

The Trillium Times

“Connecting People with Communities”

Quarterly Newsletter

Trillium Services | Paragon Associates | Trillium Works!

Winter -- 2007



Jennifer & Marijo did a great job keeping everyone actively involved in the PATH process.



-- by Kari Aanenson



Jennifer summarizes thoughts from the previous day to gear everyone up for the completion of the PATH.

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PATH is an acronym for Planning Alternative Tomorrows with Hope. It is a futures planning process that is very visual & person centered.

Trillium Services has offered PATH to our customers as a means of establishing long-term and short-term goals towards their future dreams. As a company, we also use PATH to set our dreams & create a plan as to how we will attain them.

This year, we are proud to announce the completion of the first ever Stakeholders' PATH. A group of individuals consisting of our customers, family members, & colleagues graciously accepted an invitation to create a Stake-

holders' PATH. The event was hosted by the Trillium Services management team & held at Spirit Mountain. The completed PATH was entitled "Integration Celebration." A copy of the PATH is included in this newsletter as a means of sharing this information.

We would like to thank all of the stakeholders who attended for the generous gift of your time & vision in creating the PATH. We would also like to thank our facilitators & graphic recorders who did an incredible job committing all of the thoughts & ideas flowing through the room onto paper.

-- Kari Aanenson

Thank you to our Stakeholders and PATH Facilitators:

Kristie Buchman, Nadine Carlson, Jeff H., Megan H., Addie Jesswein, Jane Johnson, Jenny Kempfert, Kit Kunze, Louise Lindgren, Val M., Mary Malone, Marijo McBride, Sandy Roggenkamp, Jennifer Steger, Dana Swift, & Ginger Wheat.



WELCOME!



Meet Michelle!

Michelle moved into her purple room on Oakley Street on November 27th. She brings lots of energy and excitement to the home. Many of us know her from Family Services and her involvement with Drop Zone and Trillium Task Force. She brings energy and excitement wherever she goes. Be sure to say hello to Michelle when you see her.

-- Jennifer Steger



Meet Tracy!

On November 17th Trillium welcomed Tracy into her new home on Palisade Circle. She recently moved here from her family home near Brainerd, but she grew up in Duluth and is getting to know the town all over again. She is employed at UDAC and is getting reacquainted with many old friends and getting to know many new ones as well. Welcome, Tracy!

-- Jennifer Steger



Meet Amanda!

Welcome Amanda to Trillium Works!. She started in November, and is looking for a job/career in the food service or retail business. She has already begun to “hit the pavement” and is job developing very seriously twice a week. Amanda is an extremely happy and pleasant woman. Everyone that meets her comments on what a positive energy she has. Her personal interests include country music, movies, and hanging out with her friends and family. Amanda says that she likes Trillium Works! and everyone has treated her well. Welcome, Amanda!

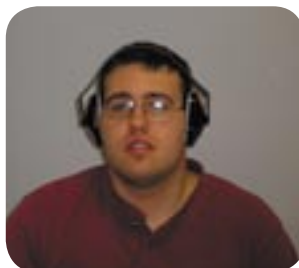
-- Louise Lindgren



Meet Nikki!

Welcome Nikki to Trillium Works!. She started in September as “the pilot” consumer who started Trillium’s Doggy Daycare. Nikki has done a good job researching and learning a lot about dog behavior and training. Her “client”, Yoda, seems to enjoy her company very much and is happy to get outside and exercise with her every day. Her personal interest include talking on her cell phone and hanging out with friends. She is currently job developing in the community and volunteering at the Salvation Army once per week. Welcome, Nikki!

-- Louise Lindgren



Meet Matt!

Welcome Matt to Trillium Works!. He started with Works! in November, and has begun to do some job development. Matt is looking for a job/career in the manual labor sector. He is very upbeat that there is a “job for him in the community.” In his spare time, he enjoys listening to music, spending time with family, and playing video games. Welcome, Matt!

-- Tami Lounsbury

INTROS!

