

Pittsfield Village News

November 2011 Edition | <http://sites.google.com/site/thevillageexchange> | www.pittsfieldvillage.com | <http://pvcondoboard.wordpress.com>

The Logic of City Sidewalk & Up-Walk Repair

Pittsfield Village Management

Three years ago the City of Ann Arbor went through the entire Village and marked the sidewalk slabs we have to repair. The two main criteria they used were: 1) more than one crack in a slab and 2) trip hazards (more than 3/4" height difference). Most of the flags were marked because they had more than one crack.

The good news is we have finished repairing all the slabs they marked so we should be repairing a lot fewer city sidewalk slabs in the future.

The Village's three main criteria for up-walk repair are: 1) Trip hazard, 2) ponding, and 3) damage repair, with safety issues having the highest priority. With fewer City sidewalk repairs we should be able to do more up-walk repairs going forward.



HEALTHWISE DIABETES MANAGEMENT

Diabetes affects the body's ability to use blood sugar or blood glucose for energy. The main types include type 1 diabetes, type 2 diabetes, and gestational diabetes (mom's blood sugar is elevated during pregnancy). Understanding diabetes is the first step to managing it.

CAUSES: In a healthy person, the pancreas releases insulin to help your body store and use the sugar from the food you eat. The glucose is transported by insulin to the cells of your body where it can be used to provide the energy your body needs for daily activities. Diabetes happens when one of the following occurs: the pancreas does not produce any insulin (type 1 diabetes), the pancreas produces very little insulin, and the body does not respond appropriately to insulin, a condition called "insulin resistance."

Unlike people with type 1 diabetes, people with type 2 diabetes produce insulin; however, the insulin is either not enough or the body is unable to recognize the insulin and use it properly. When there isn't enough insulin or the insulin is not used as it should be, glucose can't get into the body's cells. When glucose builds up in the blood, the body's cells are unable to function properly. Diabetes is believed to have a strong genetic link. Several genes are being studied that may be related to the cause of type 2 diabetes.

TESTS: By definition, diabetes is having a blood glucose level of 126 milligrams per deciliter (mg/dL) or more after an overnight fast; or by having a non-fasting glucose level greater than or equal to 200 (mg/d); or an A1C greater than or equal to 6.5%. Diabetes must be confirmed by meeting at least two of these test criteria, or by repeating one of these tests on a different day.

RISK FACTORS: If you have any of the following

type 2 diabetes risk factors, it's important to ask your doctor about a diabetes test. With a proper diabetes diet and healthy lifestyle habits, along with diabetes medication, if necessary, you can manage your type 2 diabetes.

Other type 2 diabetes risk factors include the following: high blood pressure, high blood triglyceride (fat) levels, gestational diabetes, high-fat diet, high alcohol intake, sedentary lifestyle, and obesity or being overweight. Certain ethnic groups also have a greater risk of developing type 2 diabetes. The risk of developing type 2 diabetes begins to rise significantly at about age 45 years, and rises considerably after age 65 years.

PREVENTION: Type 1 diabetes can't be prevented, but type 2 diabetes has modifiable risk factors which can help you lower your risk for the disease. By eating a healthier diet and increased physical activity you may help prevent type 2 diabetes.

MANAGEMENT: The cold and flu season is very difficult for someone with diabetes. Illnesses such as these, or any condition resulting in nausea, vomiting, or diarrhea, may cause your blood sugar to increase. An infection also can raise blood sugar levels. Therefore, it is very important to test your blood sugar when you are sick. Here are some guidelines to follow when you are ill: check your blood sugar every four hours, test for ketones if your blood sugars are above 240mg/dl, or as directed by your health care provider. Ketones are a form of waste often produced in type 1 diabetes when under stress (such as during an illness). Call your doctor if ketones are found in your urine. Depending on the degree of your illness, he or she may suggest that you go to the emergency room. Check your temperature every 4-6

hours and make sure you are drinking liquids if you are unable to keep down solid food. Drink one cup of liquid every hour while you are awake to prevent dehydration. If you are unable to hold down liquids, you may need to go to the emergency room or hospital. Do not stop taking your insulin, even if you are unable to eat solid foods. You may need to eat or drink something with sugar in some form so that your blood sugar doesn't drop too low. People with type 2 diabetes who are on oral medicines may need to stop taking their medicines when sick. Check with your doctor if you are unsure of what to do.

