



Pittsfield Village

GREEN SPACES • GREAT NEIGHBORS

www.pittsfieldvillage.com

March 2014



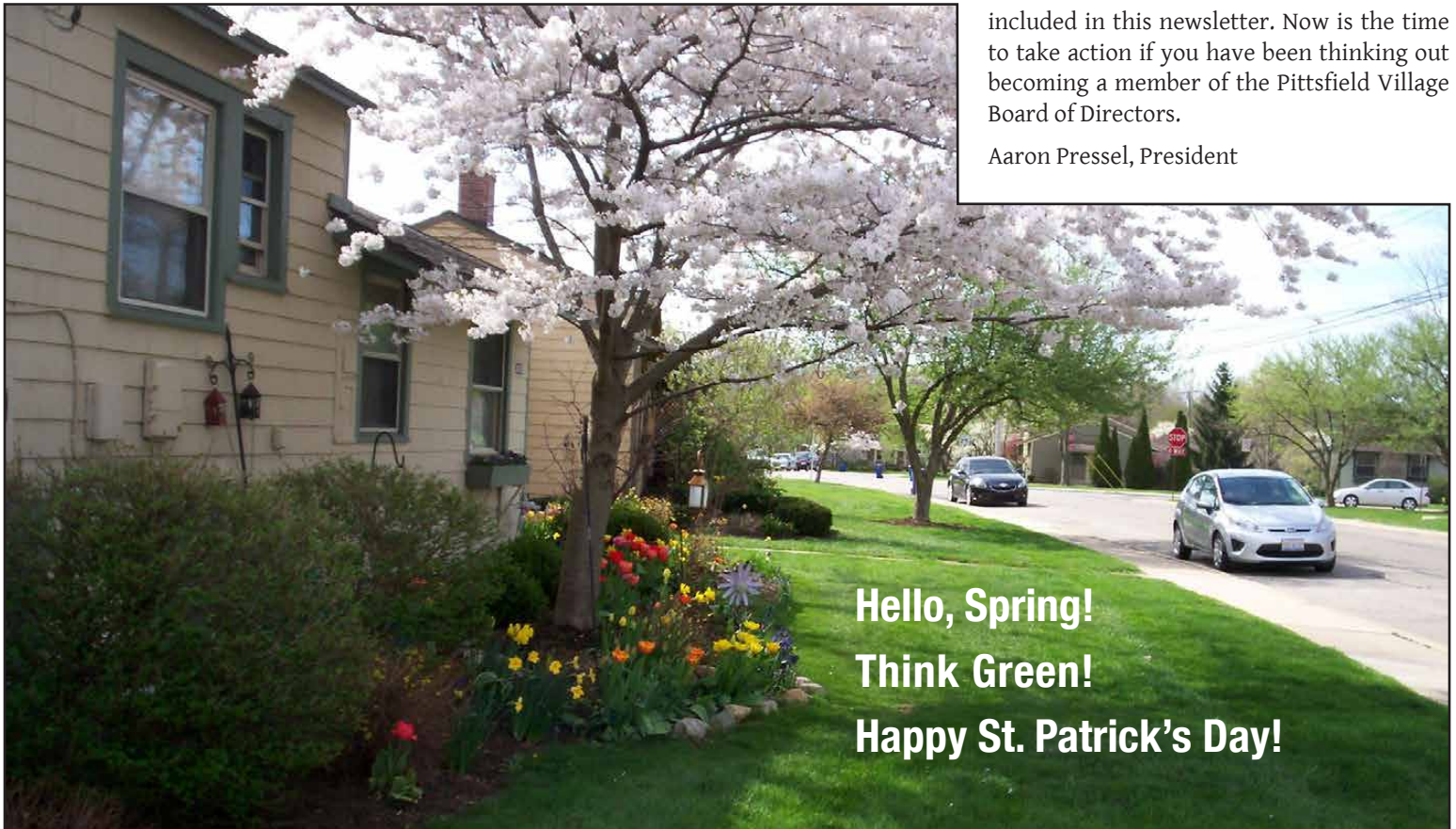
Good Bye, This!

Calling All Candidates

As you may know, our fiscal year will end on April 30, 2014. All of the committees and the board have been planning and preparing our new budget for the 2015 fiscal year. There are many exciting things being planned for the future of our community. As this year comes to an end, there are three board seats that are due to expire. The seats expiring are currently held by Jessica Lehr, Kathleen Irvin and Sarah Deflon. Frank Lotfian and I both will remain on the board through the 2015 fiscal year.