Katie

Hi, I’m Katie Walkowiak. I am the new Program Supervisor in Family Services. I recently graduated from the University of Minnesota Duluth with a degree in Sociology. During my college career I interned at the Duluth office of Lutheran Social Service in Adoption Services along with mentoring many children at local elementary schools.

Some of my interests include: skiing, rollerblading, reading, and hanging out with my friends and family. I’m looking forward to many more exciting experiences and the pleasure of getting to know both the consumers and staff better here at Trillium.



What is a **Kudo**?



Acclaim or prestige as a result of achievement or position.

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



GIVE SOMEONE AN "INSTANT KUDO"!

Can't wait for the next Trillium Times to give someone a Kudo? We now have an "Instant Kudo" bulletin board down the hall from the nurses office. Don't hesitate to use the Instant Kudo sheets to write up a little "High Five!" or "Job Well Done!" message to consumers, staff, friends or ANYONE who has done something "Awesome" or "Above and Beyond" or just plain "Nice"!



KUDOS!



Kudos to Jennifer Steger who recently was promoted to a Community Living Program Director! Jen has worked for Trillium for seven years and during this time has earned a honest, kind and professional reputation within the agency! She is well liked and well respected by consumers, families, colleagues and coworkers. Way to go Jen, you earned it!
-- Angela Gustafson



Kudos to Nadine for her perseverance to transform our life-size agency PATH to a clear & printable document. It took a lot of time and hard work & we appreciate it!
-- Patty Blegen

HIDDEN TALENTS!



Jeff

Not too many people know that Jeff is quite the expert on classical music and opera. Here he is relaxing in front of the fireplace at Crosley with his Wagnerian opera scores, Die Walkure and Die Gotterdammerung! (Be sure to ask Jeff what that means!) All he needs now is a pipe and smoking jacket to complete the picture.
-- Gloria Walters



"I have been listening to classical music ever since I got my first CD player 11 years ago."
-- Jeff

DIRECTOR'S CORNER

-- by Angela Gustafson

What a difference a few can make when working together as a community! -- Box Tops for Education (founded by General Mills) and Campbell's Soup provide easy ways to earn cash for our schools. One option is to clip Box Top for Education symbols on food products such as cereal boxes, milk caps and other food packaging. Box Tops for education has helped American students earn over \$175 million in just over ten years. What an easy way to contribute to your community! Another seemingly effortless option is to collect Campbell's Soup labels! Over the years, Campbell's has donated \$100 million in merchandise to American schools. Most local schools would greatly appreciate either Campbell's Soup labels or Box Tops for Education donations. As an agency, we will be collecting both labels; Kari Aanenson will collect the labels and donate them to local schools.

Local Box Top for Education School Earnings:



- Hermantown Elementary School:
11,252 since 1996, and \$1730 in 04-05
- Piedmont Elementary School:
\$4335 since 1996, and \$1469 in 04-05



EMPLOYEE OF THE MONTH AWARDS...



Amber Haselman

Amber & Debra package bird suet for the nature rocks! fund-raiser.

Amber Haselman has been a Program Supervisor since 2005 but started in direct care with Trillium back when it was still Paragon Services. Amber is an exceptionally well-organized and efficient **“ She’s an angel and a sweetheart! -- Krissy ”** employee, who consistently goes above and beyond to see that her consumers have well-trained staff and quality services. She volunteers her time and talent in facilitating the Drop Zone, as well as pitching in with Craft Night and Nature Rocks!

Amber models Trillium’s Core Values by continually encouraging consumers to exercise self-determination in choosing their own activities and mastering skills.

OCTOBER



“ Amber’s a great worker! She tries very hard to meet everyone’s needs. -- Scott ”

Examples of her efforts to get the consumers involved in the community include participation in many Community Education classes, North Country R.I.D.E.’s program for children with autism and the Game of Life through the Center For Independent Living to name just a few.

