

Pittsfield Village News

November 2010 Edition

<http://sites.google.com/site/thevillageexchange/>

Pittsfield Village Communications Committee

Meet Our Newest Board Member, Aaron Pressel

We asked the newest member of the Pittsfield Village Conominiums Board of Directors, Aaron Pressel, to tell us a little bit about himself. Here's what he wrote:

I grew up in Ann Arbor, and have lived my whole life here, living on the South side within blocks of Pittsfield Village. I have always like Pittsfield Village, and always recognized the fact that it has a special place in Ann Arbor.

I graduated from U-M, with degrees in political science, history, and education. I work at a local social service provider as the director of a community center on the South side. Most of my work involves providing services to low-income residents of Ann Arbor, but I also do a lot of management and community building.

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Pittsfield Village Condominiums, Board of Directors, Member-at-Large, Aaron Pressel

We're Working Hard to Find the Right Balance

Saving money while still providing quality maintenance and service

We are all being constantly reminded that we have been living through the deepest economic recession of our lifetimes. Pittsfield Village and The Village Cooperative have not been immune to the effects of this. To get the complete picture of what the Boards of Directors, Committees, and Management have been doing to keep the level of maintenance and services high while controlling costs would require more time than any of us has to read minutes and attend meetings. Here are just a few ways we have been working on this:

- **Getting competitive bids** for services. Committees and Management have worked hard to get bids for projects ranging from lawn service and tree trimming to concrete repair and house painting. Sometimes the bids confirm that the service we already have is priced right, and sometimes we find new contractors who can provide quality service at a lower cost.

- **Examining recurring expenses** to look for potential savings. At our request, the City performed a complete recalculation of the hard surfaces (buildings, concrete) on our property. This resulted in a \$1,700 annual savings in the fee they charge us for stormwater drainage.

- **Communicating better** at a lower cost. We are committed to keeping everyone informed and have been working to get the most complete e-mail list possible. This will allow us

to get information out quickly with less expense for postage and paper. Of course, paper mailings will still be available for anyone who does not use e-mail and for notices required to be mailed, such as the notice of the annual meeting.

If you have ideas of how to save money—the idea for the stormwater fee reduction came from a member who simply knew about that possibility—we would love to hear from you. Call the office (971-0233) or send an e-mail to condoboard@pittsfieldvillage.com, and we'll make sure it gets to the right person. And if you think there are things we should be spending money on, but are not, let us know that, too. Our goal is to maintain quality even during these difficult economic times.

*Kramer-Triad Management
Pittsfield Village Condo Board
The Village Cooperative Board*



Board of Directors

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President

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Aaron Pressel

Member-at-Large

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Committee Chairs

Greg Witbeck

Ad-hoc Governance Committee

Jason Beckerleg

Communications Committee

Laurie Howland

Finance Committee

Elizabeth Hunsche

Landscape Committee

Darleen Boynton

Modification & Maintenance Committee

Management Office

2220 Pittsfield Blvd.

Ann Arbor, MI 48104

Phone: 734-971-0233

Fax: 734-971-3421

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

***THE OFFICE WILL BE CLOSED**

NOVEMBER 25TH & 26TH

Help Support A Great Cause This Holiday Season

The Pittsfield Village Office will be accepting donations to be delivered to Safe House center through December 17th. Safe House encourages donations that promote positive body image, self-esteem and independence of women and girls. In addition, please remember that toys, books, and activities that represent multiculturalism and promote diversity are especially important. Items such as used clothing and stuffed animals will not be accepted by safe house. The following are items on the 2010 Safe House wish list:

Gift Cards:

- Gas Cards
 - Meijer
 - Wal-Mart
 - Target
 - CVS/ Rite-Aid/ Walgreens
 - AATA Bus tokens
 - Movie theatre cards
- Gift Cards are greatly appreciated because they help our service participants all year long!*

Shelter/Household Needs:

- Towels/wash cloths
 - Twin sheet sets
 - Comforter sets
 - Plastic pillow covers
 - Dish towels/pot holders
 - Dishware
 - Glasses
 - Pots and Pans
 - Kitchen utensils
 - Silverware
 - Laundry detergent
 - Toasters
 - Microwaves
 - Tupperware
 - Coffee Pots
 - Cleaning supplies
 - Toilet paper, paper towels
- We are only able to accept new or very gently used shelter/household items*

