

The Trillium Times

“Connecting People with Communities”

Quarterly Newsletter

Trillium Services | Paragon Associates | Trillium Works!

March 2007

Return to Disney

-- by Jesse & Jay



Barb & Mickey



Jesse & Herbie



“Wish You Were Here!”

**Back row: Val, Jesse, Barb, Brian, Linda
Front row: Nicole, Kate, and Barb**

Table of Contents

Welcome/Intros	Page 2
Directors' Corner	Page 3
Hidden Talents	Page 3
Kudos	Page 3
Employee of the Month	Page 4
Earthnotes	Page 5
Familiar Faces	Page 6
Book Review	Page 7
Trillium Task Force	Page 7
Health Beat	Page 8
Trillium Works! in Action	Page 8
Interesting New Eats	Page 9
What's Cooking	Page 9
Movie Critics	Page 10
Training Director's Corner	Page 10
Trillium Anniversaries	Page 11

After many planning sessions and trip meetings, a Trillium crew headed for the warm, sunny climate of Orlando, Florida. Six of the nine consumers and staff had been on the last Disney Trip. These were to be our guides for the week. We checked into the Sheraton Safari Hotel and got unpacked and planned the next day's events. We all knew that this week was going to be a whirlwind of activity.

At Disney's MGM Studios, the group was overwhelmed by the number of people and activities. We spent time shopping and looking at all the attractions. A favorite for all was the "Lights, Motors, Action Extreme Stunt Show" with car chases, explosions, and fire. The Star Wars ride got everyone's adrenaline pumping. Val, Linda, Barb, and Nicole were heard screaming as we hit meteors and dodged laser fire from enemy ships. The "Fantasmic" light show was a hit for everyone combining colorful laser lights, water and fire.

Barb and Kate were the only ones who decided to "risk it all" on the Tower of Terror.

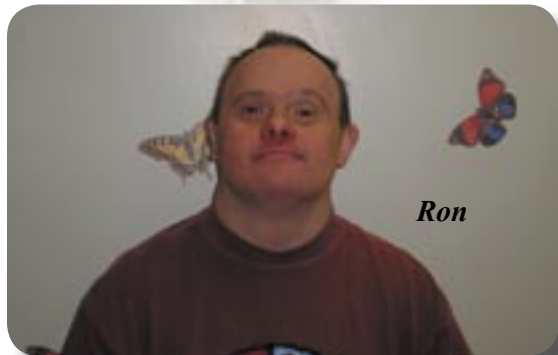
The next few days were spent exploring the area, shopping for souvenirs and spending time at Downtown Disney with its specialty shops, eateries, Legoland and Planet Hollywood.

The monorail system took us into Magic Kingdom for our first view of the Cinderella's Castle. We enjoyed many of the rides including Splash Mountain, The Haunted House and It's a Small World. We ended our day with a wonderful musical show, the light parade, and the spectacular fireworks.

Our day at Animal Kingdom started with a show called, "Its tough to be a Bug" in 3-D. We were able to walk through the "Tree of Life" and take pictures of some of the wild animals that were on display. We got autographs from Minnie and

--See Disney on Page 9

WELCOME!



Ron

Meet Ron!

Ron moved into his new house at Swan Lake on January 10th. So far he has enjoyed bowling with his new housemates tremendously. Ron has been participating in Special Olympics bowling every Sunday and dollar bowling every Tuesday night. Besides throwing rocks at the lanes, Ron enjoys going out to eat with his sister and brother at least once a week. Ron enjoys watching wrestling on TV a few nights during the week and listening to country music. Ron plays his guitar and sings along to the songs that he knows! Ron works at Airpark and likes his job and making money at work. Welcome, Ron!

-- Dave Ulvestad



Tessa

Jeff

Meet Tessa!

Tessa moved into her new home on Decker Road on February 16th. She has been enjoying her new bedroom, sensory room, and the huge jungle gym in the backyard. Tessa is getting to know her staff, her new roommate Jeff, and other consumers within Trillium Services. Many of us know her smiling face from Family Services. Community Living Services and many others now have the joy of getting to know her as well. She brings a lot of energy and excitement with her wherever she goes. Please say hello to Tessa when you see her.