WHEN TO CALL THE DOCTOR: If you need an over-the-counter medicine to control symptoms such as cough and nasal congestion, ask your doctor or pharmacist for a list of sugar-free products that are available. Also call your doctor if: your blood sugar stays higher than 180 mg/dL or lower than 70 mg/dL, you are unable to keep liquids or solids down, you have a fever, or you experience diarrhea or vomiting.

If you are sick and have diabetes, you should eat or drink 45 to 50 grams of carbohydrates every three to four hours to maintain your nutrition needs, to avoid ketone development and to prevent hypoglycemia.

Prepare an emergency first-aid kit that includes your insulin administration dose and frequency, products that contain concentrated glucose with instructions of the administration, phone numbers of your health care provider and the emergency room that you desire to be contacted.

To your best health,

~ Brenda Webster, Pittsfield Village Resident

If you have any tips or techniques on managing diabetes please e-mail me at bjweb7@netzero.net and I will include it in next month's newsletter.



Pittsfield Village
Communications
Committee

... Bulletin

VILLAGE BABYSITTER FOR HIRE

Hello, my name is Arianna. Many of you may already know me, because just like you, I'm a resident of the Village and have been for ten years. I am 16, and I have 2 years of baby sitting experience. I have experience with toddlers and babies as well as older children. I have also had training in CPR and first aid. My prices are reasonable and flexible. I can sit either at my house or yours, whichever is more comfortable for you! I work nights as well as daytime hours (after 3pm on school days). I can also provide references. You may contact me at (734) 973-9422 for information. I love working with kids, and I'm sure that your child will have a great time with me. Thank you.

NEWSLETTER DELIVERY REMINDER

As a follow-up to our article from last issue about newsletter delivery, we would like to remind all residents that the final month for door-to-door delivery of this newsletter is December. If you would still like a copy delivered to your home you must put a request in with the management office.

If you are not already receiving the newsletter by email and would like to, you can either contact the office by phone at 734-971-0233, or email your request to office@pittsfieldvillage.com.

LOOKING TO RENT IN THE VILLAGE

Retired man looking to rent a room in the Village. Non-smoker and quiet. References. Currently renting in a 2-BR in Village, but owner needs full space. Please call John at 395-9154.

NEWSLETTER CONTRIBUTORS

We are always looking for residents to contribute to this newsletter. We especially need volunteers to write articles and submit photos from around our community. Anyone interested is encouraged to email pittsfieldvillage@gmail.com.

To make a C2 Bulletin posting, send an email to pittsfieldvillage@gmail.com.

November / December 2011 Calendar

November 1st

Modification & Maintenance Committee Meeting

6:30PM - 8:30PM @ The Community Building

November 15th

Landscape Committee Meeting

6:30PM - 8:30PM @ The Community Building

December 6th

Modification & Maintenance Committee Meeting

6:30PM - 8:30PM @ The Community Building

December 7th

Finance Committee Meeting

6:00PM - 7:30PM @ The Community Building

December 9th

Communications Committee Meeting

6:30PM - 7:30PM @ Bigby's Coffee, 178 Washtenaw Ave

December 20th

Landscape Committee Meeting

6:30PM - 8:30PM @ The Community Building

IMPORTANT NOTE: There will be no Board Meeting in November, the date for the December Board Meeting has yet to be determined at the time of publication. The management office will be closed November 24th & 25th for Thanksgiving. Also the November meetings of the Finance Committee and Communications Committee have been cancelled. For the latest information visit <https://sites.google.com/site/thevillageexchange/>



Pittsfield Village

GREEN SPACES • GREAT NEIGHBORS

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