Amber is a team player who works well with her co-workers. Trillium is very fortunate to have her on the management team! *--Gloria Walters*

“ Amber is a real joy to work with and very understanding. -- Rose ”



NOVEMBER

“ Kyle is always willing to go places and do fun activities with me. -- Mike ”

Kyle has been working at the Crosley home with Mike, Lee, Jeff and Jeff for nearly two years as a Weekend Recreation Specialist. He is a positive and proactive role model who has demonstrated his commitment to the Trillium Services mission, vision and core values over time at a consistent level. His calm manner lends to a relaxed environment where consumers can focus on building skills for independent living.

This fall, Kyle helped a consumer plan and carry out a three-day camping trip near East Gull Lake that included fishing, canoeing and many other outdoor activities. Shortly thereafter he facilitated a trip to the Metrodome with a group of **“ I like Kyle. We get along good. -- Lee ”**



Kyle Stokes

The guys head out on the town. Pictured (left to right): Jeff, Mike, Kyle, Lee, & Jeff

consumers to attend a Twins baseball game. In every situation, Kyle assures that the consumer takes the lead in the decision-making process. His dedication to the person-centered philosophy is readily apparent in his leadership style. Congratulations, Kyle for being selected as November Employee of the Month.

“ He’s a good staff and he helps me. -- Jeff ”

--Brandon LeDoux

OCTOBER, NOVEMBER, & DECEMBER 2006

DECEMBER



“Lori is a great staff. -- Mary”

Lori started with Trillium in August 2005, and has proven to be a valued employee, not only from a supervisor’s standpoint, but in the eyes of the consumers as well. One outstanding accomplishment she made this year was that she and Kim set up a series of three pottery classes at the Institute of Arts in West Duluth; giving 15

“Lori is cool. -- Terri” consumers a great learning opportunity and a hands-on experience in making their own pottery. Lori has

also done a great job in helping Kim find volunteer opportunities that she’s interested in, like helping her sign up to ‘sponsor’ a soldier in Iraq. Besides helping consumers get involved in their communities, Lori continually encourages the consumers she works with to remain active in Trillium events; Terri has become



Lori Lande

Lori and Kim work on bird feeders during nature rocks.

involved with the Trillium Task Force again, and Kim joined Nature Rocks! this year. Lori is also a big help at craft nights, keeping a watchful eye on whatever needs to be done and stepping up to the plate without hesitation. Congratulations, Lori.
-- Nadine Carlson

“Lori is a hard worker. She’s a good listener & is understanding. She motivates me to do things. She is fun to be with, and I learn a lot from her. -- Kim”



EARTHNOTES

-- by nature rocks!

How Do Animals Survive in the Winter? -- The lynx, hare, snowy owl, and grouse get an extra layer of fur or feathers on their paws and feet during the winter. That helps even out the animal’s weight so they will stay on top of the snow. Mice, voles, moles, and other rodents make burrows under the ground to get away from the cold. Red squirrels usually stay on top of the snow, but when the temperatures change to -22 F they make a burrow too, and live with their cousins under the snow. To keep warm, some birds puff up their feathers and snuggle up together on the branches of trees. Moose, elk, fox, and wolves are animals that survive in snow by changing the way they live. They walk on packed down paths and eat the food on the side of the paths, unless they have to catch

their own food. Some animals turn a different color in the winter than in the summer. They turn white in the winter and brown in the summer to help keep them safe from their predators, and it also helps them creep up and pounce on their prey. Some animals hibernate. That means that they eat tons of food during the summer and sleep all winter in a den that they find or make.



You can help support nature rocks! by purchasing a bird feeder during their fund-raiser. →

IT’S THAT TIME OF YEAR AGAIN AND THE BIRDS ARE HUNGRY!

Nature Rocks! is offering two simple bird feeders for our fund-raiser this year: a peanut butter-covered pinecone rolled in birdseed and a suet-birdseed cupcake. Both varieties have an attached string for easy hanging, are individually wrapped in clear bags with a festive ribbon, and are priced at \$2.00 each or 3 for \$5.00.

Nature Rocks! still has an assortment of hand-made Nature Cards and Map Stationery for sale, too! The sale of these items helps pay for out-of-town camping and field trips for the Nature Club and can be purchased at the Trillium office. Contact Nadine Carlson at the Trillium office.