-- Amanda Buhl-Borling

INTROS!

Hello, my name is **Kate Stark**. I am the new House Supervisor at Parkwood II. I am currently a student at UW-Superior majoring in Psychology with a minor in Sociology. I have been an employee with Trillium Services for the past five years working as a program counselor which has given me a lot of experience. Some interests I have are exercising, watching movies, and visiting with friends. I am excited to take on the challenge!

Hello! I am **Elise Selvog**, a new Core Supervisor for the Trillium Works! program. I graduated with a Bachelors in English from the University of Minnesota-Duluth in 2005. On my own time I really love to be outdoors and enjoy activities like canoeing, snow shoeing, and hiking.

Hi, I'm **David Ulvestad** and I am the new House Supervisor at Swan Lake. I have been working at Trillium for four years this spring in both Family Services and Community Living Services. Recently I have started co-hosting movie nights and so far it has been great "successes!" I'm looking forward to meeting as many new consumers and staff as possible.



Elise

Brandy

Dave

Kate

Aloha! My name is **Brandy Mojica**, I'm the new House Supervisor at Parkwood I. I am currently a senior at UMD, graduating in May with a Bachelors of Business Administration with a minor in Sociology. I moved here from Hawaii three years ago and started with Trillium as a Live-In Companion at Parkwood II. I've been working as a Program Counselor at Parkwood I for two years now, and have discovered my passion for working at Trillium. I enjoy watching movies, spending time with friends, and traveling to visit my family. I'm looking forward to taking on the many challenges that come my way.

“ Believe BIG. The size of your success is determined by the size of your belief. -- David Joseph Schwartz Motivational Speaker ”

What is a **Kudo**?



Acclaim or prestige as a result of achievement or position.

From the Greek *kudos*, meaning glory or fame.



Kudos to Kristen Moir and Amanda Buhl-Borling for studying up on the Zone Diet and implementing it at Decker Road.
-- Kari Aanenson

Have you done **oustanding** work lately?



Be sure to **check the "Instant Kudo" wall** at the Trillium office!



Kudos to Leah Robinson and Axel Olson who traveled with other members of their church to Liberia, Africa. They handed out food and medical supplies to those in need.
-- Patty Blegen



Kudos to Anderson Road staff. Thank you for your dedication & commitment to creating a house PATH. I'm looking forward to celebrating our first steps.
-- Amanda Buhl-Borling

Kudos to everyone who volunteered their time to the Salvation Army either gift wrapping at the Miller Hill Mall or supporting Distribution Days at the Salvation Army! As an agency, Trillium was able to send over fifty-five volunteers to these two projects this holiday season. What a great success!
-- Angela Gustafson



Kudos to Taylor Ashwell for using her skills learned at CPR/ First Aid training to assist a classmate who passed out.
-- Kate Stark

HIDDEN TALENTS!



One of my favorite songs to play is **Amazing Grace**.



Alicia

Here is Alicia displaying her musical talent at her piano. Alicia is a quick learner and can play many songs by ear. She has performed at school and has given lots of "mini-concerts" for her family and staff as well. She can play everything from Twinkle-Twinkle Little Star to songs from Phantom of the Opera.
-- Gloria Walters

DIRECTOR'S CORNER

-- by Kari Aanenson

"Finding a common vision"

Recently all of the staff members who work at our Anderson Road home were invited to take part in the PATH process. The goal of the PATH was to find a common vision for the future. What do you view your role as in the house? What types of tools or training do you need to effectively complete your job? How can we make sure that the consumers who live at Anderson Road are taking part in the kinds of activities that they enjoy and can learn from?

These questions and more were answered during the PATH process. Every month at house meetings we celebrate the accomplishments that we have made towards achieving our "North Star". We also take this opportunity to recommit to goals that we haven't yet reached.

