

THE LARK

FEBRUARY 2019

Meadowhill.net

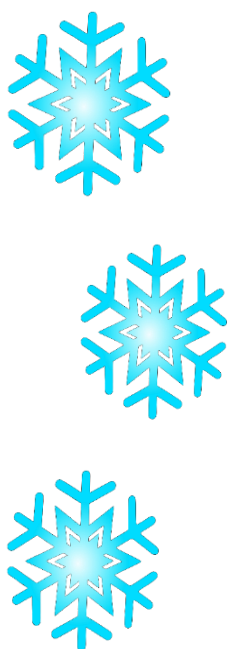


MEET YOUR AMENITIES COMMITTEE

Many of us moved to Meadow Hill because of the location, grounds and amenities. We know that all three factors affect our property values and make our community a wonderful place to call home. But the condition of our amenities requires attention, and not just from Darien and Mike. It is the Amenities Committee that oversees these important community features including the pool, tennis courts, greenhouse, stable, Clubhouse and Hollister House. No, the committee doesn't do the maintenance of them but they have been known to press for renovations and decorating, planters and enhancements such as benches. Amenities Committee members pride themselves on getting stuff done – the pool overhaul as a recent example.

The committee is currently comprised of Kathy Wanat, Toni Dolan, Nikki Shanzer and Moira Finnegan. If anyone else is interested in joining this merry group, please contact Kathy at wanatsmoke@aol.com. The committee meets a few times each year and focuses energy on particular projects which they have raised or have been sent to them by the Executive Board. If you meet one of the committee members, thank them for their hard work! Contributed by Gene Flynn & Kathy Wanat

Old Man Winter is upon us!



When we expect cold temperatures and accumulating snow PLEASE

- Move your car away from the parking areas next to garages before the storm begins.
- Do not park in front of a garage door.
- Do not park in the three spaces in the island by the Clubhouse.
- Remove your entrance mat(s) they can be drawn into the snow blower and cause damage or shred your mat. After the storm ends, when plowing and snow blowing are completed, you may replace your entrance mat.
- Turn on roof-heating cables (if you have them) when snow begins to fall. They can be turned off when the roof is clear of snow. Use of the cables reduces the risk of you and/or Meadow Hill suffering ice damage.
- Arrange to have roof-heating cables turned on if you will be away during potentially snowy weather.
- In very cold weather open cabinet doors under sinks on outside walls to let in warmer air.
- On very cold nights let faucets drip to keep pipes from freezing.
- If you're able to do it, turn off the water valve to outside faucets.
- Don't forget to water plants in the greenhouse.

Resolution? What Resolution?



Ah, February 1st, and 'tis the season... No, not that season. That one's long gone. Now is the season when all those healthful New Year's resolutions start to fade into distant memory, when Old Man Winter makes it impossible to exercise outside, when even the short drive to your gym becomes a daunting challenge. Fortunately for us here at Meadow Hill, there's still hope for achieving those fitness goals: our own climate controlled and well-equipped fitness room, right here on site.

Kathy and I find it a valuable complement to our outdoor walking and running routines. The room features a nice variety of equipment for working just about any parts of the body: treadmills for running or walking; an elliptical machine for a low-impact alternative to running; stationary bikes; weight machines and small free weights to

tone and strengthen almost any set of muscles; and more. On those occasions when the exercise feels a little tedious, we can click on the TV for a little distraction while we do our thing. One great benefit is the convenience. On those wintry days when the cold and snow can undermine our motivation, there's no need to clean off the car and risk a hazardous drive to a gym: our own fitness room is just a short walk from our front door.

To be clear, I'm not suggesting that winter is the only time to use this excellent facility. Resistance or weight exercises are an important part of a year-round fitness plan, helping to maintain muscle strength, good balance, and mental sharpness. And even in the warm weather, when a rainy day interferes with plans to walk or run outside, you can scoot over to the fitness room and jump on a bike or treadmill to keep on track.

So, if you're finding it difficult to keep a New Year's resolution, or wondering how to be more active during the winter months, head over to the clubhouse and check out the fitness room. You may find the key to better fitness is just a few feet from your front door! Contributed by Mike Proulx

CHRISTMAS CAROLING BRINGS JOY TO RESIDENTS OF MEADOW HILL

On December 14th, Joan Palatine, Hazel Brimley, Sandy MacGregor, Elaine Lembo, Marge DeMay and Sandy O'Leary gathered and sang Christmas carols for the residents of Meadow Hill. Much joy was spread to our residents. Thank you to all our singers. Contributed by Sandy O'Leary, Social Committee Chairman



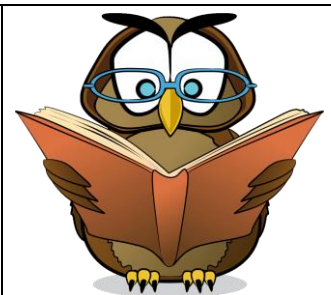
LET THE SUNSHINE IN



Sunshine, and the vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it's just to walk the dog or check the mail. If it's particularly cold, open your blinds and spend some time sitting by the window. Don't underestimate the value of light and sunshine in helping your energy level and your overall winter attitude. Don't forget, if you go for a walk, take your cell phone.

WHICH LARK VERSION ARE YOU READING?

The Lark is produced in electronic and paper versions to cover the preferences of MH residents. More than half our residents read the electronic version as it is produced in color, contains direct links to articles and other websites and is distributed on an automatic schedule. The paper version, while identical in content, is printed in black and white, contains web addresses and is distributed by volunteers, usually in a similar timeframe as the electronic version. If you would like to switch versions, please contact Gene Flynn at carriage11@yahoo.com.



