

Trillium
October



Trumpet
2010

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Courtyard Manor of Farmington Hills

Courtyard Manor of Farmington Hills is proud to offer exceptional care for individuals age 50 years & older with assisted living needs to more advanced care ranging from dementia, Alzheimer's & behavioral healthcare. Our four secure, state licensed Adult Foster Care home-like buildings are all designed identically should a resident require higher care levels during their stay with us, which allows them to age in place.

Each building houses 20 residents, where monthly rates (private pay) will vary depending on the level of care & if a resident chooses to have a companion. Daily nursing care is on-site & available after hours in addition to our 24 hour care staff. ADL assistance to full service is included but not limited to incontinence care, bathing, grooming, transferring, feeding assistance, feeding/peg tube accommodation, special diet accommodation, catheters, hooyer lifts, TBI and



quadriplegic care, non-aggressive & aggressive behaviors, as well as one-on-one care as needed. Please call

Dana or Annetta @ (248) 539-0104 for additional information or to schedule a tour of our community.

Events

Farmington Players Barn Theater
"Leaving Iowa"
Oct. 1, Oct. 2. & Oct. 3
"Three Men & A Tenor"
October 22 & 23

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**Senior Celebration Day**  
**Friday, October 1st**  
**9:30am-1:30pm \$5.00**

The Annual Western Wayne County Senior Celebration Day, sponsored by State Representative, John Walsh will be held at Laurel Manor, 39000 Schoolcraft (between Newburgh & Haggerty Roads).



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View the Scarecrows
Oct 9 to 16 in Riley Park

**11th Annual Solutions for Family
Caregiver's Expo**
Saturday, Oct. 16
9:00 a.m. to 2:00 p.m.
Sterling Inn Banquet &
Conference Center – free
34911 Van Dyke (at 15 Mile Road)
Sterling Heights

Alzheimer's Association Care-giver Support Group for Men

First Tuesday of the Month
October 5
at 11:00 a.m. to 12:30 p.m.

At Trillium HomeCare
Sponsored by Trillium and
Courtyard Manor of
Farmington Hills

October Birthdays

Robert K. – Oct. 11
Irene – Oct. 12
Carol – Oct. 15
Barbara – Oct. 27

October Anniversaries

Kathleen Q – 3 years
Faith – 2 years
Lakesha – 2 years
Sharon M. – 1 year

**Care more than
others think wise.**
**Risk more than others
think safe.**
**Dream more than
others think
practical.**

Expect more than others think possible.

Portion Distortion

As Americans, we have lost perspective on what is actually a serving size. Even the size of our plates, bowls and cups has grown and with that, we feel we must fill these larger items or we won't have enough. An average cookie is 12% larger than it was 12 years ago. A cup of coffee is about 22% bigger than the USDA suggested portion. The average size portion of meat served in a restaurant has more than doubled in the past 10 years. Be aware of portion sizes and only eat until you are comfortably full.

MSU Extension programs
Senior Health Line newsletter

Kid Talk

CLINTON (age 5) was in his bedroom looking worried. When his Mom asked what was troubling him, he replied, "I don't know what'll happen with this bed when I get married. How will my wife fit in it?"

TAMMY (age 4) was with her mother when they met an elderly, rather wrinkled woman her mom knew. Tammy looked at her for a while and then asked, "Why doesn't your skin fit your face?"

MAX (age 4) to his dad: "Dark Vader's not the boss of me! Dad, if he ever tried to kill you I'd do something awesome to him!"



Take F.A.S.T. Action for Strokes

F.A.S.T., an acronym for face, arms, speech and time, is a new way to remember the important signs of a stroke and the importance of acting quickly. If a stroke is suspected, look for a drooping face, a weak arm and slurred speech as these are symptoms of stroke. If any of these symptoms occur, time is very important. Call 911 immediately and get to an emergency room as soon as possible. Clot busting medication can save a stroke victim's life, but only if administered within three hours of the onset of these symptoms.

Hiccups

Just about everyone has been plagued by that involuntary contraction of the diaphragm commonly known as hiccups. While they are not life threatening, they can be very annoying and embarrassing. The "hic" sound is caused by the sudden closure of the vocal cords following the contraction of the diaphragm, the muscle separating the chest from the abdomen.

There are home remedies that range from breathing into a paper bag to drinking out of the far side of a glass, swallowing a spoonful of sugar or holding your breath.

Causes for hiccups are not always known. On occasion, they can be a sign of an underlying medical condition that should be treated.

Other common causes of the onset of hiccups include:

- ❖ Eating too much
- ❖ Drinking carbonated or alcoholic beverages
- ❖ Sudden excitement or fright
- ❖ Temperature changes
- ❖ Emotional stress

Most cases of the hiccups last only a few minutes or at most an hour. If you develop hiccups that last more than 48 hours, it is time to contact your health care professional. Also, if they interfere with breathing or eating, you may want to get professional help to be sure there isn't an underlying medical cause of the hiccups.

Exercise Because

Everyone tells us to exercise. Here are a few more reasons for doing so.

- ❖ Active People are less likely to be depressed.
- ❖ It lowers the risk of stroke
- ❖ It cuts the risk of heart attacks
- ❖ It lowers blood pressure
- ❖ It lowers your risk of type 2 diabetes
- ❖ It reduces the pain of arthritis

You don't have 30 minutes to exercise daily? Then break it up into shorter bursts: chasing the kids, walking the dog and climbing the stairs all count.