One of the goals that we were able to achieve is the opening of our Decker Road home which also provides services to children. The Decker home opened on February 16th, 2007. With the opening of this new home, we began providing services to another child named Tessa. Another goal we were able to achieve to help us open the new home was the promotion of two house managers to help us with the day-to-day goings on at each of the houses. Congratulations to **Kristen Moir** and **Kaylee Mlodozyniec** the new House Managers at Decker Road and Anderson Road.

PATH's are a wonderful way to get connected to others and to commit yourselves towards a greater goal. If you are interested in completing a house PATH, please contact Amanda Burcar or Jennifer Steger at the Trillium office for more information.

EMPLOYEE OF THE MONTH AWARDS...



Jennifer Hurst

Jennifer and Jesse perfect their bowling skills.

Jennifer Hurst has been a Program Counselor at Swan Lake since July. She is very efficient and dedicated, and keeps the consumers' best interests at heart. She helps with anything she can at the house and accepts new responsibilities as a positive motivator instead of a challenge.

“ **Jen is a nice girl.** -- Ron ”

Everything that she does reflects the Trillium core values. Some examples of this are: giving the consumers informed choices and community inclusion; whether it's something as simple as the menu planner for that week, weekend planners, personal needs shopping or something a little less common like voting on November 2nd.

JANUARY



“ **I like that she takes me to see my mom every week.** -- Mark ”

She has an unbiased level-headed approach and has connected with each of the guys personally. Jen has gotten them involved in the community with Unified Bowling, ice fishing, UMD and St. Scholastica sporting events, musical concerts, church services and other community events.

“ **Jen is on my bowling team.** -- Jesse ”

She understands the guys and any needs or concerns that they have. She has a way of connecting with them that is both professional and personal. Congratulations, Jennifer!

-- Dave Ulvestad



FEBRUARY

“ **Scott is outgoing, funny, and fun. Oh, and also, he's a NUT!** -- Janice ”

Over the past year Scott has proven to be an invaluable addition to the staff in the SLS program. Scott is a down-to-earth, common sense kind of guy with a great sense of humor, and a light-hearted approach to helping consumers work on their goals. Scott incorporates Trillium's Mission, Vision, and Core Values into his relationships with the consumers, which comes naturally to him. Scott is respected by everyone he works with, and he is dependable and trustworthy, with great leadership abilities as an employee.

“ **Scott is fun to work with & he's funny.** -- Tanya ”

Scott's dedication was demonstrated when Skip wanted to trade in his van for a newer one. Scott took him through the entire process. He observed him from



Scott Nelson

Scott & Tanya gave dog sledding "a whirl" while attending the Ely Winter Festival.

the sidelines, ready to jump in if need be. With Scott's support, Skip was able to get the best deal for the van that he wanted! He also accompanied Skip "off the beaten path" as they ventured into the woods on Scott's 4-wheeler to gather pinecones and birch sticks for nature rocks!

“ **Scott helps me with a lot of different things.** -- Skip ”

--Nadine Carlson

OCTOBER, NOVEMBER, & DECEMBER 2006

MARCH



“Angela is very nice and fun to work with. -- Megan”

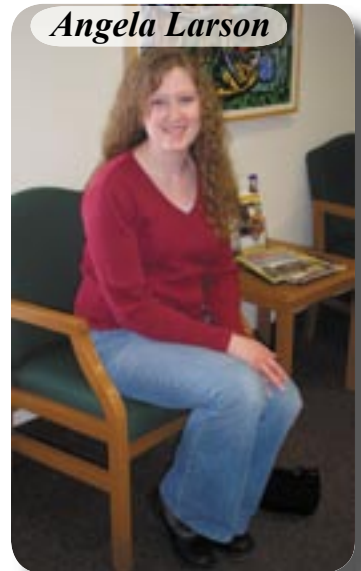
Angela has been working as a job coach for Trillium Works! for two and a half years. She has proven to be a valued employee by everyone she has worked for and everyone she has worked with due to her constant dedication to giving quality services to consumers. She

“Angela is a nice person and she respects me. -- Carrie”

models Core Values by helping consumers use self-determination to increase their independence at home, in the community, and at their job. One example is that she has helped one consumer in particular set up tutoring at the Adult Learning Center, volunteering at Benedictine Health Center and Animal Allies, and helped her transition into a new job as a shredder. Angela also has wonderful

communication skills with other consumers, co-workers, and supervisors and her friendliness makes her easy to approach. She is always open to change and has done amazingly well at adapting to intense, difficult situations. She is a team player and we are so happy to have her as an employee here in the Works! program. Congrats, Angela!

