553-2955

Farmington Harvest Moon

September 23-25
Join us outdoors at the Sundquist Pavilion in Riley Park as we say farewell to summer and festively ring in autumn. Sample harvest food pairings, sip crafted cider or artisan ales, explore fine wines and meads, relax by the fire, root for your home state teams, come out for a pig roast or just enjoy the music. Enjoy life in a small town on a Michigan fall day.

September Birthdays

- Sue - 8th
Norbert - 10th
Faith - 14th
Lisa - 15th
Louise - 22nd
Kathleen Q. - 24th
Jennifer A - 30th

September Anniversaries

- Amy - 3rd
Corinne - 3rd

Attitude

By Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our ATTITUDES.

**Six Things to Never Say to
A Police Officer
During a Traffic Stop**

Your chances of talking your way out of a traffic ticket are slim but it's not uncommon for a driver to talk themselves INTO one by insulting the officer or annoying them enough to write a ticket when they might have otherwise let them off with a warning. Here are the things NOT to say.

1. "Whatever..." This disrespectful remark will almost always insult the officer and land you with a ticket. Same goes for rolling your eyes, arguing or making profane remarks.
2. "I didn't run that light!" or other denials of wrong doing. If you did something wrong, admit it; you're more likely to be given a warning. Of course, if you truly didn't feel like you did what the officer claimed, don't say you did something wrong just to agree with the officer.
3. "I know the mayor." Never pull a power play like this on an officer. They aren't afraid of who you're friends with if you broke the law. Remember, they're doing their job by stopping you.
4. "I'm calling my lawyer." Again, this won't threaten the police officer because they deal with lawyers all the time. Threatening an officer with your attorney is a no-win situation for you.
5. "I'm on my way to the DMV/hospital." If you were pulled over because of an expired ticket, don't use this line. Cops hear it all the time. "But officer, I was just on my way to the inspection station..." And unless you are truly sick or injured and there's a real emergency, don't lie and make it sound as though you were responding to an emergency.

Again, officers hear this all the time.

6. "But everyone else was driving 90!" That doesn't mean it's okay or lawful. A police officer won't let you off simply because everyone else is doing the same thing.



*From Technology Times July
2011*

Thank you

The Bride

All eyes were on the radiant bride as her father escorted her down the aisle. They reached the altar and the waiting groom; the bride kissed her father and placed something in his hand.

The guests in the front pews, and the minister, responded with ripples of laughter. As her father gave her away in marriage, the bride had given him back his credit card.

Goats

At a high school in Montana a group of students played a prank on the school. They let three goats loose in the school building.



Before they let them go they painted numbers on the sides of the goats: 1, 2, and 4.

Local school administrators spent most of the day looking for goat #3.



Sugar Snap Pea and Berry Salad

Ingredients

- 1/2 pound sugar snap peas, trimmed
- 1 cup fresh raspberries
- 2 tablespoons raspberry vinegar
- 2 tablespoons olive oil
- 1 pinch sugar
- salt and pepper to taste
- 1 cup fresh blueberries
- 2 cups torn mixed salad greens

Directions

Bring a pot of water to a boil. Place snap peas in pot, and cook 1 to 2 minutes. Drain, rinse under cold water, and set aside.

Place about 1 ½ tablespoons raspberries in a strainer over a bowl, and crush with a wooden spoon. Discard pulp. Mix vinegar, olive oil, sugar, salt, and pepper with the strained raspberry juice.

In a large bowl, gently toss the dressing with the snap peas, remaining raspberries, and blueberries. Cover, and chill at least 30 minutes in the refrigerator. Toss with greens just before serving.

*From allrecipes.com
Submitted by Joan*

***The easiest way to find something
lost around the house is to buy a
new replacement for it.***

Pyramid is Out and Plate is In

For almost twenty years, Americans have had a pyramid to guide them in their food choices. The U.S. Department of agriculture has decided that the pyramid is too difficult to understand and in an attempt to make the guidelines easier to understand and follow, they have replaced the pyramid with a plate. The new icon shows what and how much of each food group should make up each meal. The new recommendations are that one half of your plate should be comprised of fruits and vegetables. Another quarter of your plate should be grain products, with at least half of those each day being whole grains. The other quarter of the plate is for a protein source and there is also a pot for low fat dairy of some type.

There are also some important messages that go along with the new Myplate.gov. The USDA wants people to eat less and be aware of portion sizes. This has been a problem in the past. Many people thought that more was better and lost track of portion sizes. Enjoy your food, just enjoy less of it.

