



## Pittsfield Charter Township

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### Office of the Supervisor

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*April 6, 2020*

I want to begin by thanking you for your cooperation and partnership as we implement the Governor's stay-in-place emergency order to control the spread of the COVID-19 pandemic.

As the weather improves and our public parks and other recreational spaces become busier, please remember to maintain a 6' distance from non-family members. Please remember that these and other daily amenities close to your residence are available to you because of your support of our decade-long commitment to enhancing sustainability which, in turn, led us to establish this localized, multi-modal network of community resources that we are committed to continually improving.

While we at Pittsfield Township remain committed to our sustainability goals and are doing our utmost to provide for a strong tax base so we may continue the provision of the services/amenities you value such as recreation and public safety, the pandemic is beginning to compromise the ability of our contracting services, particularly recycling, to continue uninterrupted. No doubt there will be major financial ramifications for many during and after the pandemic but your Pittsfield Township team, having taken office during the Deep Recession, is accustomed to making the most of the least.

To that end, we'd like to invite you to participate in what we are calling the 'MIGreen Challenge,' designed to place Pittsfield Township as the first community in Washtenaw County to acquire a majority of its energy from renewable sources. The MIGreen program, offered by DTE Energy, "empowers you to attribute a greater percentage of your energy use to DTE Energy's newest wind and solar projects." In other words, residential and business customers can choose to sign up to receive their energy from a renewable source rather than from fossil fuels. More details about the program and how to sign up can be obtained at: <http://pittsfield-mi.gov/sustainability>

As Pittsfield moves forward, with the City of Ann Arbor, to install Washtenaw County's first solar farm, which will allow your Township government to rely on solar power to meet all its municipal energy needs, we thought it appropriate to engage with you on this issue as well.

We'd also like to urgently request you to take the 2020 Census. It takes 10 minutes to fill out every 10 years. These population counts determine the federal and state funding allocations that local units of government receive. So, if each of you takes the time to be counted, we are more likely to receive more resources which our growing community needs, such as improved infrastructure and public safety services. Please fill out the census today: <https://2020census.gov/>

We will be sending regular reminders about the census over the coming months. To receive these and other regular updates on administrative operations, contracting service changes, and much more, sign up for the Notify Me feature on the township website or go to: [pittsfield-mi.gov/covid19](http://pittsfield-mi.gov/covid19)

As we continue on our journey of physical distancing, please remember to be patient and kind with yourselves and each other. Also, check out the next page for some tips we've compiled to help all of us make our way through this moment of panic, anxiety, and unparalleled global disruption.

*Mandy Grewal, Ph.D.*

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## Health & Wellness Resources

# TOOLS AND TIPS TO MANAGE STRESS AND ANXIETY DURING DIFFICULT TIMES

### REDUCE RISK

Reduce anxiety by reducing risk. Ways to reduce risk include practicing good hygiene (e.g. sneezing and coughing into your elbow, washing hands regularly with soap and water for at least 20 seconds, etc.).



### MANAGE YOUR ANXIETY

Do what you can to take charge of your anxiety by breaking your concerns down into manageable chunks.

### CHANGE WHAT YOU CAN

Change what you can, and work on strategies for accepting and coping with what you can't.

### PRACTICE SELF CARE

Take care of yourself. Stay active, make sure to get enough sleep and rest, stay hydrated, eat healthy foods when possible, make time to unwind, and do some activities you enjoy.

### CREATE HEALTHY STRUCTURE

Create structure within your day. Maintaining a consistent daily schedule can help reduce the amount of stress you experience.

### THERE'S AN APP FOR THAT

Consider trying the Self-help for Anxiety Management (SAM) app. It's free and has a variety of anxiety-reducing methods, mood tracking, and anxiety reducing exercises. You can also anonymously join the community of other SAM users.

## YOU CAN TAKE THE STEPS TO MANAGE STRESS



### TAKE A MEDIA BREAK

Limit your media exposure so you're not dwelling on the situation. Unplug and practice taking time to be present in the moment.

### FIND WAYS TO LAUGH

Humor is a wonderful coping mechanism in times of crisis. Watch comedy or funny animal videos, tell some jokes, or read a humorous book.

### DON'T JUDGE YOURSELF

Accept that it's normal to be stressed out right now. Don't judge yourself for how you're feeling.

### STAY CONNECTED

Practicing social distancing doesn't mean you can't stay connected. Use whatever means are available to reach out to the people you care about.



### HELP KIDS COPE

Communicate with your children to help keep their anxiety in check. Help kids feel informed and get fact-based information that is likely more reassuring than hearing things from other sources.

### DO WHAT WORKS FOR YOU

Find the stress management strategies that work best for you, and remember to use them regularly to help you get through challenging times.

### REACH OUT FOR HELP

Seek additional help. Connect with a behavioral health professional via online visits through your health insurance carrier. Also, Washtenaw County Community Mental Health has resources and support available for those without insurance. To learn more, visit:

[www.washtenaw.org/839/Community-Mental-Health](http://www.washtenaw.org/839/Community-Mental-Health)