

Pittsfield Village News

May 2011 Edition

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

Pittsfield Village Communications Committee

Dee Dittmar is Retiring *She's seen it all!*

Lisa Lemble
Fernwood

If you have stopped into the Pittsfield Village office anytime during the past 21 years, there is an excellent chance you were greeted by Dee Dittmar. As the Office Coordinator, Dee is the public face of our community. If you had to dream up someone to be the first person people see when coming to the office, you couldn't do better. To visitors she is warm, smiling, and gracious. To owners she is all that, plus a calming, unflappable presence.

Having seen our community through two conversions—from rental to cooperative, then to condominium—Dee will be retiring on June 3rd. During that time her job has changed several times. Originally hired by the Sales Manager to greet people, set ap-



Dee Dittmar, Pittsfield Village Office Coordinator

pointments, and offer cookies and drinks for meetings and closings, Dee was part of the team that handled the sales to the first cooperative owners. They purchased their homes from M.W. Pittsfield, the company set up by McKinley which had been the management company for what was originally built

in the mid-1940s as a rental community. Since that time, Dee has worked with eight site managers, three bookkeepers, five Realtors, and many maintenance staff members. She has seen the office layout reconfigured a number of times, noting that the current location of her desk behind a partition is much warmer than when it was just inside the main entryway!

Dee has been involved in handling countless community events including annual meetings, Pool Parties, barbecues, and community information sessions. She set her retirement date in June to make sure is here to help with the May annual membership meeting. The most memorable event for her was the party following the initial conversion to cooperative. She remembers setting up food and decorations that spilled out onto

See Dee Dittmar, Next Page

Pool Happenings

Darleen Boynton
Modification and Maintenance Committee Chair

Brrrrrooom, Grooooooom, Bang! Went the big trucks parked on Edgewood Saturday that were hauling away big concrete hunks chopped away from the pool.

Rumors were flying what this could mean. The good news is that we are getting a new concrete deck around the pool that should be completed in time for bathing suit season!

The old concrete deck was cracked and heaving so this was the year for a major spruce up. As you may recall last year the pool itself had a total make-over with new tile sides and a new concrete bottom. This summer our crew will be making repairs to the pool house siding too. So, the pool should be a pretty spiffy place to hang out this year!

If all goes well tanning around the pool and games of marco polo in the pool will be able to start on May 28th. If you need a pool pass contact the office. *See you there or be square!*



A view of the work being done on the pool, expected to be finished soon.



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Darleen Boynton

Modification & Maintenance Committee

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Melissa Brown

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

Thank You Rotary Club of Ann Arbor!

Jason Beckerleg

Editor

On behalf of our entire neighborhood, I would like to say thanks to the Rotary Club of Ann Arbor, and the City of Ann Arbor.

On Saturday, April 30th our community received a generous donation from these parties in the form of several beautiful trees. Two of which found their way directly in front of my home. My wife and I could not have been more excited to see the volunteers from the Rotary Club and from our community planting the trees throughout The Village.

Residents who had trees planted in front of their units should have received a letter explaining how to care for the new trees during the next few years. If there are any signs of insects, diseases or other problems, residents are asked to contact the Forestry Unit at (734)794-6364.



A member of the Rotary Club of Ann Arbor planting a donated tree on Pittsfield Blvd.

Dee Dittmar from Front Page

the front lawn of the office after 80% of the homes had been sold.

She had gotten her Realtors license to allow her to help with the large number of prospective buyers, but as the last homes sold her job starting changing with responsibilities being added such as taking work orders. She calls some of what she does a "Mom job," making sure the things needed to run the office are on hand, answering questions from residents and trying to direct them to the resources both within the office and in the community that can help them. She thinks of it as being kind of "the first line of defense" for the office, managing the flow of calls and visits from residents and people interested in moving into our community.

Before taking the job with "The Village" in 1990, Dee had worked in the neighborhood for 10 years, first as a waitress at "The Side Door," a restaurant run by Falsetta's attached to their neighborhood store. After the restaurant closed, she continued working in the store as a head cashier. Having spent 30 years of her working life in our neighborhood, Dee has known several residents for all of that time because some renters bought their homes when they were offered for sale as cooperative units. She remembers long-time Board member Maureen Burns coming into the store with her toddler daughter, Kelly, who is now a mother with two children of her own.