This is your opportunity to become more involved in your condominium community and have the chance to become part of our future success. If you would like to learn more about becoming a board member, please feel free to contact me or any of the other board members. Our contact information is included in this newsletter. Now is the time to take action if you have been thinking out becoming a member of the Pittsfield Village Board of Directors.

Aaron Pressel, President



Hello, Spring!
Think Green!
Happy St. Patrick's Day!

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Margarita Garcia-Roberts

Finance Committee

Barbara Scoville

Landscape Committee

Darleen Boynton

Modification &

Maintenance Committee

Management Office

Terri Leirstein

Community Manager

Tracy Vincent

Administrative Manager

Wanda Buster

Bookkeeper

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Design and Nature Photography

Karen Tuttle of klizaDESIGN.com

HEALTHWISE

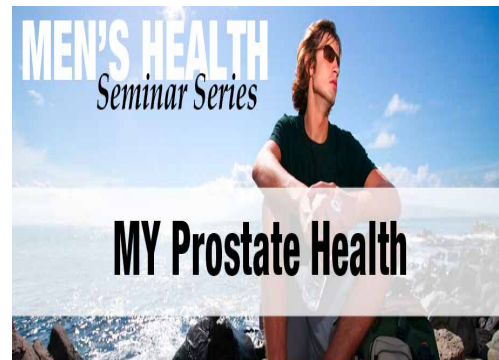
This month's article will focus on an under diagnosed condition in men, Prostate Disease.

You may not know what a prostate is or what it does, you are not alone, and most men don't. However, more than 30 million men suffer from prostate conditions that negatively affect their physical and psychological quality of life.

The prostate is a small gland that produces seminal fluid that nourishes and transports sperm, about the size of a walnut that surrounds the urethra, a tube that guides urine from the bladder to the penis. The urethra also carries semen. The prostate gland grows significantly during puberty (teen years) and then doesn't change much until about the age of 40, when it slowly begins growing again. About half of the men are not bothered by their growing prostate; others will develop at least one of the three prostate diseases: benign prostatic hyperplasia (BPH), prostatitis, or prostate cancer.

Benign prostatic hyperplasia (BPH) is the medical term for a non-cancerous disorder for an enlarged prostate. This is the most common prostate problem in men between the ages of 50 to 60 years; by the age of 80, about 90% will have experienced BPH symptoms. The range of symptoms varies with each individual and may include frequent urination, incomplete emptying of the bladder, a weak urine stream, difficulty starting urination, and dribbling or leaking after urination. As the prostate slowly continues to enlarge, symptoms may gradually worsen, interfering with sleep, physical comfort, and routine activities. If the enlarging remains untreated, it may lead to an inability to urinate, urinary incontinence, bladder stones, kidney infections, and/or damage to the bladder, kidneys, and urethra. The enlarging prostate encircles the urethra and by constricting or pressing on the urethra narrows the passage through which the urine flows.

In order to diagnosis BPH a doctor will take a detailed medical history, conducts a physical exam, and discusses any changes in the patterns of urination or urinary habits. The physician may also administer simple tests that measure urine flow and evaluate the size of the prostate, and a urinary specimen. He or she may order a Prostate-Specific Antigen (PSA) blood test to help rule out prostate cancer. The doctor may also perform a digital rectal (DRE) to determine the size of



the prostate and to find any abnormalities. While this exam may be uncomfortable, it is essential. Treatments now available include medications, and non-surgical approaches that use heat therapy to reduce the size of the prostate, thereby widening the urethra.

The next condition is Prostatitis, which is an issue for men of all ages and affects 35% of men aged 50 and older. Prostatitis is an inflammation of the prostate that may be caused by an infection. There are two types of bacterial prostatitis: acute (meaning it develops suddenly) and chronic (meaning it develops slowly over several years). Both types can be treated with antibiotics. Depending on the severity, symptoms are: fever, chills, pain in the lower back, aching muscles, fatigue, and frequent and/or painful urination. Chronic bacterial prostatitis may involve fewer symptoms, and the symptoms keep returning even after the initial infection has been treated.

Certain activities increase the risk of developing prostatitis. These include: having had a recent bladder infection, BPH, having sexually transmitted diseases (STD's), unprotected sex with multiple partners, excessive alcohol consumption, injury to the lower pelvis (often the result of cycling, lifting weights, etc.). Prostatitis is not considered a serious disease; it does not lead to cancer. But it is painful and sometimes difficult to cure.

