



www.pittsfieldvillage.com

August 2013

Then and Now

These pictures of homes in Pittsfield Village Apartments taken in 1953 show that although changes have been made things are still the same. Back in the day people were setting out lawn furniture and enjoying the view of the yards. We still do today! It was not until Pittsfield Village Apartments became "Village Cooperative" in the late 1980's that decks were built on the back of our homes. The original decks were 10ftX10ft. Over the years people have expanded. The McPhail's on Pittsfield enjoy many summer evenings entertaining friends on their deck.

In the 1950's clothes lines were a simple fact of life. Since the Earth days of the 1970's "solar dryers" have gone in and out of fashion. You might spy one in Pittsfield Village today but they are not very common. It is safe to assume that most homes here have a "tumble" dryer in the basement.

It was really an unfortunate decision made by people in the early days to plant sycamore trees and maple trees so close to the house. The little trees grew faster than the people could have imagined in 60 years. For about 10 years the Village has had to remove the large grown trees because they have done damage to the foundations and sewer lines. Now we plant trees at least 10feet from the foundation and we do not allow large trees in the front yards.

All in all, it seems we still enjoy our 57 acres surrounded by Ann Arbor as much as people did when the place was built.





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Lawn Pesticide Use in the Village New Ad Hoc Committee

The Pittsfield Village Landscape Committee, with support of the Board of Directors, is forming an Ad Hoc Committee to investigate and discuss the use of lawn pesticides in the Village. Members of our community have raised concerns regarding the potential hazards that pesticide applications pose to human and animal health, in addition to the effect on the environment (see article from Lizzie Hurwitz in this newsletter). Discussions about the issue also need to include concerns

of community members who advocate continuing pesticide applications, and we are very interested in your feedback.

We would like your input!

If this is an issue of interest for you, please let us know what you think by contacting office@pittsfieldvillage.com, or consider joining the Ad Hoc committee.

Jessica Lehr, Board Vice President

Opinion Piece:

Voice against Lawn Pesticide Use in the Village

Scientific research has shown that lawn pesticide exposures, which include both direct skin contact and airborne exposure, threaten human health, particularly that of children. In February 2013, the American Academy of Pediatrics declared, "Epidemiologic evidence demonstrates associations between early life exposure to pesticides and pediatric cancers, decreased cognitive function, and behavioral problems." Moreover, in January 2012, the Journal of Environmental Research concluded that exposure to professionally applied lawn pesticides contributed to an

approximately 70 percent higher risk of malignant lymphoma in dogs.

Likewise, there is concern that as part of the Swift Run watershed, the Village pesticides seep into the ground and pollute our main water source, the Huron River.

Your feedback on the issue is greatly encouraged. A number of community members are doing a door-to-door petition to restrict pesticide use. If you would like to assist efforts to restrict pesticide use, please contact Lizzy at (734) 545-6880.

What do you think?

Should the Village continue to use pesticides to treat crabgrass, dandelions and thistles annually, as needed to maintain the green spaces throughout the community, or should the Village restrict pesticide use?

Email your feedback to: office@pittsfieldvillage.com, or to condoard@pittsfieldvillage.com.

The Case of the Mysterious Yellow Lines

Have you noticed these yellow lines? They were faded until recently being repainted. Why yellow lines? In case you've been wondering: their purpose is to mark where the city prefers us to place our trash, recycle and compost bins for weekly pick up – this makes it much easier for the city drivers to do their job.





Knee pain is a common complaint, especially as you age and your joints experience a lot of wear and tear. Injuries can also cause knee pain.

There are different kinds of knee pain. Often, the kind of knee pain you have is a clue to what's wrong. Describing your pain to your doctor in detail will help you and your doctor determine the cause and find the right treatment.

Communicating With Your Doctor

The more specific you can be about describing your knee pain and when it happens, the better. Start by describing the circumstances surrounding the pain:

- Is your pain worse in the morning or after a period of inactivity?
- Is your pain worse at noon after you've been moving around for a while, or at night after you've been very active all day?
- Is your pain worse after a particular activity, such as walking, climbing stairs, kneeling to wash the kitchen floor, squatting in the garden, or biking with your kids? Tell your doctor if your pain is sharp or throbbing and whether it is constant or intermittent—it comes and goes.