-- Elise Selvog



Angela Larson

“Angela is a wonderful staff and I can always count on her to go above and beyond. -- Elise”

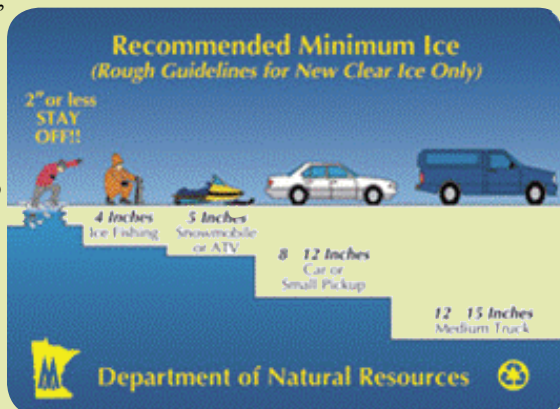


EARTHNOTES

-- by nature rocks!

Is it safe to go out on the ice?

Ice is never “safe.” Recreation on ice always entails some risk. Water currents, temperature change, and shifting due to pressure cause ice to weaken even during Minnesota’s coldest winters. Before setting out on the ice, find out about its thickness and condition.



Where can I find information on ice conditions?

Contact the city, local public safety officials (like the sheriff or local police department), or resorts and bait shops near the ice in question to inquire about ice thickness and quality. Even if you are told the ice is safe, it is important to check for yourself before venturing out.

carf *is coming!*

Commission on Accreditation of Rehabilitation Facilities

April 23rd--25th, 2007

The Commission of Accreditation of Rehabilitation Facilities (CARF) will be surveying our agency April 23-25th.

CARF will be visiting our office, a sample of our homes and they will be interacting with many of our stakeholders. They will be evaluating the services we provide based on observation, paperwork, and interviews.

As an agency, we are constantly striving to improve our services. CARF is a vehicle for us to do that. The areas of Accreditation we are seeking include: Community Employment Services, Community Integration, Family Services, Community Housing and Supported Living. We are looking forward to the opportunity to be evaluated by an internationally recognized accreditation agency and welcome their expertise!

-- Angela Gustafson



FAMILIAR FACES

A big **THANK YOU** to Sherry, Fran, Mary, Robin, Dana, Kim, Lori, Debra, Dawn, Janice, Phil, Tanya, Skip, Scott, Terri, and Cindy for their help unloading, re-packing, and selling 4,400 bunches of daffodils!



Volunteers Debra, Dawn, & Scott help the American Cancer Society prepare for their annual Daffodil Days fundraising event held the week of March 5th-9th.



Patty, Amanda, Amber, Jay and Renee got all "spiffed up" for the management team bowling party.



Debra and Sarah take part in the activities at the 2007 Ely Winter Festival by enjoying a dog sled ride on Bear Island Lake.

2nd Annual Barn Dance
North Country R.I.D.E.

Friday, May 18th, 6:00--9:00 pm
 180 Hatinen Road, Esko, MN

Food Served from 6-7
 Silent Auction 6-7:30
 Ticket prices:
 \$35 for Adults/\$20 for Youth

Call Julia for tickets @ 879-7608
 Website: www.ncride.com

Our Mission
 Trillium Services builds strength through capacity.

Our Vision
 Trillium Services empowers people to have a voice in conquering barriers and following their dreams.

