

New Recycling Guidelines



There has been a recent change in the recycle pickup guidelines. Recycling carts should be placed at the curb, three feet away from all other carts or objects, including cars. There

should also be overhead clearance of 15 feet, clear of trees, electrical wires, etc. to allow the carts to be lifted and emptied. This becomes very difficult this time of year with the accumulation of snow and ice between cars. Please do the best you can to comply, or your cart may not be emptied.

Winter on Norwood: Then and Now

Kids still love playing in the snow, but these days you are much more likely to find dogs romping in the snow on Norwood than kids.

In 1948, there was a pretty good vista to get a photo angle that captured most of the building and the boy in this photo. Today, the camera eye is obstructed by the tennis court.

Because Pittsfield Village was built just the summer, before there are no foundation plantings. Decks were not added to Pittsfield Village units until the late 1980's and early 1990's.

A feature in the 1948 photo is a water tower. Does anyone know when that was taken down?



COLIN'S CORNER



SEVERE WEATHER PLUMBING PRECAUTIONS

As one wag put it, "everybody talks about the weather, but no one does anything about it..." Well, here at least are some prudent steps you can take to help avert frozen pipe problems when the wind chills hover below zero.

Familiarize yourself with the location of the water service shut-off valve for your unit and its operation.

If you are going to be out of town, make sure the office has emergency contact information for someone who has a key. You might also want someone to check in on your unit periodically.

Turn up the thermostat, especially at night when temperatures dip. 64 degrees may be adequate during 'normal' wintry weather but may not be adequate during an arctic vortex.

Open cupboard and cabinet doors to allow warmer ambient air to circulate and keep vulnerable plumbing from freezing, especially the upper cabinet nearest the window.

Open faucets slightly to allow water to drip, especially at night. Moving water is less likely to freeze. Curiously, the hot water line will usually freeze before the cold because the air has been 'boiled' out of it by the water heater.

Get in the habit of 'togglng' the bath tub diverter spout so water from the shower head can drain.



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Design and Nature Photography

Karen Tuttle of klizaDESIGN.com

Gardening Near the Village

Something about this time of the year has me dreaming of gardening. I find myself pouring over the lists of vegetable and flower seeds with a dreamy look in my eye. This year I did something about it. I registered for a Project Grow garden near the Village on Platt Rd, on the property which formerly housed the Juvenile Detention Center. Project Grow Community Gardens has been providing the space, education, and inspiration to make organic gardening accessible to all in the Ann Arbor area since 1972. You can rent a 750sq ft garden space for \$130 or 375sq ft for \$80. Project Grow plows and stakes the site, provides water, shovels and wheelbarrows.

Gardeners are responsible for maintaining their own space as well as helping to maintain the garden site. Project Grow is willing and excited to open up more garden plots to accommodate interest from Village residents. For more information, or to register for a garden, go to projectgrowgardens.org.

Also, I am hoping that we can form a loosely organized Pittsfield Village Gardening Club. Nothing fancy or demanding, just people sharing ideas, excess produce, advice and the joy of growing our own food. If you are interested please contact me, Su Hansen at suhan722@gmail.com or 734-417-8397.

See you at the garden!

For Those Planning A Bathroom Remodel

If you plan on adding wall coverings (tile, wainscoting etc.) to the bathroom wall behind the vanity or toilet, you may want to call the maintenance department for an assessment of your sewer stack.

This 3" cast iron pipe runs from the sewer clean-out, under your laundry tub, through intervening walls and out the roof above the kitchen. It can develop cracks between the bathroom basin drain line and the basement.

Replacing that section of stack involves cutting a 2'x2' hole behind the toilet. Since unit owners are responsible for any wall restoration beyond drywall repair and primer, it makes sense to have an assessment prior to adding any wall coverings to that area.

If you have questions, please free to call our maintenance supervisor Colin Breed at (734) 971-0233.



HEALTHWISE

Use Cough and Cold Medicines with Caution



With the cold and flu season upon us, as parents and care givers we must be aware that giving children and older adults too much cough and cold medicine can be dangerous. According to an FDA public health advisory issued on August 15, 2007. Over-the-counter (OTC) cough and cold products can be harmful if more than the recommended amount is used, if it is given too often, or if more than one product containing the same active ingredient is being used.

FDA's advice for parents include: read all the information in the "Drug Facts" and follow directions carefully; do not give medicine to child more often or in greater amounts than is stated on the package, too much medicine may lead to serious and life-threatening side effects; do not give cold and cough products to children under 2 years old unless you receive specific directions by your health care provider; do not give children medicine that is made for adults; use only products marked for use in babies, infants or children (called "pediatric" products); check with health care prescriber if you are unsure about the right product for your child; and tell your health care prescriber about any other OTC's or prescriptions that are being used.

Most OTC's other than those for fever or pain have not been studied in children for effectiveness, safety, or dosing. The label will also tell you what ages have been studied, if there is no information, contact

your health care professional before giving the medication and then weigh the benefits. Medication may be harmful to an unborn baby. Tell your prescriber if you are pregnant or plan to become pregnant during your treatment. This medication may pass into breast milk and could harm a nursing baby. Please tell your doctor if you are breast-feeding a baby.

Some medications, an example that will be presented in this article, is Sufed which is combination of Tylenol (fever and pain relief); a cough suppressant (effects the signals in the brain that triggers the cough reflex), an expectorant (loosens congestion so it is easier to cough up), a decongestant (constricts or shrinks blood vessels to reduce blood flow to certain areas), decreases swelling and allows the nose and breathing passages to open.

Older adults may be more sensitive to Sufed in the liquid form since it may contain sugar or phenylalanine. Talk to your doctor before using this form if you have diabetes or phenylketonuria (PKU). Do not use Sufed if you have taken a MAO inhibitor within the past 14 days, use with great caution if you have liver, heart or kidney disease, hypertension or high blood pressure, asthma or emphysema, glaucoma, enlarged prostate or urination problems, diabetes or thyroid disorder.

All of these factors underscore the importance of talking to your prescriber and asking questions about the medicines that you are buying as an OTC.

Web sites that can assist you in knowing about other medications are the food and drug administration site at FDA.gov and Drugs.com.

**To your best health,
Brenda**



Pittsfield Village
Communications
Committee

Bulletin

PERSONAL TRAINER

Want to get into better shape, but don't have the time to go to the gym? Then let me bring the gym to you. Certified personal trainer with a medical and sports background. Will come to your home with my equipment and knowledge to help you gain the healthy life you deserve. I can be reached at 734-645-0671 or e-mail me at sailor2308@gmail.com

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.

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.

THE FINANCE COMMITTEE WANTS YOU!

Whether you have an accounting degree or you just like working with numbers. Maybe you are interested in how our money is budgeted. How is all this money spent? Where does our money go? If you'd like to help, please consider joining the Finance Committee. They meet one evening a month at the Community Building. This committee makes a lot of important recommendations to the Board of Directors and they need help! Please email or call the office.



**HANG IN THERE!
SPRING IS COMING!**

Photo: Karen Tuttle



Pittsfield Village
GREEN SPACES • GREAT NEIGHBORS

February 2014

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2	3 6pm M&M Committee meeting	4	5	6	7	8
9	10	11	12	13 6pm Finance Committee meeting	14 Valentine's Day	15
16	17	18 6pm Landscape Committee meeting	19	20	21 6:15pm Open Forum 6:30pm Board Meeting	22
23	24	25 6:30pm Communication Committee meeting	26	27	28	<i>All meetings are held in the Community Room unless otherwise noted.</i>



Photo: Karen Tuttle