Purple Finch



FAMILIAR FACES



Dawn, Rose, and Hilary shared their holiday spirit while decorating the tree in the Trillium Services Office.



'Tis Better to Give... Janice & Kim delivered presents for Adopt a Family. The Task Force raised \$428.56 with a matching contribution from Jim & Wendy. Well done!



Did you know that over 2 million people in the United States have some form of epilepsy?

This November, Tanya and Skip hosted the Trillium Task Force meeting, where members enjoyed a presentation by Mary Giese from the Epilepsy Foundation of Minnesota.



Habitat for Humanity Aluminum Can Drive Totals

-- brought to you by Trillium Task Force

Totals for last quarter = \$ 26.55 (45 lbs.)
2006 Total = \$ 96.95 (152 lbs.)



Thank you!

We would like to thank the Management Team for helping revise our Mission, Vision, and Core Values. Your thoughts and ideas are greatly appreciated.

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.



SUNFLOWERS IN UNUSUAL PLACES

Our loved ones have an amazing way of showing us they still care very much and love us. Last spring when visiting my dad's grave I brought some flowers along. They were sunflowers, which were his favorite. I went back this fall with a staff to visit and three weeks later sunflowers showed up here at Parkwood II. So I believe that our loved ones have signs that they still love us even though they are gone. I believe this to be true because we did not plant the sunflowers in our garden; they just appeared one day out of no where. This is the strange part of this story. But if you believe, anything is possible!

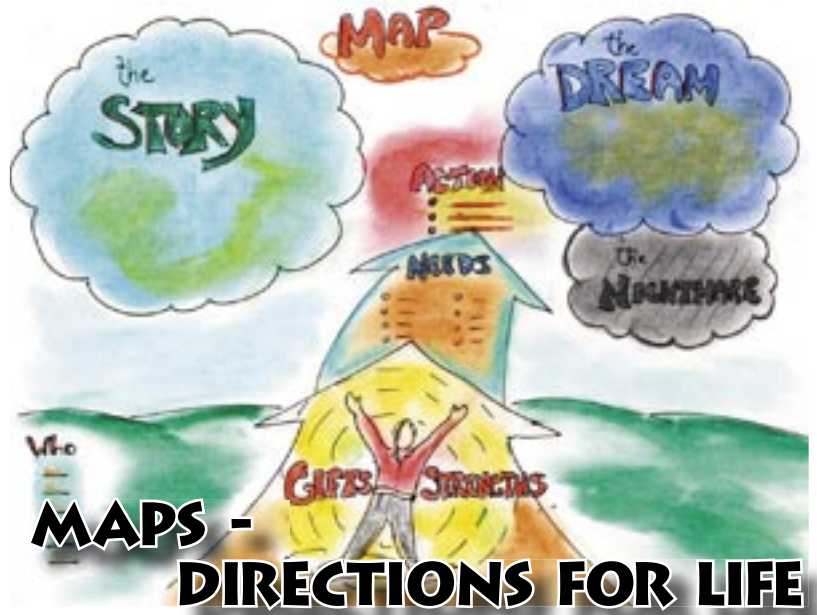
My dad, Tom Helmer passed 8 years ago and ever since he's been gone these sunflowers just keep showing up! But this is the first time at Parkwood II. Just remember anything is possible. -- Megan



Ronelle, Tracy, & April

ALL UNPACKED & SETTLED IN!

April, Ronelle, and Tracy moved into their new home on Palisade Circle on November 17th. It took some packing and planning, but it all went off without a hitch. The ladies spent their first evening in their new house unpacking boxes and deciding where things needed to go. There is lots of laughter to be heard coming from Palisade Circle, and even more on the way as the ladies make plans for a house-warming party. -- Vicky Galarowicz



Listen or tell the story and discover that the first steps are right in front of you. The MAPS process reveals our life stories at the core. A MAP begins with telling a story; creating a vision of our life journey. The process uncovers both the dream and the nightmare in the picture of our life. By nurturing the dream and confronting the nightmare, we can achieve a clearer view of our life's desired direction. MAPS move on to create a picture that identifies strengths before moving onto defining the next steps. This Person

Centered Planning tool can be used to get to know someone new, or make sense of things when the direction of life has been lost or confused. When properly facilitated, MAPS can be more revealing and powerful than a file full of data. MAPS make sense of the facts and fit them into the pattern of a life. If you would like to experience a MAP for yourself or are interested in becoming a MAPS facilitator please contact Jennifer or Nadine at the Trillium office for more information. -- Jennifer Steger

Morning Surprise!