Trillium Services is guided by the following Core Values:

- ◇ Promoting community inclusion & natural supports.
- ◇ Developing valued social roles.
- ◇ Building reciprocal relationships.
- ◇ Supporting community contribution.
- ◇ Teaching respect for self and others.
- ◇ Acknowledging the dignity of risk.



Kate

Nobody's Perfect -- a book review by Kate by Marilee Matlin and Doug Cooney

This book is about a girl named Megan and she is deaf. When Megan plans her Birthday party she invites all the girls in her class, but then she finds out she has a new girl in her class. Megan decides to invite the new girl to her Birthday party. Megan takes her time and makes the new girl an invitation and then goes to find her on the playground. Megan finds the new girl and gives her the invitation to the party. Megan is surprised that the new girl does not want to come to the party because Megan is different. They finally become friends just in time for the party.

"I give this book an A rating." -- Kate



I think this book is an excellent story because it teaches young adults about hearing impaired people and it also teaches about sign language. I give this book an A rating.

Greetings From Disney!



Clockwise: Minnie, Linda, Barb, Jesse, and Val.

MISSION ACCOMPLISHED!

-- by Gloria Walters

The Trillium Task Force celebrated the past year's accomplishments with a scrumptious pot luck gathering. Everything from "North Country R.I.D.E. Barn Dance" to the "Oldies but Goodies Dance for Camp Amanda" to the "Adopt-a-Family" project just to name a few. Way to go, Task Force members!

opportunities available to both individuals and groups. Thank you, Sienna.

Here is Sienna's contact information if anyone is interested in finding a rewarding volunteer experience that matches your own individual interests and talents.

Sienna Effinger
True North Volunteer Center
302 West First Street
Duluth, MN 55802
218.722.4745 ext. 119
seffinger@duluthymca.org
www.truenorthvolunteercenter.org

In January, Guest Speaker, Sienna Effinger, of the True North Volunteer Center, provided the group with an On-line Website presentation and demonstrated step-by-step ways to find even more unique volunteer



Tanya

Jeff

Janice

Task Force Members listen to Sienna discuss various volunteer opportunities available through True North Volunteer Center.

Habitat for Humanity Aluminum Can Drive 2007 Totals

-- by The Trillium Task Force

Quarter 1 =
\$ 18.11
(29 lbs.)



TRILLIUM WORKS! IN ACTION

-- by Scott Finn



Two local businesses with two very unique niches in the Duluth community. Two different people working hard and enjoying his and her employment very much. Who and what am I talking about? That would be the stories of Molly working at Sir Benedict's and Lee working at the Amazing Grace.

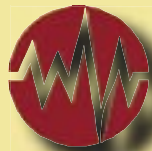
Molly works at Sir Ben's every week day morning, and is responsible for preping the place for business each day. Business is hopping, and Molly is a huge part of that success by keeping the place clean and tidy for the daily business. Molly recommends stopping by to grab a tasty sandwich.

Molly gears up for her shift at Sir Ben's.

Lee also works at a locally owned establishment that is in the heart of Canal Park. The Amazing Grace is a happening cafe that also features a bakery, lunch spread, and the best breakfast menu around. You can see Lee working in the back area keeping the business flowing by helping the cooks, bakers, and front staff. Lee's hours vary with the seasons, but he and the "Grace" are always up for visitors. Stop on in for a coffee and a scene.



Lee stays busy working at The Amazing Grace Cafe.



THE HEALTH BEAT

-- by Cindy Sanders

Facts about Lyme Disease --

Lyme disease is an infection carried by deer ticks that is caused by *Borrelia burgdorferi*, a type of bacterium called a spirochete. An infected tick can transmit the spirochete to humans and animals it bites.

Lyme disease is a multi-system inflammatory disease that affects the skin in its early stages and spreads to joints, nervous system and to other organs of your body.

An infected tick normally cannot begin transmitting the spirochete until it has been attached to its host about 36-48 hours.

The best defense against Lyme Disease is to examine yourself daily and remove any ticks

before they become engorged (swollen) with blood.