Food Items:

- Coffee, creamer, sugar
- Soups/spaghetti/sauce
- Tuna
- Peanut butter and jelly
- Pancake mix/syrup
- Large bottles of juice
- Juice boxes/hot chocolate
- Cereals (hot and cold)
- Individually wrapped snacks and chips
- Granola bars, Pop Tarts

New Clothing Items:

- Pajamas, robes, and slippers
- Women's casual and business clothing
- Clothes for infants / children / teens
- Sweaters and sweat suits
- Undergarments

Craft Supplies / Games / Toys:

- Plain T-Shirts (any color)
- Fabric paint, fabric and markers
- Board Games
- Arts and Craft kits
- Karaoke machine
- Batteries (AA, AAA, C, D)
- "Dress up" clothing
- Small "Hot Wheels" cars
- Kids' scissors
- Markers (especially sparkly!)

Babies and Toddlers:

- Diapers (Sizes 3-6) & Rash Ointment
- Sheet sets and blankets
- Baby wipes
- Baby bottles/nipples
- Pacifiers
- Sippy cups
- Formula
- High chairs
- Crib mattresses covers

Personal Hygiene & Health Items:

- Lotion/lip balm
- Deodorant
- Body wash
- Shampoo/conditioner
- Combs and brushes
- Scarves and Hair wraps
- African American hair care products
- Over the counter medications
- Cough/allergy medication
- Digital thermometers

****We are unable to accept hotel sample size products.**



Women's Health

To the surprise of many women, breast cancer is not the number one health risk they face. **Heart disease**, which accounts for around 27 percent of all female deaths, kills more women in the United States than all forms of cancer combined — nearly 500,000 women annually. Yet only 13 percent of Americans know how great a women's health risk heart disease really is. Fortunately, there are lifestyle changes you can make to ward off heart disease, such as not smoking, following a heart-smart diet, and being physically active.

Cancer, the second most dangerous threat to a woman's health, accounts for 22 percent of female deaths and kills almost 270,000 women in the United States each year. However even in this category breast cancer is not the most deadly threat. Rather, lung cancer claims the most lives each year — approximately 70,000 annually — mostly due to smoking; breast cancer is the second leading cause of cancer deaths. Gov. Jennifer Granholm is again recognizing October as National Breast Cancer Awareness Month by increasing public knowledge about the importance of early detection of breast cancer. Breast cancer is the most commonly diagnosed cancer in Michigan women. Early screening is estimated to reduce breast cancer deaths by 20 to 25 percent. This means you have the power to do something. Small steps like talking to your health care provider about recommended screenings for breast cancer can reduce your risks. Although every woman is at risk of developing breast cancer, some factors increase a woman's likelihood of developing this disease. These risk factors include: increasing age; a personal history of breast cancer; family history of breast or ovarian cancer in a mother, sister,

daughter or in multiple other relatives; high breast tissue density; never giving birth or having a first child after the age of 30; and a long menstrual history. The Michigan Cancer Consortium recommends that women of average risk get an annual clinical breast exam and mammogram starting at the age of 40. To find a mammography facility near you, consult the Michigan Mammography Facility Guide at www.cancer.org. Developed by the American Cancer Society, the Facility Guide is designed as a complete and unbiased source of information on mammography facilities in Michigan. The guide compares services, prices and other important information to help women choose the mammography facility best suited for them. If you cannot afford a mammogram, you may qualify for the Breast and Cervical Cancer Control Program. This program provides free breast and cervical cancer screening and diagnostic services to women who meet the following eligibility criteria: an income of less than 250 percent of the federal poverty level (e.g. a family of four can earn up to \$55,125 per year); uninsured or underinsured; women between the ages of 40 and 64 years. Women who are diagnosed with breast cancer through the Program may be eligible to receive Medicaid for cancer treatment. For more information on Breast and Cervical Cancer Control Program, call 800.922.6266 or visit www.michigancancer.org/bccp

Stroke poses a significant risk to women's health in the United States. It's not only responsible for almost 8 percent of all female deaths, but it's also the leading cause of long-term disability in the United States. And women are more often affected by this condition than men — almost 55,000 more women have strokes each year, and

about 60 percent of the total number of stroke deaths happens in women. For this reason, it's very important that all women learn to recognize the signs of a stroke. Call 911 immediately if you have symptoms of numbness or weakness in your face, arm, or leg — especially if it's only on one side of your body; sudden confusion; trouble speaking or understanding; sudden difficulty seeing; dizziness or loss of balance; or an abrupt severe headache.