One fine morning in October, Trillium Services was taken by surprise as the Mix 108 Office Pick-Of-The-Week. A piping hot treat of "Coffee and Scones" was delivered in person by Morning Show DJ's, Corey and Laura. Thank you, Red Mug and Mix 108. What a nice way to start the day!





TRILLIUM WORKS! IN ACTION

-- by Scott Finn



Mike

Yoda



Nikki

Trillium Works! has added an exciting and innovative assessment site to better help us with building the necessary work skills to succeed in a community job. This new site is none other than the popular "Doggy Daycare." The Doggie Daycare (still looking for an official name) is housed in the Trillium Works! office area, and has specialized in puppy socialization. Our current Doggie Daycare client is Yoda. He is a miniature bull dog with lots of attitude. Yoda is in the daycare days a week and has been on his working social habits, toileting, and other miscellaneous areas that only Yoda may need to work on. In addition to Yoda's skill building, we have also been able to assist the daycare staff with skills such as time management, scheduling, social skills in coordinating the daycare, and even frustration management with the young pup. We are both proud and excited about this new and innovative addition to Trillium Works!



THE HEALTH BEAT

-- by Cindy Sanders

Frostbite --

It's fine if Jack Frost nips at your nose this winter, but be careful that you don't leave your fingers or toes exposed too long to wintry blasts. It takes only minutes for exposed skin to become frostbitten if the temperature is below 20° F and the wind is blowing at 20 mph or more.

Who's at risk? Anyone who is not dressed properly, has circulation problems, has had a previous injury caused by cold, or who takes medications which decrease the flow of blood to the skin.

Symptoms -- The affected area becomes numb, feels frozen, or appears waxy, white, or grayish in color.

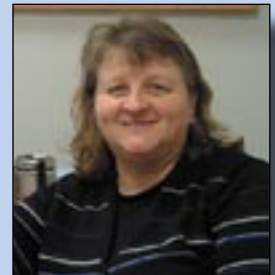
Treatment Options


- Get the person into a warm room as soon as possible and call for medical assistance. You can also give the person warm drinks, such as broth or tea.
- Rest the injured areas (avoid walking on frostbitten feet, for example) and elevate them slightly.
- Take off any wet or restrictive clothing.
- Warm the area by immersing it in warm (NOT HOT) water for at least 30 to 45 minutes or until the affected part feels warm and sensation returns. During warming, the patient may complain of severe pain and the injured area may swell and change color.

DO NOT do anything that will further injure the tissue, rub the area, start to warm areas that will be exposed to cold again, or use dry heat such as a heating pad to warm the skin.

Five tips to help prevent frostbite

- Dress appropriately. Wear light, loose, layered clothing under a water-repellent (not water proof) jacket.
- Protect your head, hands, and feet from the cold.
- Do not drink or smoke if you plan on being out in the cold for a long period of time.
- If you get wet, get inside and remove wet clothing immediately. Check yourself every half-hour for signs of frostbite, and if you feel numb, get inside.



 **Information for this article was gathered from the following website;** log on for more helpful tips:

<http://orthoinfo.aaos.org>



Stay warm, and enjoy your time outdoors this winter.

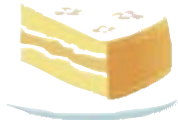
WHAT'S COOKING?