The first symptom of Lyme Disease is an expanding rash, radiating from the site of the tick bite. It appears as a solid expanding rash, or a central

The best defense against Lyme Disease is to examine yourself daily.

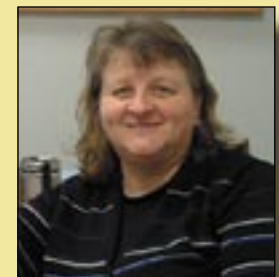
spot surrounded by clear skin that is in turn ringed by an expanding red rash (looks like a bulls eye). It appears 1-2 weeks after transmission. It persists for 3-5 weeks, and is not painful or itchy.

Along with the rash, other symptoms that can appear are

joint pain, chills, fever and fatigue, but not seen as serious enough to require medical attention. If early symptoms are undetected or ignored, you may develop more severe symptoms weeks, months or years after you were infected such as: severe fatigue, a stiff, aching neck, tingling or numbness in the extremities or facial palsy.

Diagnosing Lyme Disease is usually done by a blood test. Treatment is oral antibiotics for four weeks.

Ticks can appear anywhere on the body, but prefer creases such as an armpit, groin, back of the knee and nape of the neck. The lyme disease vaccine can reduce your risk by 80%.



Tips to Help Avoid Ticks

- Wear enclosed shoes and light colored clothing with a tight weave to spot ticks easily.
- Stay on cleared, well traveled trails.
- Use insect repellent containing DEET on skin or clothes if you intend to go off trails.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back.
- Do a final full body tick check at the end of the day.

WHAT'S COOKING?

Pizza Pasta

-- by Ann Marie

Ingredients:

- 1/2 lb. of mini penne pasta
- 14 oz. pizza sauce
- 8 oz. package of pepperoni
- 1 c. mozzarella cheese

Preparation:

Boil pasta until tender. Drain. Add pizza sauce & stir. Add pepperoni & mozzarella cheese & stir. Heat up until cheese is melted. Bon Appetit!

“This is my favorite recipe, I make it a lot.”
-- Ann Marie



Ann prepares to cook her favorite dish.

INTERESTING “NEW” EATS

-- by Kim



Kim & Nikki

Nikki, Heather and I went to try out the new coffee shop “Casa-Latte” located on Highway 53 across from the 194 exit. I ordered a grilled club sandwich with chips and Nikki had a bagel. Of course along with our food, we also enjoyed some freshly brewed coffee. I was pretty impressed with the service I had. Everyone was friendly and the atmosphere was cozy and relaxing. They also have a fireplace for those who enjoy sitting around a fire drinking coffee. I would recommend this coffee shop to everyone that likes to try new places.

“We really liked the cozy atmosphere and the staff was friendly.” -- Kim & Nikki

Disney

-continued from page 1

Mickey and watched a magical show called, “The Festival of the Lion King”. It was a magnificent show full of music, laughter, and colorful costumes.

For our last day in Orlando, Brian, Nicole, Val, and Jay stayed back at the hotel and enjoyed the sun around the pool, hot tub, and water slide. Kate, Barb, Jesse, Linda and Barb went back to Animal Kingdom and took in the rest of the rides that we missed the day before. They braved the Kali River Rapids, Mount Everest and a wet and wild Dinosaur ride. Linda and Barb opted to see the new show, “Finding Nemo”.

The next day we got an early start to pack our bags and head to the airport for the trip home. It was a wonderful week full of excitement, fun, and laughter. We all got to know each other a little better and build some lasting relationships.



Val caught up with Minnie and was able to get her autograph.