While she says she doesn't have any big plans for retirement, Dee has three children, six grandchildren, and two great-grandchildren, all living in Michigan, and she is looking forward to being able to spend more time with them. The list of hobbies and volunteer activities she already participates in would be more than enough to keep an average person busy without also holding down a job. She is an active member of her church, First United Methodist downtown, where she sings in the choir. She is also a member of P.E.O. which promotes educational opportunities for women, and socializes with friends in the Red Hat Society and at the Pittsfield Township Senior Center.

About her work in our office, Dee says, "I feel that working at Pittsfield Village has a family feel. It is like three generations working in the office. It has been fun watching Wanda's two boys grown up, graduate, and to on to college. Also our being a part of Melissa's becoming a mother and watching her sons grow. The Maintenance staff is the best there is, and all of the staff truly care about each other and want to do their best for the Village residents."

Twenty one years of appreciation is a lot to try to express. We are grateful for everything she has done for us as individuals and as a community, and send her our best wishes for a retirement that is everything she wants it to be.

HEALTHWISE

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height. This is particularly troubling because the extra pounds often start children on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression.

One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of our entire family. Treating and preventing childhood obesity helps protect the health of our children now and in the future.

Not all children carrying extra pounds are overweight or obese. Some children have larger than average body frames. And children normally carry different amounts of body fat at the various stages of development. So you might not know just by looking at your child if his or her weight is a health concern. Your child's doctor can help you figure out if your child's weight could pose health problems.

Using a growth chart, the doctor determines your child's percentile, meaning how your child compares with other children of the same sex and age. So, for example, you might be told that your child is in the 80th percentile. This means that compared with other children of the same sex and age, 80 percent have a lower BMI (body mass index).

Cutoff points on these growth charts, established by the Centers for Disease Control and Prevention (CDC), help identify overweight and obese children:

- BMI-for-age between 85th and 94th percentiles — overweight
- BMI-for-age 95th percentile or above — obesity

This helps determine whether your child's weight is a health concern.

When to see a doctor

If you're worried that your child is putting on too much weight, talk to his or her doctor or health care provider. He or she will consider your child's individual history of growth and development, your family's weight-for-height history, and where your child lands on the growth charts. This can help determine if your child's weight is in an unhealthy range.

Many factors — usually working in combination — increase your child's risk of becoming overweight:

- **Diet.** Regularly eating high-calorie foods, such as fast foods, baked goods and vending machine snack; loading up on soft drinks, candy and desserts can cause weight gain.
- **Lack of exercise.** Children who don't exercise much are more likely to gain weight because they don't burn calories through physical activity. Inactive leisure activities, such as watching television or playing video games, contribute to the problem.
- **Family history and factors.** If your child comes from a family of overweight people, he or she may be more likely to put on excess weight, especially in an environment where high-calorie food is always available, and physical activity isn't encouraged. It takes both time and resources to make healthy eating and exercise a family priority.

Childhood obesity can have complications for the physical, social and emotional well-being of your child.

Physical Complications

- **Type 2 diabetes.** This was once a chronic condition of adults, now it has become a chronic condition of childhood. Type 2 diabetes is caused in part by a poor diet, and can often be reversed by eating healthier foods and exercising.
- **High cholesterol and high blood pressure.** Children can develop high blood pressure or high cholesterol if he or she eats a poor diet.

These factors can contribute to the buildup of plaque in the arteries. Plaque can cause arteries to narrow and harden, which can lead to a heart attack or stroke later in life.

- **Asthma and other breathing problems.** The extra weight on your child's body can cause problems affecting the development and health of your child's lungs, leading to asthma or other breathing problems.
- **Sleep disorders.** Sleep apnea, a condition in which your child may snore or have abnormal breathing when he or she sleeps, can be a complication of childhood obesity. Pay attention to breathing problems your child may have while sleeping.
- **Early puberty or menstruation.** Being obese can create hormone imbalances for your child. These imbalances can cause puberty to start earlier than expected.

