

Pittsfield Village News

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

Holiday Happenings Around The Village

Words & Photos by **Jason Beckerleg**



The holiday season is a great time to live in Pittsfield Village. We enjoy convenient shopping areas and great decorations everywhere you turn (see above). There are so many great area events celebrating the holiday season, here are just a few, all within a short distance from home.

DECEMBER 14TH

Holiday Treats for Kids

Where: Whole Foods Market Washtenaw, 3135 Washtenaw Ave.

When: 3:30PM - 4:30PM

All kids are invited to make healthy holiday treats. FREE

DECEMBER 15TH

An Evening of Christmas Music with Vocalist Dan Hays

Where: Clavary Presbyterian Church, 2727 Fernwood

When: 7PM

Performances by Flushing, MI Christian singer

Dan Hays and other local musicians. FREE

DECEMBER 16TH

Ann Arbor Ballet Theatre presents: The Nutcracker

Where: Power Center, 121 Fletcher St.

When: 8PM (also on the 17th & 18th)

Ann Arbor Ballet Theatre's 27th annual production of the Nutcracker Ballet, directed by Carol Radovic. About 100 dancers perform Tchaikovsky's popular Christmas ballet. Adults - \$24; Students & Seniors - \$20; Children under 12 - \$14

DECEMBER 17TH

Santa Visits Kerrytown

Where: Kerrytown Market & Shops, 407 N. Fifth Ave.

When: 10AM - 1PM (also on the 24th)

Santa visits Kerrytown, along with live musical performances from local schools, musicians and choral groups. FREE

DECEMBER 20TH

Chanukah Wonderland

Where: Briarwood Mall (Sears wing), 100 Briarwood Cir.

When: 1PM - 7PM (also Dec. 21- 23 & 27)

The experience begins with the attractive Chanukah-themed decorations in the front display. Step inside and into a virtual, fun-filled Chanukah experience. Kids can build their own Dreidels with arts and crafts and compete in a competition for the best Lego Menorah. Venture deeper into the store and slip into a full-blown costume of Judah Maccabee, and record the moment with a photo. FREE

DECEMBER 25TH

It's A Wonderful Life

Where: Michigan Theater, 603 E. Liberty St.

When: 1:30PM (running time of 96 mins.)

Come watch this holiday film classic on the big screen at Ann Arbor's historic Michigan Theater on Christmas Day. As part of the Holiday Classic Film Series. FREE.



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Mon.- Fri. 8:30AM - 5:00PM

Barb's Losing Her Marbles

Barb De Longchamp

Jeanne St.

Those of you that know me would just accept the obvious and wonder why; those of you that don't, would probably do the same. It all started in the late summer of this year, as little by little I started losing my marbles. At first I thought it must be a memory issue, then Alzheimer's was mentioned. It still left us with the fact of what to do, not really why or how. Dwindling down as they were it caused concern. Age creeps upon us all. Taking a wider perspective perhaps we should consider the fact that my little neighbors were unhappy with me. It would not be the first time nor probably the last; however, it does wound to the very core. I try so hard to please all, and they felt ignored and abandoned, but it was time to give my pocketbook a rest.

Now many of you that entertain may have a table book on or near your sofa or deck for guests. I have had something a bit different for many years, a collection of marbles. They are interesting in their own right, many different. One would find a Petosky stone

marble from Charlevoix; or eyeball marbles, one blue, one brown; certainly every color of the rainbow and many from Frankenmuth. A true collection for those of interest to examine. It passes the time especially during picnics while waiting for the Barbi. I realized they were disappearing and assumed it must be the little devils. Due to the lack of food they were going to make me pay! My 4 year old grand daughter, Julia was quite disappointed in her Grammy and informed me of my rash decision. It was not, the sweet furry little squirrels after all, but rather the feisty chipmunks. They were stealing, hiding, and burying my marbles in place of food at their little dwellings.

Now for many years I was a Realtor but this goes beyond any homeowner security, even for chipmunks. Julia has consoled her Grammy with a hug and the promise she would watch in all earnest and follow the guilty party to his or her home and retrieve all marbles. Thank goodness for grand daughters to save the day, and the marbles.