WHAT'S YOUR RISK OF FALLING? FIND OUT IN 30 SECONDS.

Check out this Silver Sneakers [Link](#) to learn more or go to <https://tinyurl.com/Risk-of-Falling>

KEY DATES

February 5 – Book Club
February 6 – Game Day, Hollister House
February 14 – Valentine's Day
February 20 – Board Meeting



Glastonbury Community Center News

Senior Center Activities



The Glastonbury Senior Center hosts several recreational and wellness programs at the Riverfront Community Center each month. To learn more click [here](#) or drop by the center at 300 Welles Street. (print readers, go to <https://tinyurl.com/Senior-Center>)

2018 Tax Preparation Help Available

AARP volunteer tax preparers will be located at the Riverfront Community Center (aka Senior Center) to help with your 2018 tax preparation. Simply call the main number at the Center at 860-652-7638 to make an appointment. You can set up an appointment now so call early.

MEADOW HILL RESIDENT NOTES

Welcome New Residents

Susan and Fran (Butch) Hutt in unit #168. Phone number is 860-331-3382.

Condolences

Thoughts and prayers go out to the family and friends **Jim Carroll**, unit 272, who passed away on December 21st and **Janet Adcock**, unit 135, who passed away on January 4th

Crafts and Needlework – If you enjoy knitting or crocheting and enjoy giving items to those in need, please contact Linda Fillion at 860-559-5504 or email Lfillion@cox.net for details and patterns. Items such as baby hats, booties, lap robes and prayer shawls are really appreciated by Middlesex Hospital, where we donate about 96 such items per year through our monthly deliveries.

Game Night will be Game DAY for February.

We will meet on the first Wednesday from Noon - 2:00 at Hollister House. We'll teach you, or you can bring your own games. Feel free to bring your lunch if you wish. For more information call Dale Carsten at 860-881-7901.

Poker Night - Looking for poker players, both men and women, 5 or more, low stakes. Meet up on Thursday, February 14 1:00 p.m. at the Hollister House. Call Emil Ostrowski, 7 Hollister Way N at 860-781-8026.

Book Club meets on the first Tuesday of the month at 1:00 at the Clubhouse. Everyone is welcome. If you would like to learn more, please call Carol Fredrickson at 860-633-0158 or Suzanne Litke at 860-439-9611.

February Selection: Rebecca, by Daphne duMaurier.
 March Selection: A Fall of Marigolds, by Susan Meissner

Garages Available

Garage **available immediately** at #97 Hollister Way North. Call John at 860-559-5725.

Garage **available starting April 1, 2019** at #85 Hollister Way North. If interested call John Perry at 860-633-4379.

Clubhouse Rentals - For all rentals and scheduling of the clubhouse or Hollister House, please contact Marge DeMay at 860-633-6599, Unit #90.

Clubhouse – The Clubhouse is open for all residents every day. Come enjoy the gym, play pool with a friend or check your email. In the event of a scheduled rental, board meeting, etc., the upstairs room will be closed.

Winter Weather Conservation Reminder –

On very cold nights let faucets drip to keep pipes from freezing. Typically, only outside wall faucets need to drip, in addition to opening the cabinet door. Drip...drip...drip. Not flowing freely, to conserve our precious water.

Lark Submissions Please contact Gene Flynn at 860-212-7347 for more information on submitting articles and notices.

MANAGEMENT COMPANY		
IMAGINEERS, LLC 635 Farmington Ave. Hartford, CT 06105	Property Manager: Sheila Duncan 860-768-3419 Assistant Manager: Pat Likiec 860-768-3313	
BOARD OF DIRECTORS		
PRESIDENT Luther Weeks 860-918-2115	VICE PRESIDENT Kathy Wanat Unlisted	SECRETARY Gene Flynn 860-212-7347
TREASURER Larry Abbott 860-682-2543	DIRECTOR Ed Litke 860-430-9611	DIRECTOR Polly Labombard 860-977-9002
To Email Management staff or Board Member click on https://tinyurl.com/MHillContacts		
BOARD MEETINGS		
Monthly Board meetings are held on the third Wednesday of each month at 1:30pm in the Clubhouse.	THE NEXT MEETING February 20th 1:30 PM IN THE CLUBHOUSE	Current and previous meeting minutes can be found at www.meadowhill.net Hard copy minutes are available at the clubhouse office one week following the meeting.
MEADOW HILL COMMITTEES		
Advisory committees play an important role in Meadow Hill. They provide information and work that improves Meadow Hill beyond what the Board and Manager can do without assistance. If you would like to contribute to making Meadow Hill even better or if you feel your views or those of your area are not fully represented on a Committee, consider joining a committee. Here is a list of current committee chairs.		
Budget: L. Abbott(C/L), Communications: G. Flynn (C/L) Grounds: M. Proulx(C), P. Labombard(L), Trees: G. Flynn (C/L) Pool: K. Wanat(C/L) Greenhouse: S. MacGregor(C), L. Weeks(L) Maintenance: L. Weeks (C/L)		Nominating: E. Litke(C/L) Amenities: K. Wanat(C/L) Social: S. O'Leary(C), L. Abbott(L) Stables E. Litke(L), N. Roberts, S. Crone Friends of the River: R. Bouchard (C), Abbott(L) Vegetable Garden: D. Fillion©, L. Abbott(L)
Key: (C) – Chair, (L) – Liaison		
REQUESTS AND REPORTS TO THE BOARD		
Committees and Residents should submit agenda requests and reports to Imagineers 10 days before the monthly Board meeting. To email Board Members or submit work orders refer to the MeadowHill.net.		