Social and emotional complications

- **Low self-esteem and bullying.** Children often tease or bully their overweight peers, who suffer a loss of self-esteem and an increased risk of depression as a result. Some children overeat to cope with problems or to deal with emotions, such as stress, or to fight boredom. Their parents may have similar tendencies.
- **Behavior and learning problems.** Overweight children tend to have more anxiety and poorer social skills than normal-weight children have. At one extreme, these problems may lead to acting out and disrupting their classrooms. At the other, they may cause the child to withdraw. Stress and anxiety interfere with learning and can create a vicious cycle in which worry fuels declining academic performance.
- **Depression.** Low self-esteem can create overwhelming feelings of hopelessness in some overweight children. When children feel that their lives will not improve, they may become depressed. A depressed child may lose interest in normal activities, sleep more than usual, or cry a lot. Some depressed children hide their sadness and appear emotionally flat instead. Either way, depression is as serious in children as in adults. If you think your child is depressed, talk with him or her and share your concerns with his or her doctor.

Test/Evaluations

Blood tests

Your child's doctor may order blood tests if he or she finds that your child is obese. These tests include: a cholesterol test and blood sugar test (fasting blood glucose), tests to check for hormone imbalances that could affect your child's weight.

Encourage/Support

Parents play a crucial role in helping their child feel loved and in control of their weight. Take advantage of every opportunity to build your child's self-esteem. Don't be afraid to bring up the topic of health and fitness, but do be sensitive that a child may view your concern as an insult. Talk to your kids directly, openly and without being critical or judgmental.

In addition, consider the following advice:

- Find reasons to praise your child's efforts. Celebrate small changes, but don't reward with food. Choose other ways to mark your child's accomplishments, such as going to the bowling alley or a local park.
- Talk to your child about his or her feelings. Help your child find ways to deal with his or her emotions that don't involve eating.
- Help your child focus on positive goals.

As parents we are at the fore front of helping our children to be the best that they can be.

*To your best health,
Brenda*



Pittsfield Village
Communications
Committee

... Bulletin

Lost Cat, Please Help

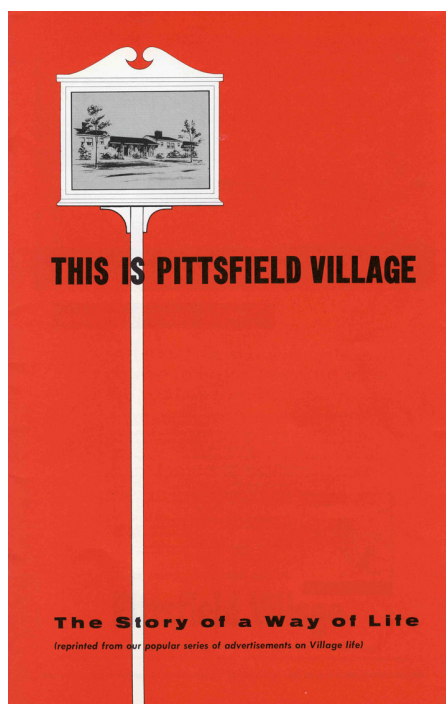
Grey and white domestic short hair female cat lost April 12th at 11:00PM. She is spayed and has declawed front paws. She weighs about 13lbs. and is 8 years old. Reward for finder. Please contact Julia at 734-358-5812. Thanks for your help!

Visit the new Board Blog!

The Pittsfield Village Board of Directors would like you to visit their new blog and let your voice be heard.

Pittsfield Village History

Did you know the Ann Arbor District Library has several images of old advertisements and brochures from our community dating back to 1962 (see below). Visit <http://www.aadl.org/gallery/pictureAnnArbor/pittsfieldv/> to see more.



May 2011 Community Calendar

May 3rd **CANCELLED**

Modification & Maintenance Committee Meeting

6:30PM - 8:30PM @ The Community Building

May 10th

2nd Annual Condominium Association Meeting

6:00PM @ Pittsfield Elementary, 2543 Pittsfield Blvd.

May 12th

Communications Committee Meeting

7:00PM - 9:00PM @ The Community Building

May 17th

Landscape Committee Meeting

6:30PM - 8:30PM @ The Community Building

May 19th

Finance Committee Meeting

6:00PM - 9:00PM @ The Community Building

May 27th

Board of Directors Open Forum & Meeting

6:15PM Open Forum, 6:45PM Meeting @ Community Building

Early June 2011 Community Calendar

June 7th

Modification & Maintenance Committee Meeting

6:30PM - 8:30PM @ The Community Building

June 9th

Communications Committee Meeting

7:00PM - 9:00PM @ The Community Building

For the most up-to-date event listings visit <https://sites.google.com/site/thevillageexchange/>