Banana "Cream" Pie

-- by Jen & Val

Ingredients:

- 12 graham crackers (2 1/2" squares), crushed
- 4 teaspoons margarine
- 4 bananas, thinly sliced on the diagonal
- 2 tablespoons fresh lime juice
- 1 envelope unflavored gelatin
- 1/3 cup sugar
- 1 1/2 cups plain nonfat yogurt
- 1 teaspoon vanilla extract
- Grated lime zest



Preparation:

1. Preheat the oven to 350 degrees; spray a 9" pie plate with nonstick cooking spray.
2. In a medium bowl, combine the graham cracker crumbs and margarine with a fork. Press into the bottom and up the sides of the pie plate. Bake until firm, 3-5 minutes; cool.
3. In another medium bowl, toss the bananas with the lime juice; reserve 1 cup. Arrange the remaining bananas over the crust.
4. In a small saucepan, sprinkle the gelatin over 1/2 cup cold water; let stand 2 minutes. Add the sugar; cook over medium-high heat, stirring constantly, until the mixture boils and the gelatin and sugar dissolve, 2-3 minutes. Remove from heat; whisk in the yogurt and vanilla. Pour into the pie plate. Arrange the reserved bananas over the pie; sprinkle with the lime zest. Refrigerate, covered with plastic wrap, until chilled, 2-3 hours.



Jen & Val share one of their "guilt-free" favorites.

*Makes 8 servings: Per serving, 175 Calories, 3 g Total Fat, 1 g Saturated Fat, 1 mg Cholesterol, 120 mg Sodium, 33 g Total Carbohydrate, 1 g Dietary Fiber, 4 g Protein, 92 mg Calcium. ** 4 Weight Watcher Points per serving.*



Linda & Patti enjoyed a nice dinner at Applebee's located in the Miller Hill Mall.

INTERESTING "NEW" EATS

-- by Patti & Linda

Linda and I went to Applebee's on a Saturday night and it was very busy. We got a "buzzy thing" to let us know when our table was ready and it only took 2 minutes! Our waitress, Melissa, was wonderful and helped by taking our photo. The food was fabulous, piping hot and plenty of it. I would recommend this restaurant to everyone!

"It was just delicious. Yum! Yum! Yum!"
-- Patti

Check out Applebee's new Weight Watcher's menu for other healthy choices!



THE MOVIE CRITICS

-- by Chris & Jennifer



Casino Royale (2006) – Plot Outline: James Bond’s first mission, where he must stop a banker from winning a casino tournament and using the prize money to fund terrorist activities. A suspenseful witty action/adventure that brings Ian Fleming back to life, & we have Daniel Craig to thank for the best movie of the year. **A+**

Casino Royale (1967) – Plot Outline: An early spy spoof starring David Niven, Peter Sellers, & Woody Allen. Aging Sir James Bond (David Niven) comes out of retirement to take on SMERSH. Leave Ian Fleming alone! **F**

Flags of our Fathers (2006) – Plot Outline: The life stories of the six men who rose the flag at The Battle of Iwo Jima, a turning point in WWII. An unforgettable war movie of the year & I love it! **A+**

Employee of the Month -- This is a comedy about a box boy named Zach who competes with a cashier named Vince for the title of employee of the month. Not only are they competing for the “employee of the month” but also the new cashier Amy, played by Jessica Simpson. This movie will keep you smiling the whole time. **A**

Flyboys -- This movie is based on a true story that takes place during World War I. A group of Americans want to learn to be fighter pilots and go over to France to train. They end up having a lot of battles with the Germans while there and learn many different lessons. You’ll love it! **A+**

Talladega Nights -- Will Farrell stars as a top race car driver named Ricky Bobby who has followed his dreams of being a great driver just like his Dad. One day he has a terrible crash and stops racing and has to overcome his fear to become a great racer again. **A-**



TRAINING DIRECTOR'S CORNER

-- by Jay Johnson

Dress Code Policy --

I would like to take a minute to remind everyone of the importance of following the dress code policy during all shifts. Please remember that you are a representative of Trillium Services and a role model for the people that you are working with. In addition, following the dress code will ensure a safe work environment. Wearing inappropriate attire including ripped jeans and earrings that dangle can pose a safety risk for yourself and others. Employees should remove all jewelry when working in physically demanding environments. The Trillium Services main office is also considered a work environment. Employees should follow the Dress Code Policy when entering the office as well as on shifts. A policy cannot cover all contingencies so employees must exercise good judgment in their choice of clothing to wear to work. If you have any questions regarding the appropriate attire for your particular case, please ask your supervisor.

