

Office Hours

Monday – Friday

9am-5:30 pm



42235 E. Ann Arbor Rd.
Plymouth, MI 48170
November 2006

Contact Numbers

Staffing: 734.468.1770

After Hours:
734.564.3799

November is National Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

There is a lot you can do yourself to know your risks for pre-diabetes and to take action to prevent diabetes if you have, or are at risk for it.

Types of Diabetes

Type 1

Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them.

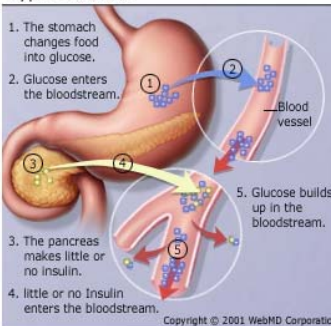
Type 2

Is the most common type that results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency.

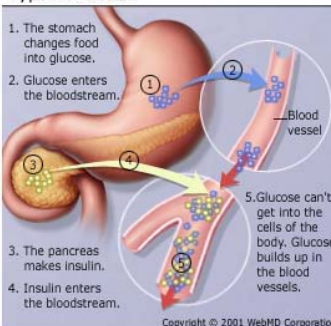
Pre-diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes.

Type 1 Diabetes



Type 2 Diabetes



Prevention

Diet

You can prevent the development of diabetes simply by making changes in your diet. Examples are: eat plenty of vegetables and fruits, choose whole grain foods over processed grain products, include fish in your meals 2-3 times a week, choose non-fat dairy products, cut back on high calorie snack foods and desserts, and watch your portion sizes.

Exercise

Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight can reduce your chances of developing diabetes. A comprehensive physical routine should include aerobic exercise, strength training, and flexibility exercises.

Symptoms

- Frequent Urination
- Excessive Thirst
- Extreme Hunger
- Unusual Weight Loss
- Increased Fatigue
- Irritability
- Blurred Vision
- Abdominal Pain
- Dry Mouth

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WellsBrooke Happenings....

WellsBrooke Annual Holiday Party!



**Wednesday,
December 13, 2006
12 - 6 pm**

Join us as we celebrate
the season of giving!



**Door prizes and
giveaways every
hour!**

The party will be held on
the main floor of our
office building at
42171 E. Ann Arbor Rd.,
Plymouth, MI.

Bring your family for
food, prizes, and lots of
holiday cheer!

Please RSVP to Staffing
at 734-468-1770

We hope to see you there!

Employee Of The Month



**Congratulations
Allison Gasorski
HTA**

It is with great pleasure that we announce Allison Gasorski as our November employee of the month. In the few short months that Allison has been with us, she has demonstrated what it means to be a team player. She is very flexible, constantly picks up extra shifts even on her days off, and always has a positive and friendly attitude. Allison is a quick learner and is very responsive to her client's needs. Thank you, Allison, for all your hard work and dedication.

Happy Birthday!



Kathryn Olson

Linda Handy

Laverne Bailey

Tabisha Ali

Susan Haggard

Dawn Hamby-Upshaw

Shannon Russell

Kelly Swim

Friendly Reminders from the WellsBrooke

Open Enrollment Time has Arrived!

Lifestyles Insurance which covers dental, vision, life, and short term disability, will be having it's "open enrollment" during the month of November with benefits effective as of December 1, 2006. If you are interested in receiving an insurance packet or would like more information, please call Linda at 734-357-0119. The deadline to sign up for insurance is November 27th.

Remember Client Confidentiality!

Just as a reminder, please do not discuss scheduling, pay rates, or issues with other employees with the staff or with the client at their home. All of these concerns should be addressed with our staffing department during regular office hours and not while you're working. Also, you should not be discussing any information pertaining to your client with other employees or potential employees. All client information should be kept confidential, including name, residence, and medical information. Please refer to your employee handbook for our policy on confidentiality.