The treatments are antibiotics, anti-inflammatory, and surgery.

Nonbacterial prostatitis cause is unknown; the inflammation may be related to organisms other than bacteria, like a reaction to substances in the urine. For example, men with a history of allergies and asthma sometimes develop nonbacterial prostatitis. However, doctors cannot be sure exactly how these conditions are related. Doctors do know that nonbacterial prostatitis is not found in men with recurrent bladder infections.

Healthwise continued on page 3

Symptoms of nonbacterial prostatitis are: occasional discomfort in the testicles, urethra, and lower abdomen, discharge from the urethra (especially during first bowel movement of the day), blood or urine in the ejaculate, lower sperm count, sexual difficulties, and frequent urination.

Nonbacterial prostatitis is treated with various medications.

Diagnosis of either type of prostatitis is usually made during a DRE (digital rectal exam), where the physician inserts a lubricated gloved finger into the rectum to feel the prostate, a detailed medical history, and by examining fluid from the prostate under a microscope.

Each year over 230,000 men will be diagnosed with Prostate Cancer and about 30,000 will die of it. This is the most common cancer in men, and the second leading killer of men, after lung cancer. Prostate Cancer grows slowly and if detected early can be cured. In its early stages there are no symptoms. As the disease progresses, the symptoms are the same as for prostatitis and/or BPH. Additional symptoms include chronic pain in the hips, thighs and lower back, swelling of the legs, and discomfort in the pelvic area.

Risks for prostate cancer are: age 40 if you have a family history of prostate cancer; African Americans; age 50+; obese men diagnosed with prostate cancer are more likely to have the advanced disease that is more difficult to treat; eating a diet that is low in fiber, high in fat, and red meat.

Diagnostic testing for prostate cancer includes a medical history, digital rectal exam and prostate specific antigen. If an abnormality is detected when testing is

done to determine whether or not you have prostate cancer, further testing involves an ultrasound (ultrasound imaging or ultrasound scanning involves exposing part of the body to high-frequency sound waves to produce pictures of the inside of the body. Ultrasound exams do not use ionizing radiation (as used in x-rays). Because ultrasound images are captured in real-time, they can show the structure and movement of the body's internal organs, as well as blood flowing through blood vessels. Ultrasound imaging is a noninvasive medical test that helps physicians diagnose and treat medical conditions), and prostate biopsy (a thin needle is inserted into the prostate to collect a small tissue sample which is analyzed in a laboratory to determine whether cancer cells are present.

Types of therapy will depend on the severity of the prostate cancer and if it has metastasized (spread beyond the prostate). Current therapies are chemotherapy, radiation, surgery, proton therapy, and a combination of chemotherapy and surgery.

As with any disease or illness your best line of defense is prevention, along with annual check-ups. Always consult with your doctor any problems or concerns.

Web addresses are included to assist with further knowledge/information.

www.menshealthlibrary.com

www.nlm.nih.gov/medlineplus/prostatediseases.html

info@menshealthnetwork.org

**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.

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.

CONDO OWNERS: STILL WRITING CHECKS?

If you are still writing checks each and every month, worrying about getting the payment in on time, using ever-increasing postage stamps, well, we have a solution for you! Perhaps you are interested in safe, easy, convenient and reliable method for paying your monthly Association Fees. If so, we urge you to consider signing up for Direct Debit from your checking or savings account! All you have to do is complete the short form and return it with a voided check to Wanda Buster at the Pittsfield Village office. The monthly fee will be automatically withdrawn at the beginning of the month and you'll NEVER have a late fee!

Spring Cleaning

The longer days of spring tend to bring to light the winter webs. Our tall ceilings can make reaching them tricky. Extend your reach by putting a cloth on the end of a broom handle or other stick to easily wipe them away.



In the Garden

Lisa Joseph, Master Gardener
Pittsfield Village Staff Horticulturist

Raise your hand if you're ready for spring!

I've been spending the last couple of weeks poring over garden catalogs. I'm picking out some new treasures for my perennial bed. This year I'm starting my planning phase early so that I am ready for action as soon as the days turn warm again. There are going to be some changes in my perennial garden. I am not putting up with those few pouty, fussy plants that are takers but never givers. This year they are getting yanked and added to the compost pile. In their place will be planted my new purchases, beauties that have proven their worthiness by being great performers with minimal maintenance.