THE MOVIE CRITICS
-- by Chris & Jennifer



Hannibal Rising – At the end of WWII, a young Hannibal watches his parents violently die, and is forced to live in a Soviet orphanage. After fleeing to Paris, Hannibal is accepted into medical school, giving him the tools to exact justice on the war criminals that haunt him. It’s a wild masterpiece of terror to die for! -- **A+**

Pan’s Labyrinth – Set in 1940s Spain, this fairy tale centers on Ofelia, a lonely and dreamy child who creates a world filled with fantastical creatures and secret destinies. With Fascism at its height, Ofelia must come to terms with her world through a fable of her own creation. -- **A+**

Little Miss Sunshine – The Hoover family treks from Albuquerque to the Little Miss Sunshine pageant in California to fulfill the deepest wish of 7-year-old Olive, an ordinary girl with big dreams. This is a hilarious road trip adventure and I cracked up to the end! -- **A+**

The Holiday – A warm-hearted holiday comedy about what happens when two very different women swap houses in an attempt to banish their holiday blues. Iris, played by Kate Winslet, lives in a small English cottage, while Amanda, played by Cameron Diaz, lives in a Beverly Hills mansion. Love interests include: Nick played by Jack Black and Graham played by Jude Law. This is a great movie that is full of laughs! -- **A**

Night at the Museum – Ben stiller plays Larry Daley the new night watchman at the Museum of Natural History. History truly comes alive in this family feature. With its special effects and many interesting characters this movie is a feast for imaginations of any age. -- **B**

Catch and Release – Just days before her wedding, Jennifer Garner’s character, Gray, finds out that her fiancé, Grady, has died while on a skiing trip. Not knowing what to do with her life, she moves in with her fiancé’s three best friends in attempt to move on with her life. This is a movie that will make you laugh and cry! -- **A+**



TRAINING DIRECTOR'S CORNER

-- by Jay Johnson

Trillium Services has begun offering three new trainings to our employees. The first training, Behavior Management 101, will be required of all employees. This training will focus on assisting staff react proactively in all situations. Our second training, Mission II, will build on the information that employees have gained in our Mission, Vision, and Values Training currently being offered. This training will focus on friendships, relationships, and social roles. The last new training will be a medication training designed for those who do not need the

full Medication Certification Program. This training will focus on proper documentation of medication and medication conditions, side effect management, and general safety information. This medication training will be a requirement for all employees who work in either Family Services or Trillium Works!.

Our Consumer Rights and Responsibilities and CPR/First Aid Trainings are open to both employees and consumers. If you are interested in these trainings, please let me know.

NEW POLICIES:

Please take time to read the new and/or updated policies:

- Corporate Compliance Policy
- Evacuation/Relocation Procedures
- Hiring New Employees
- Personal Appearance and Dress Code
- Safe Driving and Transport

Policies are available on site and at the office.

Thank you.

OOPS!

I would like to apologize for an error in the December newsletter. **Janice & Kim** were pictured delivering presents for Adopt-A-Family, but the caption listed Janice & Tanya on some of the newsletters that were mailed out. Sorry! -- *Paula*



Trillium Services Anniversary Recognition

Trillium Services would like to recognize the following who are celebrating anniversaries in January, February, and March, 2007.

12 years! **4 years!** **1 year!**

- | | | |
|----------------------|---|---|
| Vern | Barbara
Thomas | Alissa
Amy
Andrea
Bill
Chris
Corey
Crystal
George
Jesse
June
Lorina
Lynette
Paloma
Phil
Stephan
Stephanie
Tammy
Tessa
Tina
Valerie |
| 11 years! | 3 years! | |
| Julio
Pat | Jamee
Jane
Matthew
Michelle
Patrick
Roy
Sarah C.
Sarah S. | |
| 10 years! | | |
| Amanda
Brandon | | |
| 8 years! | 2 years! | |
| Jesse | Amber
Angela
Bill
Brandon
Carrie
Dan
David
Delena
Elise
Jennifer
Kristine
Laurie
Noelle
Pete
Rebecca
Tanya | |
| 7 years! | | |
| Kurt | | |
| 6 years! | | |
| Mike
Pam
Scott | | |
| 5 years! | | |
| Jeff | | |



We would like to extend a warm welcome to all new consumers and employees. Thank you for joining the Trillium Services team!



My Trillium Story

-- by Barb

I started with Trillium a long time ago, when it was called Paragon. I think I was one of Trillium's first consumers. Jim and Wendy were my staff! They were nice. They helped me make supper for me and my mother. My "outside staff" were all from Trillium! Pat Edwards is still one of them.