UPCOMING TRAINING

The training calendar is posted on Jay's office door.

Remember to check your work schedules for scheduled training as well.

Congratulations!



Scott & Shana Finn welcomed their 4th child, Coen, on November 30th.



Chris & Rebecca Cinn-Rands had their 1st child, Cily Ann, on November 8th.



Trillium Services Anniversary Recognition

Trillium Services would like to recognize the following consumers & employees who are celebrating anniversaries in October, November, and December.

13 years!

Sherry

5 years!

Jill

2 years!

Angel

10 years!

Angela

John

Heather

Kari

Kate

Jeff B.

Joanne

Lisa

Jeff H.

Ron

Stephanie

John V.

4 years!

Tanya

John Y.

Katie

Leah

7 years!

Dana

Dan

1 year!

Amanda

Jay

Molly

Brandon

Jennifer

Nadine

3 years!

Aaron

Carla

6 years!

Brian

Carol

Jeffrey

Josh

Kelsi

Kyle

Michael

Lee

Nick

Mike

Melissa

Sam

Rachel

Sara

Tessa

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



Spotlight On Kari Aanenson

Kari was one of the last employees hired at Jim and Wendy's house back in 1996. She was hired to work at the 5th Street home as a direct-care staff. Soon thereafter, she was promoted as the lead staff at a home in Aspenwood.



Over the years, Kari has taken on many more responsibilities including her most recent role as Growth, Development and Community Living Program Director. She has served in every positions throughout the agency and has taught her coworkers many valuable skills. Kari is well known for being a consumer advocate; she respects each consumer's ideas and rights. She is well respected by others and is an awesome part of the Trillium Management Team. She recently celebrated her ten year employment anniversary! Thank you, Kari, for your hard work and dedication! - Angela Gustafson

Spotlight On Angela Gustafson

Please define "discretion" -

Angela has been employed at Trillium Services since October 1996. She has been promoted through the years and currently holds the title of Executive Director. She is the hand of patience and persistence that guides Trillium Services and keeps us moving forward. She works all tasks through to completion and doesn't give up, even if things are not going the way she would like them to.



She strongly believes in the Person-Centered philosophy of the agency and will do whatever it takes to ensure that the customers who employ us are receiving quality services. Even though Angela has moved into a more administrative role with the agency, she continues to do everything she can to maintain the relationships she has built with the customers we provide services to. She stays calm in all situations and helps to balance out those of us at the office who tend to react to situations more emotionally.

Angela is very uncomfortable with any attention that is directed her way. She tends to shy away from any accolades and prefers to quietly and unobtrusively do her job. If you see her around please congratulate her on her 10 year employment anniversary.

-- Kari Aanenson

My Trillium Story

I started in Residential Services in 1998 back when Trillium was still called Paragon. I lived at Vermilion and had an awesome live-in named Cheryl. She treated us like adults. Me and my roommates thought the house was haunted because it smelled like perfume that no one else had. In 2000, I moved to Deerfield. I liked it because it was a big townhouse. In October of 2001, I got my own apartment at Penel Park and have lived there ever since. I like living on my own because I have more privacy and one-on-one staff. I'm very involved in Trillium. Kim and I got The Drop Zone off the ground, and it's still going strong. I love nature rocks because we go camping. I also like doing fund-raisers with the Trillium Task Force to help people who need help.



-- Janice



What's in a Name?

"Consumer, Client, Customer, _____"

We're not sure what you prefer, so we decided the best way to find out is to ask! Please indicate your preference and mail, or bring this form to the Trillium Office.

Consumer Client Customer

Other _____

Thank you!

OPEN POSITIONS

Immediate Openings:

Live-In Companions -- This position may be held in addition to any hourly position.

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

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