I'd like to share with you a short list of some of my tried and true favorite perennials for a sunny location. These are keepers that meet my strict requirements for performance in my new garden plan. Give one a try, and I know it will provide you with years of satisfaction:

AGASTACHE 'BLUE FORTUNE' (Anise Hyssop)
Licorice-scented gray green foliage; the blue flower spikes all summer are magnets for bees, butterflies, beneficial insects, and hummers; mature size is 3 x 3'; I usually put a peony ring around mine in early summer to prevent any stems from flopping.

ASTER 'BLUE AUTUMN'
This aster has vivid violet blue flowers with a yellow center; it blooms in late summer and attracts butterflies; mature size is 24" x 24".

CALAMAGROSTIS 'KARL FOERSTER' (Feather Reed Grass)
A 3 to 5' tall ornamental grass with a very upright habit; bright green foliage turns golden brown in fall.

CARYOPTERIS 'SUNSHINE BLUE' (Bluebeard)
A woody perennial with a mature size of 3 x 3'; prune back to 1 foot in late spring; yellow variegated foliage is gorgeous all summer; the intense cobalt blue flowers in mid to late summer attract butterflies and bees.

COREOPSIS 'MOONBEAM' (Tickseed)
A short perennial at 12 x 12", this plant blooms all summer with lemon yellow blossoms; ferny foliage is bright green and delicate.

DIANTHUS 'FIREWITCH' (Pinks)
Another perennial for the front of the border, this one has the most lovely clove-scented fuchsia pink flowers; it puts on a huge show in late spring with sporadic rebloom all summer; the gray green spiky foliage stays attractive; mature size is about 6" tall by 12" wide.

ECHINACEA 'POWWOW WILDBERRY' (Purple Coneflower)
I adore the vibrant pink blooms all summer long; awesome cut flower; attracts butterflies and the seeds attract birds; mature size is 24" tall by 18" wide; doesn't flop like its taller relatives.

EUPATORIUM 'BABY JOE' (Joe-Pye Weed)
A native with large mauve pink flower heads in mid summer; attracts butterflies; mature size is 24" tall by 20" wide; stems remain erect.

HELENIUM 'RUBY TUESDAY' (Helen's Flower)
This one is an easy-going beauty with rich, wine-colored blooms in mid to late summer; deadhead for rebloom; 30 x 18".

MISCANTHUS 'MORNING LIGHT' (Maiden Grass)
A 4' tall ornamental grass; its narrow leaves, green with a white stripe, look silvery; very pretty and fine-textured.

NEPETA 'WALKER'S LOW' (Catmint)
A power house perennial that blooms from May until November; it has nicely scented foliage and lavender blooms; attracts many good insects; mature size is 18" tall by 24-36" wide.

PANICUM 'SHENANDOAH' (Switch Grass)
A 3 to 4' tall native ornamental grass; the foliage turns from bright green to dark red starting in July; seed heads look like a copper haze in fall.

PEROVSKIA 'LITTLE SPIRE' (Russian Sage)
A very airy plant with aromatic gray green leaves and tons of small lavender blooms; stays compact at 24 x 24".

PHLOX 'GRAPE LOLLIPOP' (Garden Phlox)
Part of the Candy Store Series, this is a phenomenal performer! Dark green clean foliage and gorgeous magenta blooms all summer; mature size is 24 x 24"; looks especially brilliant with yellow, blue, and orange.

SALVIA 'EAST FRIESLAND' (Meadow Sage)
Dark purple flower spikes in early summer with rebloom in late summer; 18 x 18".

SCHIZACHYRIUM SCOPARIUM 'THE BLUES' (Little Bluestem)
A 2 to 3' tall native ornamental grass with an erect habit; overwatering will cause flopping; blue foliage turns coppery red in fall.

SEDUM 'AUTUMN FIRE' (Stonecrop)
I only recently discovered this variety, but I quickly fell in love with it! It doesn't flop like other tall sedums, and the blooms are bright burgundy pink in late summer; good drainage is a must; 24 x 24".

When planning a new perennial garden or adding to an existing one, be sure to do your homework. Choose plants that are disease resistant, reducing your need to use pesticides. Opt for a plant that will provide a food source for insects and birds. Pay attention to mature size and light requirements. Steer clear of garden bullies (hint—avoid plants that are described as vigorous or spreading). Try a native plant. And by all means, do your research on invasive plants and don't let any end up in your garden.