Another important message with the new plate is to watch your intake of sodium. Americans on the average take in way more sodium than is needed by the body and this can lead to hypertension, stroke and kidney problems. Many processed foods have sodium added simply for taste and we need to read food labels to make good choices of foods with less sodium.

Another message associated with the new recommendations is to drink more water and reduce the amount of sweetened beverages in your diet. Water and low fat milk are good choices and recommended as part of a healthy well balanced diet.

Hopefully, the new plate icon will simplify the messages of the USDA. The goal is a healthier population through good food choices.

*Michigan State University Extension
Senor Health Line
July 2011*



Brain cells come and brain cells go, but fat cells live forever.

I am a nutritional overachiever.

Jim Davison from Unionville, Ontario loaded in his memory the following two signs he came across:

- On the door to a psychiatric ward: "Please do not disturb further."
- In a department store: "The basement has been moved to the sixth floor."

"There are three things which are real: God, human folly, and laughter. The first two are beyond our comprehension. So we must do what we can with the third."

John F. Kennedy

I'm told these are real absence excuses sent to school from the parents.

Dear school please accuse John from being absent on January 28, 29, 30, 31, 32, and also 33.

Please excuse Dianne from being absent yesterday. She was in bed with gramps.

I had to keep Billie home because she had to go Christmas shopping because I didn't know what size she wore.

Please excuse Johnny for being. It was his father's fault.

Mary could not come to school because she was bothered by very close veins.

Chris will not be in school cuz he has an acre in his side.

John has been absent because he had two teeth taken off his face.

Lillie was absent from school yesterday because she had a going over.

My son is under the doctor's care and should not take fizaca ed. Please execute him.

Carlos was absent yesterday because he was playing football. He was hurt in the growing part.

Please excuse Joyce from P.E. for a few days. Yesterday she fell off a tree and misplaced her hip.

Please excuse Ray Friday from school. He has very loose vowels.

Maryann was absent December 11-16 because she had a fever, sore throat, headache, and upset stomach. Her sister was also sick, fever and

sore throat, her brother had a low grade fever and ached all over. I wasn't the best either, sore throat and fever. There must be the flu going around.

George was absent yesterday because he had a stomach.

Ralph was absent yesterday because he had a sore trout.

Please excuse Wayne for being out yesterday, because he had the fuel.

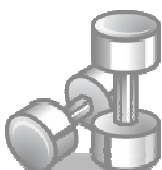
Please excuse Sarah for being absent. She was sick and I had her shot.

TV & Exercise

Americans watch an average of five hours of television every day. Here are a few tips on how to stay healthy by exercising while you watch.

- ✓ Keep small weights and other exercise equipment near the TV so you can exercise during a show.
- ✓ Get up and move during commercial breaks.
- ✓ Clean your house or do sit-ups to pass the time.
- ✓ Sit on a stability ball. This helps improve your balance and posture, and it works your abdominal muscles.
- ✓ Find a good music channel to dance to.
- ✓ Move around while you watch TV. Even something simple like shaking your legs or stretching your arms burns calories.

Senior Advocate Fall/winter 2010



Pilots

Helicopter Pilot: "Roger, I'm holding at 3000 over such-and-such beacon."

Second voice: "NO! You can't be doing that! I'm holding at 3000 over that beacon!"

(brief pause, then first voice again): "You idiot, you're my co-pilot."



Student Pilot

This CFI and his Student are holding on the runway for departing cross traffic when suddenly a deer runs out of the nearby woods, stops in the middle of the runway, and just stands there looking at them.

Tower: Cessna XXX cleared for take-off.

Student: "What should I do? What should I do?"

Instructor: "What do you think you should do?"

(think-think-think)

Student: "Maybe if I taxi toward him it'll scare him away."

Instructor: "That's a good idea."

(Taxis toward deer, but deer is macho, and holds position.)

Tower: Cessna XXX cleared for take-off, runway NN.

Student: "What should I do? What should I do?"

Instructor: "What do you think you should do?"

(think-think-think)

Student: "Maybe I should tell the tower."

Instructor: "That's a good idea."

Student: Cessna XXX, uh, there's a deer down here on the runway.

(long pause)

Tower: Roger XXX, hold your position. Deer on runway NN cleared for immediate departure.

(Two seconds, and then, I presume by coincidence, the deer bolts from the runway, and runs back into the woods.)

Tower: Cessna XXX cleared for departure, runway NN. Caution wake turbulence, departing deer.

It had to be tough keeping that Cessna rolling straight for take-off.

Attributed to Bill Davidsen (davidsen@prodigy.com).