The moral of the story: When losing your marbles, first check to see if there is a whole in the bag or a chipmunk.

Holiday Evergreen Tree Disposal

Undecorated Christmas trees may be dropped off — free and 24/7 — in the parking lot adjacent to the Drop-off Station at 2950 E. Ellsworth Dec. 15 through Jan. 31.

Effective 2010, the city's fiscal budget does not include curbside collection of Christmas trees. Therefore, residents should plan to dispose of their trees either adjacent to the Drop-off Station during the posted collection timeframe, deliver to the Drop-Off Station during hours of operation, or cut and tie the tree into bundles and reserve for the return of the weekly curbside compost-collection season, in April.

Wreaths and evergreen roping are gener-



ally made with wire or plastic backing and should be placed with the trash inside the A2 Cart.

Visit the Drop-Off Station website at <http://www.a2gov.org/government/publicservices/fieldoperations/solidwasteunit/Pages/Drop-OffStation.aspx> for more information.

HEALTHWISE

DIABETES MANAGEMENT: PART 2 HANDLING THE HOLIDAYS

The holidays are here! Bring family and friends together to celebrate traditions and spread good cheer. The holidays also bring lots of opportunities for socializing and eating. Even the most disciplined people struggle with temptation during the holiday season.

To navigate the party land mines with your diabetic diet intact, you need a strategy. Experts agree: Having a plan in place will help you handle night after night of eating.

Diabetes treatment management is critical in avoiding long-term damage to your body. The plan you and your health care provider develop for daily treatment will depend on the type of diabetes you have — type 1 diabetes or type 2 diabetes.

Regardless of type, everyone with diabetes needs to have a treatment plan in place for staying healthy and keeping blood sugar levels stable.

TYPE 1 DIABETES GOALS:

People with type 1 diabetes cannot produce insulin, causing blood glucose elevation and organ destruction. Because of this, the immediate goal of type 1 diabetes management is to provide the insulin needed to decrease glucose level and prevent diabetic complication such as: blindness, nerve damage (peripheral nerves), organ failure (kidneys), and amputation. The diabetes management plan should include:

Insulin. You must take insulin on a daily basis, usually through self-injections. Depending on symptoms, you may need to take insulin between one and four times a day and vary the amount you take depending on factors like illness, exercise, stress, and eating large or small meals. To make sure you're getting enough insulin, you must regularly test blood glucose levels.

Diet. You'll need to pay close attention to the amount and type of carbohydrates

you eat since they affect blood sugar.

Exercise. Diabetics should get between a half-hour to an hour of physical activity most days of the week. This will help stabilize blood sugar levels. If, between diet and exercise, you can manage to lose some weight, it will aid diabetes treatment tremendously.

Medications. The medications are taken at least daily per doctor's prescription.

TYPE 2 DIABETES GOALS:

People with type 2 diabetes have become resistant to insulin, creating many of the same problems faced by people with type 1 diabetes. The goal of type 2 treatment is to regain control over blood glucose levels, and maintain that control long-term to prevent complications. Your management plan will include:

Diet and exercise. People with type 2 diabetes are still producing insulin, so focus of type 2 diabetes management is on diet and exercise to restore some and perhaps most of the body's ability to produce insulin. The diet and exercise guidelines are the same for type 2 diabetics as for type 1.

Medications. Along with lifestyle changes, prescribed medication helps your body process insulin.

STRESS

If you're stressed, it's easy to abandon your usual diabetes management routine. You might exercise less, eat fewer healthy foods or test your blood sugar less often leading to losing control of your blood sugar. Additionally, the hormones your body produces in response to prolonged stress may prevent insulin from working properly. What to do:

Look for patterns. Log your stress level on a scale of 1 to 10 each time you log your blood sugar level. A pattern may soon emerge.

Take control. Once you know how stress affects your blood sugar level, fight back. Learn relaxation techniques, prioritize your tasks and set limits. Set an achievable goal and whenever possible, avoid common stressors.

Get help. Learn new strategies for coping with stress. You may find that working with a psychologist or clinical social worker can help you identify stressors, solve stressful problems or learn new coping skills.