(It is estimated that Americans spend about \$19 billion annually for gym memberships.)

Health Note:

During the flu season, try to exercise outdoors if possible. If you have to go to the gym, at the very least have some sanitary wipes



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to wipe the equipment before and after using it. Try not to touch your face to spread germs, keep your hands clean. If you are sick, don't go to the gym.

MSU Extension Oakland County
Wellness News You Can Use
February 2010

Cinnamon Information

Cinnamon stick infused drinks will soothe a sore throat. Let the cinnamon sticks soak in cold water for several hours before drinking.

Cinnamon helps ease diarrhea and dries up the sniffles. Make a tea of one teaspoon cinnamon and one cup hot water; let it steep for 15 minutes, strain and drink.

USDA research shows that cinnamon helps regulate spikes in blood sugar and cuts hunger spikes.

However, I'm sure researchers did not have a Cinnabun in mind when they researched the benefits of cinnamon. A Cinnabun roll has approximately 800 calories, 8 grams of fat, 5 grams trans-fat, 55 grams (13 teaspoons) sugar, YIKES!!!

MSU Extension Oakland County
Wellness News You Can Use
January 2010



October 2010

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*Beware of the letter "G"
It's the end of everything.*

*"Laughter is an instant
vacation."*

A Short History of the Pumpkin

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back 7000 to 5500 B.C.

References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was changed by the French into "pompon." The English changed "pompon" to "Pumpion." American colonists changed "pumpion" into "pumpkin."

Native American Indians used pumpkin as a staple in their diets centuries before the pilgrims landed. They also dried strips of pumpkin and wove them into mats. Indians would also roast long strips of pumpkin on the open fire and eat them. When white settlers arrived, they saw the pumpkins grown by the Indians and pumpkin soon became a staple in their diets. As today, early settlers used them in a wide variety of recipes from desserts to stews and soups. The origin of pumpkin pie is thought to have occurred when the colonists sliced off the pumpkin top, removed the seeds, and then filled it with milk, spices and honey. The pumpkin was then baked in the hot ashes of a dying fire.

Pumpkins and Halloween

The origin of Halloween dates back at least 3,000 years to the Celtic celebration of Samhain (pronounced "sow-ain"). The festival was held starting at sundown on October 31 and lasted until sundown on November 1st. It was similar to the modern practice of the New Year's celebration. On this magical night, glowing jack-o-lanterns, carved from turnips or gourds, were set on porches and in windows to welcome deceased loved ones, but also to act as protection against malevolent spirits. Burning lumps of coal were used inside as a source of light, later to be replaced by candles.

Samhain was not the name of a "Lord of the Dead," no historical evidence has ever been found to back this up; it was simply the name of the festival and meant "summer's end." It was believed that the souls of the dead were closest to this world and it was the best time to contact them to say good bye or ask for assistance. It was also a celebration of the harvest. It is still treated as such today by those who practice Wicca or other nature based religions. It has absolutely nothing to do with Satan.

When European settlers, particularly the Irish, arrived in America they found the native pumpkin to be larger, easier to carve and seemed the perfect choice for jack-o-lanterns. Halloween didn't really catch on big in this country until the late 1800's and has been celebrated in many ways ever since.



At the Dentist

Patient: How much will it cost me to have this tooth extracted?

Dentist: \$300

Patient: \$300 for just a few minutes work? Man, that's expensive.

Dentist: Okay, I'll pull it out slowly, if you prefer.

The sign said, "Eight items or less." So I changed my name to Les.

At Annapolis

While visiting Annapolis, a lady tourist noticed several students on their hands and knees assessing the courtyard with pencils and clipboards in hand.

"What are they doing?" she asked the tour guide.

"Each year," he replied with a grin, "the upperclassmen ask the freshmen how many bricks it took to finish paving this courtyard."

When they were out of earshot of the freshmen, the curious lady asked the guide: "So, what's the answer?"

The guide replied: "One."

I used to think middle age had to do with age, now I'm finding out it has to do with my middle.

Laws

Okay, you've heard of Murphy's famous Law: *Everything that can go wrong will go wrong.* Well, there are many other related Laws. Here are some:

After your hands become coated with grease,
your nose will begin to itch.
--Lorenz's Law of Mechanical Repair

Identical parts aren't.
--Beach's Law

Any tool, when dropped,
will roll into the
least accessible corner.
--Anthony's Law of the Workshop

Nothing is as inevitable as a mistake whose time has come.
--Tussman's Law

If it jams, force it. If it breaks, it needed replacing anyway.
--Lowery's Law

The solution to a problem changes the problem.
--Peer's Law

There is no mechanical problem so difficult that it cannot be solved by brute strength and ignorance.
--William's Law

The most ineffective workers will be systematically moved to the place where they can do the least damage - management.
--The Dilbert Principle

The first rule of intelligent tinkering is to save all the parts.
--Ehrlich's Law

It is a mistake to allow any mechanical object to realize that you are in a hurry.
--Ralph's Observation

If you tell the boss you were late for work because you had a flat tire, the next morning you will have a flat tire.
--Cannon's Comment

Thinly sliced cabbage.
--Cole's Law



Handy Guide to Modern Science:

1. If it's green or it wiggles, it's Biology.
2. If it stinks, it's Chemistry.
3. If it doesn't work, it's Physics.

He who sees only half the problem will be buried by the other half.