How To Describe Your Symptoms

Here are some other questions to ask yourself to help clarify what you're experiencing:

- Is your knee swollen? Usually swelling will be visible, but sometimes it's subtle. Sometimes, morning swelling has gone down by the time of your afternoon doctor's appointment.
- Do you feel a grinding or crunching sensation? Grinding feels like two rough surfaces are moving against one another. This could be bone rubbing against bone, like your shinbone and thighbone.
- Do you feel your knee snap, pop, or crack on occasion? Tell your doctor if you hear noises coming from your knee.

- Do you feel your knee weakening when you walk, as though it's unstable and won't hold your weight and could buckle? When this happens, do you think that you might need to grab onto something so you won't fall?
- Does your knee lock? Locking prevents your knee from straightening out fully.
- Does your knee pain cause you to limp or walk without putting pressure on that leg?

Keeping Track Of Knee Pain

Here are some additional prep steps you can take before and during your office visit to make the most of it:

- Keep a pain diary. For a week before your doctor's appointment, keep track of your knee pain on paper or the computer. Log the time of day when your pain is at its worst and what you are doing when it hurts. You may see a pattern that will make it easier for you to describe your symptoms.
- Rate your pain. Your doctor may ask: On a scale of one to 10, one being slight and 10 being unbearable, how would you rate your pain? Note your ratings in your pain diary and bring it with you to your doctor's appointment.
- Talk about limitations. Tell your doctor if your pain prohibits you from doing specific activities or tasks, such as climbing stairs or going grocery shopping. Talking about how the pain is affecting your daily activities gives him or her clues to work with.
- Prioritize your concerns. Write down your most pressing concerns and order them from most important to least important. That way you're sure to at least discuss your most important concerns during the limited time you have at your visit.

Key Takeaways

- When talking to your doctor about knee pain, be as specific as possible.
- Describe when it hurts, where it hurts, and what it feels like when it hurts.
- Discuss activities that make your knee pain feel worse and what activities make it feel better.

TUTORING FOR VILLAGE KIDS

I am a Michigan certified teacher and experienced tutor, available for tutoring grades 1—8 in reading, writing, math, and general homework help. Anyone interested please call Lisa Headings at 734-546-5298 or email lisa2472@gmail.com.

VILLAGE SPECIAL INTEREST GROUPS

Do you have a hobby or craft that you enjoy? Would you like to get together with other knitters, painters, photographers, gardeners, bookmakers, for example, to work or just talk about your shared interest? Or perhaps you would be willing to do an informal demonstration for folks who might like to learn more about your particular craft? I'm sure there are many creative, clever people in Pittsfield Village who have much to offer. It is a great way to get to know your neighbors and pick up some tips and ideas. Sessions could be held in the community room. If you are interested in a special interest group on some particular subject, please contact the office.

HOWDY NEIGHBORS!

It's meAmy, your handy dandy neighborhood Professional Organizer. Yes I am here just in time to help you with your Holiday decluttering to make your homes more beautiful for your guests. Call me and let's dig in. Amy Griffith @ 734-741-8852.



SEEKING NEWSLETTER CONTRIBUTORS

We are looking for residents to contribute to this newsletter! Anyone interested in contributing in any way is encouraged to contact us via email at office@pittsfieldvillage.com. We look forward to hearing from you.

To your best health, Brenda



August 2013

				1	2	3
4	5 6pm Maintenance And Modification meeting <i>Community Building</i>	6 "Vote Today"	7	8	9	10
11	12	13	14	15 6pm Finance Committee meeting <i>Community Building</i>	16	17
18	19	20 6pm Landscape Committee meeting <i>Community Building</i>	21	22	23 6:15pm Board meeting <i>Community Building</i>	24 4-8pm Annual Pool Party! <i>Community Building</i>
25	26 Newsletter Copy Deadline	27 6:30pm Communication Committee meeting <i>Community Building</i>	28	29	30	31



**Annual Pittsfield Village
Community Pool Party**
Saturday, August 24th

With entertainment provided by George Bedard & The Kingpins.

Look for more details over email and in the August newsletter.



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