Enjoy your planning, and see you soon!

Preventing Water Damage in Your Home

Submitted by Darleen Boynton

Pittsfield Village M&M Committee Chair

Water is one of the most destructive possible sources of damage to your home. Whether the source of water is a slow leak in the roof from a nail pop to a flash flood caused by a broken washing machine hose, significant damage can occur. Regular inspection of your property, so that preventative measures can be taken to prevent a catastrophe, is one of the best ways to keep your losses down.

Nail pops in the shingles, blown off shingles, etc. can all cause a roof leak. If you notice bubbles or blistering in your ceiling paint you may have a roof leak. Make a call to the office so that the maintenance team can perform an inspection.

If you notice stains under the sink, you may have a break in one of the seals of the pipes or a compromise in the pipe. These types of problems do not get better or cheaper to fix by waiting.

Frozen pipes can occur in our homes even if you are home! The most likely pipe to freeze is the shower. In very cold temperatures and times of wind, open your kitchen cabinets (the shower pipe runs behind them) and let the water drip slowly. If you find that water is not coming from your shower you may have a frozen pipe. Call the maintenance team for help.

There are a myriad of ways water can cause damage in the basement. Slow leaks or a sudden burst from the water heater, sewer back up, frozen pipes bursting, water running in from a sudden melt of the snow can be contributing factors.

The best way to mitigate damages is to take preventive measures ahead of time. Keep anything that can be damaged by water such as cardboard boxes, fine furniture, etc. at least 6 inches off the floor. Things that are packed away such as Christmas decorations are best stored in plastic containers instead of cardboard boxes.

When you are replacing the water heater or furnace, ask your contractor about raising them up off the floor. New high efficiency furnaces are more susceptible to flood waters because their motors are closer to the floor. Water heaters come in a short squat size called a "fat boy" that can be installed closer to the ceiling or consider placing a liner pan underneath the unit on the floor.

Wall to wall carpeting may be cozy but if it becomes damp it can be ruined. Consider carpet that can be lifted and removed to dry in case a water penetration event occurs.

If you have a sump pump in your basement, make sure that it is in working order. If you are not sure how to check, the maintenance team would be glad to come and give it a look.

Keeping a tarp or plastic sheeting on hand to drape over your belongings in the case of a leak from overhead is a good idea. In a pinch you can use the shower curtain.

Before you have an emergency, inspect your water pipes. Locate all of the shut offs, label them and check that they are functional. Call the Maintenance team if you need help with this.

Be familiar with what your home owner's insurance coverage is for water damage. Have you purchased a separate rider for sewer back-up? You must purchase this type of insurance before you have a problem.

If you do have a catastrophic event such as a sewer back-up and you feel that you will need professional help with clean up start looking for a company as soon as possible. You are not likely to be alone in needing help. The sooner you call the higher you will be on the list for help.

It is never pleasant to have an adverse event from water penetration but the many preventative steps listed can make it less expensive and traumatic. Schedule a visit with the maintenance team if you wish to consult with them prior to a water event occurring.

Furnace Filters

Your furnace has been working hard all winter but the heating season is not over yet. Change your furnace filter to keep it running efficiently. Make a note of the size before you go to the store (it will be on the old one) so that you pick up the right one.



Compare to the new filter on the bottom to the filter installed 3 months ago. The photo does not show all the cob webs and dust bunnies that it holds.

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|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------|
| 2 | 3 6pm M&M Committee meeting | 4 | 5 | 6 | 7 | 8 |
| 9 Daylight Savings Begins. Spring Forward! | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 Happy St. Patrick's Day!  | 18 6pm Landscape Committee meeting | 19 | 20 6pm Finance Committee meeting  | 21 | 22 |
| 23 | 24 | 25 6:30pm Communication Committee meeting | 26 | 27 | 28 6:15pm Board Meeting | 29 |
| 30 | 31 | | | | | |



Be Secure!

Don't let this comical picture undermine the issue. We have had TWO (2) reports this week alone of cars being "broken" into in Pittsfield Village. However, in both instances, the vehicles were left UNLOCKED.

Do not invite thieves to rummage through your things and/or steal your belongings!

Please keep your vehicles locked at all times.

Mark your calendar for one of our best events:

The Flower Giveaway!

Saturday, May 17th
More details next month.