The more you know about factors that influence your blood sugar level, the more you can anticipate fluctuations — and plan ahead accordingly. If you're having trouble keeping your blood sugar level in your target range, ask your diabetes health care provider for help.

When dealing with stress it is helpful to set goals. In this article one possible way to achieve your goal is identified.

What are the steps for setting goals?

1. Identify the changes you want to make
2. Identify the steps you need to take to make the changes
3. Break the changes down:
 - a) Small
 - b) Achievable
 - c) Challenging – not too easy
 - d) Needs to be a behavior (ie. Something you can do)
 - e) Something you want to do
4. Develop a plan for carrying out the change – your plan must answer:
 - What am I going to do?
 - How much am I going to do?
 - When am I going to do it?
 - How often am I going to do it?
 - How confident am I that I will achieve this goal?

To your best health,

~ Brenda Webster
Pittsfield Village Resident



Pittsfield Village
Communications
Committee

... Bulletin

RESIDENT AVAILABLE FOR HOUSE SITTING & MORE. . .

Hi, my name is Joyce, I am available to house sit, do errands, childcare and pet care for anyone interested. I live in Pittsfield Village. I am a very reliable and trustworthy Christian lady who is of excellence. I have excellent references. My number is 517-990-4446 call if you have any questions.

FINAL DELIVERED NEWSLETTER

This will be the final issue of the Pittsfield Village News to be delivered door-to-door. All residents are encouraged to provide a valid email address for electronic delivery. To do this, send an email to office@pittsfield-village.com. Home delivery is available to those who do not have access to email, but you must submit a formal request to the office. Hard copies will also be available at the office to pick-up during business hours. We would like to thank all the residents who have delivered newsletters over the years.

December 2011 Community Calendar

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

Board of Directors Meeting & Open Forum

6:15PM Open Forum, 6:45PM Meeting @ Community Building

December 19th

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

Grace Groceries: A Great Local Resource for Saving Money

Calvary Presbyterian Church, located right nextdoor to Pittsfield Village, at 2727 Fernwood, has a new food ministry, Grace Groceries. Offering a wide variety of grocery packages at discounted prices, Grace Groceries is open to everyone with no income or residency requirements or order limits. Pay in advance by cash or Bridge Card.

See the insert or email attachments included with this months newsletter for ordering information and to see what is available. Or visit their website at www.calvary2.com.

The people at Grace Groceries would also like to share some helpful hints for saving money on your grocery bill and getting the most of the groceries you purchase. They have also provided us with some great recipes and meal suggestions.

Helpful Hints

Don't waste what you buy. The average family throws away over \$600 worth of groceries a year. Don't be one of them. Use or "preserve" what you buy:

- Purchase ground beef and chicken in bulk when it's on sale. Cook the meat and freeze it in meal-sized portions. Cooked meat takes up less than half the space to store as raw meat takes. Plus, dinner on the table will be a lot faster when you don't have to prepare raw meat. Save another step in preparing dinner by sautéing peppers and onions with the meat.
- Perk up wilted green vegetables by adding one or two teaspoons of baking soda to simmering water,
- Tomatoes and tomato based sauces freeze well. Make spaghetti sauce and freeze it for later. On-sale, in-season fruit can be frozen in freezer bags and used for smoothies or with syrup on waffles or pancakes.
- In-season veggies can also be frozen. Check on the internet for the best way to do this.

Coupons. www.mysavings.com has printable coupons, links to free samples and free stuff, plus a forum.

If you have a Kroger card, you can download coupons from their site onto your card. Downloading the ones you know you will use will eliminate the worry of forgetting your coupons.

Recipes/ Meal Suggestions

Crunchy Asian Turkey Rollups

Ingredients:

- 1 lb. Ground turkey
- 1 Small to Medium Diced Onion
- 1 pkg. Oriental Ramen Noodle Soup
- Tortillas

Directions: Sauté onion and ground turkey until is fully cooked. Add seasoning packet from Ramen Noodles and optional veggies, if any. Heat through. Roll ground turkey mixture and uncooked Ramen noodles in tortillas.

Use undiluted Broccoli Cheese Soup over Baked or Boiled Potatoes. Optional - add finely diced onion, shredded or diced raw carrots, leftover veggies, leftover meat, sour cream.