



August 2020

HEALTHWISE

7 Steps to Take after a Security Breach

Going about your daily routine, you get an e-mail that reads "Your data may have been compromised in a data breach. Now what?"

⇒ *Confirm your data is in the breach records.*

If it's a small breach, you may get an email or text telling you your information has been affected. If it's a major breach you may hear about it on the news. Once companies know there's been a breach and it's been confirmed they are supposed to let the consumer know, by law, that the data has been breached. If you have identity theft protection you can get immediate help confirming your data is in the breach and determine how to move forward.

⇒ *Find out what information was stolen.*

Once you've confirmed your data has been compromised, you need to know exactly what was stolen because some data requires more action than others, here's how to tell:

Your Information – Level of Sensitivity

Low	Medium	High
Name	E-mail	Soc. Sec. #
Street Address	Date of birth	Driver's Lic.
Phone #		Passport #
		Passwords
		Health data
		Bank acct.
		Credit cards
		Biometrics

Think of the actions you need to take as a decision map. For example, information with a low level of sensitivity requires no further action because it's ready public information but information with a high level of sensitivity requires immediate action because its theft can lead to serious consequences.

⇒ *Change all affected passwords.*

Even if your passwords weren't affected in the security breach, it's worthwhile to update them anyway, especially if you've had information with the medium to high level of sensitivity exposure. Use this opportunity to make your password the strongest possible and make sure it's unrelated to the affected password. Instead of including personal information in your password consider using a mix of letters, numbers, and symbols with an uncommon phrase. Once you've changed your password, don't use it for everything. If you do, you may have to change all your passwords again with the next security breach.

⇒ *Contact relevant financial institutions.*

If your bank account or credit card information was compromised in a security breach, the next step is to cancel the affected cards and get new ones. Monitor your statements to see whether suspicious charges are being made to your account. If they are, work with your bank or company to dispute them. If you have identity protection the experts there can help you with the fraud resolution process and tell you exactly which steps need to be taken.

⇒ *Sign up for credit monitoring and alerts.*

If you've confirmed your data is part of a security breach, the time to sign up for credit monitoring and alerts is now. Also, you can get free credit reports and fraud resolution. So, if a breach happens again or your digital identity is affected you have protection and Peace of Mind.

⇒ *Consider the breached company's offer to help.*

Often, affected companies offered to assist victims of the security breach whether that's providing the steps to take based on what information was exposed, or suggesting outside resources like IdentityTheft.gov for added recovery steps. Sometimes they may offer financial restitution or services like credit monitoring and identity theft protection. Make sure you read the fine print and understand the terms and conditions.

⇒ *Take additional action if your Social Security or passport numbers are stolen.*

For a stolen Social Security number:

- Contact your local law enforcement
- File a formal identity theft report at IdentityTheft.gov
- Place a freeze on your credit
- File your taxes early

For a stolen passport number contact the Department of State at state.gov.

To your best financial health,

Brenda Webster

What are some things we can do to maintain a healthy and active lifestyle and routine while the world around us has adapted to limiting exposure to COVID-19?

Stay active: The gyms may not be open, however, there are lots of safe alternatives to getting physical activity without going against the preventive best practices recommended by the CDC like social distancing and avoiding large crowds. Aerobics can be done successfully at home. Another important point to consider is that avoiding crowds does not mean avoiding nature. Going for a brisk walk or jog outside in uncrowded areas outdoors is still considered relatively safe. Push-ups, sit-ups, jumping-jacks and more exercises are great ways to stay fit away from the gym.

Adequate sleep: Good sleep is essential to our overall health. According to The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services and the nation's leading medical research agency: "Immune system activation alters sleep, and sleep in turn affects the innate and adaptive arm of our body's defense system." While the amount of sleep needed for good health and optimum performance mostly depends on the individual, the CDC recommends adults age 18-60 years get seven or more hours of sleep per night.

Diet and nutrition: Practicing self-discipline and avoiding "emotional eating" due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic and how it affects our lives is imperative. According to the CDC, whole foods like dark, leafy greens, oranges and tomatoes—even fresh herbs—are loaded with vitamins, fiber and minerals. Make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food.

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PAWS & TAILS PET CARE

Hi, my name is Irene Hayes, owner of Paws & Tails Pet Care. I'm located right here in Pittsfield Village!

Have peace of mind while you're away with quality care and affordable rates for your furry family member!

I provide daily dog walking for people who have long, busy, work hours, new puppies who need potty breaks and socialization, or for those that want their dog to have a fun break in their day!

I also provide house visits for dogs, cats, and small animals for those gone on vacations and business trips.

Email to book your free meet and greet with me and to receive more information.

Contact information:
Irenehayes03@yahoo.com

Yoga with B

Sundays on Zoom @ 1:00pm

Offering is FREE

There are no prerequisites, no rules, and no expectations. I offer modifications for poses and I design the sequence with beginners in mind.

I teach because I love the practice. I also teach because I know how intimidating the word "yoga" can be and I want to change that. It might be for you or it might not. The only way to find out is to give it a go!

To sign up or to ask questions:

Email: brittanywidin@gmail.com

Instagram: thebumblebeeyogi

Cheers, Brittany

LET'S HEAD OUT TO THE GARDEN- August 2020

By Lisa Joseph, Staff Horticulturist

Welcome to August, the month to put in your time tidying up the ugly bits in your garden. Continue weeding diligently, prune out chewed tatty foliage, stake floppy plants. I mercilessly trim back large plants that are taking up space and shading out others. Stand back, I have pruners!