About five and a half years ago I moved into a Trillium apartment. Christine was my first housemate. She liked to fix up my hair in the morning. Brian is my "apartment mate" now. He is my friend and buddy. We like Bulldog hockey games! Go Dogs!

I have a busy and fun life. I helped the Task Force with a dance for MDA to raise money for Jerry's kids. At Christmas I helped to shop for the Adopt-a-Family. I like to go bowling and go to 50's and 60's music events, and musical plays. One of my favorites is going to the Judy Garland Festival in Grand Rapids, Minnesota. I dress up as Dorothy from the Wizard of Oz! It's fun! My other favorite thing is the Trilliums trips! I just came back from Disney World in Orlando Florida! That's my story; and I'm sticking to Trillium!

My Trillium Story

-- by Pat

I started working at Trillium in 1996. I was hired at Jim & Wendy's house.

I have enjoyed my career with Paragon/Trillium. Over the years it has been exciting to see the company grow!

One of things I enjoy about working for Trillium is utilizing creative problem solving skills. I have enjoyed assisting consumers with reaching their goals by offering support. I like doing work that makes a difference.

Throughout my 11 years with Trillium I have consistently worked for terrific supervisors! My first supervisors, Stacy and Colleen were kind, compassionate, patient and always had time for questions and feedback.

Many years ago, Barb and I were locked in the back hallway of the Trillium office. We had no access to a telephone. Eventually, the cavalry was called out and we were rescued!

In my 11 years at Trillium I have always been treated fairly and with respect. I look forward to the future!



“Pride is concerned with who is right. Humility is concerned with what is right.”

-- Ezra Taft Benson (1899--1994)
Statesman

OPEN POSITIONS

For information on open positions at Trillium Services, please call (218) 722-5009 and ask for the "jobs line". Openings are also posted in Conference Room 1.

- **Annual Outcome Report** -- Trillium Services, Inc. Annual Outcome Report is available upon request. If you are interested in receiving a copy, please call our office at (218) 722-5009 or request one on-line at www.trilliumservice.com
- **Annual Satisfaction Surveys** -- Trillium Services, Inc. Satisfaction Survey results are available for review at the Trillium Office.
- **Action Request Box** -- Do you have ideas, comments, or questions that would improve the services we provide? Fill out an Action Request Form located in the Brew Ha Ha. Requests are reviewed bi-weekly and will remain anonymous if you choose. We look forward to hearing from you!

Trillium Works! would like to recognize and thank all the local businesses who support making our community a better place for everyone to work and live. A special thanks goes out to:

Amazing Grace Cafe
Animal Allies
Anytime Fitness
Benedictine Health Center
Comfort Inn-West
Country Kitchen
Creation Station Daycare
Duluth/Superior Burger Kings
Engwall Florist
Farmers Insurance
Foster's Bar and Grill
Great Harvest Bread Co.
Hermantown Elementary
House on the Hill Daycare
JC Penney
Lake Superior Zoo
Midway Lumber
Savories Catering
Sir Benedicts Tavern on the Lake
Slumberland
Super One Foods
Taco Bell
TJ Maxx

The Trillium Times Staff

Paula Goranson, Newsletter Design/Editor
Chris & Jennifer, The Movie Critics
Cindy Sanders, The Health Beat
Scott Finn, Trillium Works!
Jay Johnson, Training Director's Corner
Kari Aanenson, Director's Corner
Ann Marie, What's Cooking
Kim, Interesting New Eats
nature rocks!, Earth Notes
Barb & Pat, Trillium Stories

Contributing Writers

Kari Aanenson Amanda Buhl-Borling
Nadine Carlson Angela Gustafson
Jesse Jay Johnson
Kate Elise Selvog
Dave Ulvestad Gloria Walters

If you are interested in joining the Trillium Times staff, please call Paula at 722-5009.



Trillium Services, Inc.
4629 Airpark Boulevard
Duluth, MN 55811