

THE LARK

March 2019

Meadowhill.net



MEET OUR WELCOME AMBASSADOR



Linda Fillion is a familiar face to Meadow Hill Residents who have had the pleasure of being welcomed and feeling welcomed by her, to their New Community! She will greet you, tell you all you need to know about Meadow Hill and answer any questions a Newcomer might have. When Linda leaves you feel as if you have made a New Friend!

~

I moved to Meadow Hill in 2004 leaving my colonial home in Hebron after 20 years there. My moving day was filled with many emotions and a little neighbor lady came to my door to welcome me with an angel magnet for my refrigerator. I was very touched and decided to welcome all new owners to our special community. Once retired from a 40-year career as a registered nurse, I wanted to learn about the Meadow Hill community. I joined the Board of Directors and was the secretary for 4 years. It was a learning experience.

I was born and raised in Pa.- traveled and worked in Pennsylvania, California, and Connecticut. I have enjoyed surgical and medical nursing, labor and delivery, Rocky Hill Veterans Hospital and long-term care. I have 2 sons and 4 grandsons and am the matriarch of the family. I met and married my husband, David since moving to Meadow Hill. Linda and her husband reside at # 182.

KEY DATES

March 5 - Book Club
March 6 - Game Day
March 10 - Daylight Savings
March 14 - Poker Day
March 17 - St Patrick's Day
March 20 - Board Meeting

DO NOT PRUNE LIST REMINDER

Those who want to do all their own trimming and pruning need to be added to the Do Not Prune List every year by March 15th. You should get a letter in the mail from Imagineers in February with more information and the signup form for the list.

SENIOR CENTER HAPPENINGS



The Glastonbury Senior Center hosts several recreational and wellness programs at the Riverfront Community Center each month. Click [here](#) to view the Sharing Tree Newsletter for details or drop by the center at 300 Welles Street to sign up to have a copy mailed to you. (print readers, go to <https://tinyurl.com/Senior-Center>)

Senior Transportation Options

Dial-A-Ride Program - For Glastonbury residents 60 or older, or persons under the age of 60, with medical restrictions. For information call, (860) 652-7638. In Town Rides. Other restrictions may apply, **FISH** Transportation to Hartford, East Hartford, West Hartford, Manchester, Rocky Hill, Wethersfield and The Farmington Health Center. For more information call (860) 647-3911, **American Cancer Society's Road to Recovery** Transportation Service, rides to Doctors' appointments and treatments. Patients must be ambulatory. For more information call (800) 227-2345, **A.D.A Transportation, Ct Transit**, provides door-to-door service for any purpose to persons unable to use regular CT Transit Bus service. For more information call (860) 724-5340,

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.

WELLES TURNER MEMORIAL LIBRARY – Check it out!

A Very Interesting way to spend a part or all of your day!
A full-service Family Library! Sign up for Library News, for all Events, which includes Adult Happenings! Also, there is a Great March List, in What's happenings for all !!
2407 Main St. Glastonbury, CT.
(860-652-7719)
www.wtmlib.info



AARP's PICKS FOR OSCAR-WORTHY FILMS

ROMA - A Visually Beautiful Film that tributes the Women who raise a Mexico City Youth.
MARY QUEEN OF SCOTS - Young Queens Elizabeth I and Mary face off in this Historical Drama
BEN IS BACK - A devoted Mother, determined to protect her addict son, finds she is conned by him.
GREEN BOOK - An African American Pianist is Chauffeured, through the 1960s by a White Driver.
FIRST MAN - See Stunning Space Action as Ryan Gosling portrays Astronaut, Neil Armstrong.
BOY ERASED - An Arkansas couple seek therapy for their son. A true heartbreaking story respectful of science and faith.

WINTER REMINDERS



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.

BALANCING DIET AND EXERCISE TO STAY HEALTHY

Many older adults find moving around becomes more difficult, so you end up burning fewer calories! The result is weight gain, which can raise your risk of conditions like diabetes and heart disease. This month, Silver Sneakers reported on **7 Common Weight Loss Mistakes People Over 60 Make**.

1. **It Hurts to Move, So You Don't** - Yet, the Arthritis foundation reports that exercise is the most important no-drug treatment for reducing pain and improving movement.
2. **Your Diet is Stuck in 1985** - Science on Diet has changed! Check out the new Dietary Guidelines
3. **You focus on Cutting, Not Adding** - As we age, we may not be consuming enough or the right nutrients to stay fit and strong.
4. **You're Afraid to Exercise or Don't do it Right** - Know that some Movement is better than Nothing! Develop a routine that incorporates flexibility, Aerobic or Cardio, and Strength or Resistance Exercises. Remember, muscle mass fuels metabolism. Consult a trainer or physical therapist to make sure you're doing it right.
5. **You Never Snack** - Ideally, you shouldn't be going more than 3 to 4 hours without food to keep your blood sugar stable and appetite in check. A handful of almonds with an apple, low fat Greek yogurt with berries, or lean deli meat wrapped in lettuce are good.
6. **You're Tormented by Your Scale** - Body Mass Index(BMI), based on height and weight is used to figure out if you have excess pounds. This article tells you how to calculate your BMI.
7. **You Rely on "Health Foods" and Your Own Willpower** - You don't need to shop at Specialty Stores. Read the labels, at your local supermarket, looking for options with less fat, sodium and sugar and choose options with more protein, fiber and other nutrients.

To learn more about how to avoid these 7 Weight Loss Mistakes click [here](https://tinyurl.com/silversneakersweightlosstips) or go to <https://tinyurl.com/silversneakersweightlosstips>

MEADOW HILL RESIDENT NOTES

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 March .

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 Howard Rosenthal at 860-430-6076.

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

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

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.

March: A Fall of Marigolds, by Susan Meissner.

April : Jane Eyre by Charlotte Bronte

Garages Available

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

Garage **available starting May 1** 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.

Lost and Found – Lose an earring at the holiday party? Call Denise Weeks – 860-918-0209

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
March 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.