I enjoy the garden much more afterwards. All is orderly, and the perennials that bloom in late summer will have an attractive background for their upcoming display.



I've had to increase my tolerance for pest damage on my plants again this season. The multitude of pest insects is outrageous! The feeding habits of the Four-lined Plant Bug caused brown spots on the leaves of so many plants, Japanese Beetles have chewed holes in flowers and foliage- even the Marigolds, aphids on the Shasta Daisies and Petunias, leaving them yellowed and sickly. I've found Ladybug larvae on the aphid-laden plants, and I've found two praying mantis egg cases. I know the good guys are on the job. I have to wait it out. Then my garden will get a second chance to shine.

DIVIDE PEONIES IN AUGUST

Peonies are best divided and transplanted in late August. Peony "eyes" or growing points, must be buried just 2 inches below the soil surface. Be careful not to plant too deep or your Peony won't flower next spring. Look around the garden for other plants that will need to be divided this fall. Siberian Iris, Daylily, and Oriental Poppy are candidates. Of course, don't undertake this task if the forecast is still calling for 90-degree days!

LISA'S FEATURED PLANTS FOR FULL SUN:

1. ALLIUM 'MILLENIUM'- Ornamental Onion. Mature size is 18 x 18".

This is the time when you might look around your garden and realize that it needs more late summer color. This perennial fits the bill with its charming globe-shaped rosy purple blooms in late July and August. Happily Allium is deer and rabbit-resistant, but attractive to pollinators. The grassy foliage stays glossy and attractive.

Combine with Phlox, Geranium 'Rozanne', Blue Oat Grass, Coreopsis 'Moonbeam', Russian Sage, Hardy Hibiscus, Sedum.



2. PHYSOCARPUS 'RASPBERRY LEMONADE'- Ninebark

Mature size is 4 x 4'.

A smaller-sized shrub with foliage that emerges a bright yellow in spring, fading to lovely chartreuse in summer. The white flowers turn into brilliant red berries that are quite showy against the yellow foliage. Easy-care, minimal pruning necessary.

Combine with ornamental grasses, Sedum, Spirea Double Play Doozie, Aronia 'Low Scape Mound', Boxwood.



TIPS!

1. Make sure tomatoes are well-supported for the torrent of heavy fruit to come! Feel free to share one with me if you have too many!
2. Now is a good time to harvest herbs before they flower. Dry in a place out of full sun.

See you out there!



Reminder:

please remove signs after the local primary elections this month. Thank you!

Self-care: Take time to take care of yourself. Be supportive and suggest the same for those close to you. Meditation, relaxation, quality time with family, personal care of yourself promotes overall wellness.

Healthcare maintenance: If you have medications prescribed for any condition, be sure to take them as directed by your provider. Chronic conditions such as hypertension, diabetes, asthma and many others should be kept in check with taking your medications as prescribed. Be sure to reach out to your healthcare team with any concerns as well. In the age of COVID-19, telehealth solutions are available if you want to speak with a provider about a health concern unrelated to COVID-19.

Cope with stress and anxiety: Positively cope with stress and anxiety induced by new precautions we must all now take to combat the spread of COVID-19 in our communities. Positive coping mechanisms would include exercise, meditation, reading, further developing certain skills or hobbies etc. Use this era to increase your daily repetition of these positive activities and develop new or even better routines than you may have adhered to prior to the emergence of the current COVID-19 pandemic.

Stay connected: Talking with loved ones while in isolation can help reduce the anxiety and instances of feeling down. Take time to utilize the multitudes of technologies and apps (many free) that can help you stay in touch with those you love. Our busy lives before the COVID-19 may have limited how often we connected with distant loved ones, now's the time to fully exploit these modern capabilities for fellowship, companionship, and camaraderie.



POOL HOURS

Now through Sunday, August 30 the pool will remain open 11:00am-9:00pm. On Monday, August 31 the pool hours will shorten to 11:00am-8:00pm for the remaining of the pool season.

Maintenance Corner

If there is ever any question you have about your condo or Pittsfield Village, please visit our website at www.pittsfieldvillage.com or email us at office@pittsfieldvillage.com, or simply give us a call.

We are here and happy to help!

August 2020

All meetings
are held virtually

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 M & M Com- mittee 6:00 pm Open Forum / 6:15 pm Meeting	5	6	7	8
9	10	11 Landscape Committee 6:00 pm Open / 6:15 pm Meeting	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26 Board Meet- ing—6:15 pm OPEN FORUM / 6:30 pm Meeting	27	28	29
30	31					

Pittsfield Village Office

Monday— Friday, 8:30 am to 5:00 pm
734-971-0233
www.pittsfieldvillage.com

ASSOCIA / KRAMER-TRIAD

Kendra Zunich, Manager: kzunich@kramertriad.com
Wanda Buster, Bookkeeper: wbuster@kramertriad.com
Tracy Vincent, Admin: tvincent@kramertriad.com
Maintenance / General inquiry: office@pittsfieldvillage.com

Maintenance & Modification Committee: Lisa Lemble, Chair

Landscape Committee: Brian Rice, Chair

BOARD OF DIRECTORS

Ellen Johnson, President
ellen.johnson@pittsfieldvillage.com

John Sprentall
john.sprentall@pittsfieldvillage.com

Jessica Lehr
jessica.lehr@pittsfieldvillage.com

Kat Irvin
kat.irvin@pittsfieldvillage.com

Leif Millar
leif.millar@pittsfieldvillage.com