Alzheimer's disease, a progressive, degenerative brain disorder, is responsible for about 4 percent of all female deaths in the United States each year. More than half of the 4.5 million Americans living with this condition are women, and more women die from the disease than men. Although Alzheimer's starts with simple forgetfulness and confusion, it can eventually lead to irreversible mental impairment. If you think you or someone else you know may have Alzheimer's disease, be sure to get a complete medical work-up to rule out other causes of dementia.

Diabetes is a serious women's health issue responsible for around 3 percent of all female deaths in the United States, and a condition that affects almost 18 million Americans. Around 10 percent of all women aged 20 years or older have diabetes, though almost one-quarter of them don't know it; women of color are at highest risk for the condition. Type 2 Diabetes is the most common form of the disease, but the good news is that it is preventable. To reduce your risk, be sure to maintain a healthy lifestyle and a healthy weight, exercise, and have your fasting blood sugar levels checked regularly to allow for early diagnosis.

To your best health

Brenda Webster



Pittsfield Village
Communications
Committee

... Bulletin

Seeking Volunteers:

The Communications Committee is seeking a new Chair for the Committee. If you have any interest in helping to make sure Residents are informed about what is going on in Pittsfield Village, please consider volunteering for this role. We are also always interested in new committee members. If interested, please send an email to pittsfieldvillage@gmail.com.

Leaf Pick Up:

Due to budget cuts, the city will not be picking up leaves this year. We have contracted this service out, and the leaves will be picked up starting the week of November 8th.

Garden Markers:

October 31st was the last day of the seasonal Garden Marker Program. If you have garden markers, please pull them out and return to the office. Markers will be handed out again next season with a different color signifying that year's program.

Home Link Elite Sign-Up:

Pittsfield Village is now participating a program called Home Link Elite for immediate notification of any emergency that may be of concern for residents. If you have not already done so, register your information with the Pittsfield Village Office as soon as possible.

Thanks! To Lisa Lemble:

The Pittsfield Village Board of Directors would like to acknowledge Lisa Lemble for her efforts with the City regarding our storm water fees. She was able to identify and make a case with the city that our permeable area was greater than they had originally assessed, and as a result the City will be reducing our storm water fees. Thank you Lisa!

November 2010 Calendar

November 2

Modification & Maintenance Committee Meeting
6:30 PM - 8:30 PM AT THE COMMUNITY BUILDING

November 11

Communications Committee Meeting
7:00 PM - 9:00 PM AT THE COMMUNITY BUILDING

November 15

Movie Club Social Group
7:00 PM - 10:00 PM AT THE COMMUNITY BUILDING

November 16

Landscape Committee Meeting
6:30 PM - 8:30 PM AT THE COMMUNITY BUILDING

Important Note!!!

There will be NO November Board Meeting
THE NEXT BOARD MEETING WILL BE ON DECEMBER 10TH

November 23

Finance Committee Meeting
6:00 PM - 9:00 PM AT THE COMMUNITY BUILDING

November 29

Movie Club Social Group
7:00 PM - 10:00 PM AT THE COMMUNITY BUILDING

Help The Village Go Green And Save \$\$\$:

In a continuing effort to reduce waste and save money, Pittsfield Village and the Communications Committee are working to compile an email list for non-urgent communications, such as general communications from the Board and Management and newsletters. If you are interested in receiving such communications via email rather than having a hard copy delivered to your door, please send an email to pittsfieldvillage@gmail.com to let us know that you are interested in receiving such communications electronically.

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I moved into Pittsfield Village in November, buying a condo on Richard. I live with my dog, Tater Tot, a beagle mix.

I decided to join the Board because, I have a lot of interest in trying to help continue to make Pittsfield Village a great place to live. I love the fact that Pittsfield Village is not only a strong community, with beautiful gardens and friendly people, but that it's also a community of home-owners, which lets owners make individual choices about their homes. I greatly appreciate the opportunity I have been given, and I hope to do a great job with whatever time I am given.