

THE LARK

MAY 2019

Meadowhill.net



Meadow Hill Executive Board – Call for Candidates



The Meadow Hill Annual Meeting will be held on Thursday, June 13th at 7:00pm at the Clubhouse. The primary purpose of this meeting is to elect unit owners to serve on the Executive Board of Directors. Please mark your calendars to attend. **If you are interested in running for the Board, please call Ed Litke,** nominations contact for further information. You are asked to submit a brief biography of introduction by May 20, 2019 to Sheila Duncan, Imagineers, 635 Farmington Ave., Hartford, CT 06105. Sheila will send a general information letter to all residents by May 24th that will include Board candidate resumes.

Thank You Polly Labombard

Polly Labombard recently resigned from the Executive Board. We are very sorry to see her leave the Board and are glad we will still get to see her on the grounds here at Meadow Hill. Thanks for your hard work on the Board, Polly!!

POOL SEASON UPDATE

We have been visiting vendors to replace a portion of our fence and entrance gate. There is landscaping and painting to be done, along with looking into a keyless entrance using a key pad. Our traditional pool opening is Memorial Day weekend and that is what we are hoping to deliver. If opening day must be delayed, The Board will post notice on our website.



TENNIS COURT RENOVATIONS



With the Board's decision to overhaul the tennis courts this year, the selected contractor will begin work in June. Staff will paint in July and opening of the courts is expected for late July. Stay tuned for more information as work proceeds. Pickleball players – your patience will be rewarded!!!

KEY DATES

May 4 Kentucky Derby Party
May 12 Mother's Day
May 14 Spring Bulky Item Clean-Up Day
May 15 Board Meeting
May 27 Memorial Day

RESIDENT REMINDERS

Reminder on Bird Feeders

Meadow Hill Rule 6.16, established last June, prohibits use of standard birdfeeders from May 1 to September 1 each year, except for jelly type oriole feeders, finch thistle feeders and liquid hummingbird feeders. The rule also contains location restrictions for all bird feeders – may not be placed outside an area of four feet from the foundation of a unit or located within ten feet horizontally or vertically of another unit's open deck.



Rollin on the River!!!

If you store a canoe, kayak or small boat by the river on our property, remember that you can only store in areas designated by the Executive Board, with the craft turned upside down so that it does not collect water. Meadow Hill, Inc. will not be responsible for any damage to such items. Anything left on Meadow Hill grounds that is not authorized by the Board will be removed or disposed of at the owner's expense.

Spring Bulk Items Clean-Up Day – Tuesday, May 14th

Our Spring Clean-up day is your chance to discard up to two items per unit, by placing the items in front of the greenhouse by 10:00am on May 14th. Darien and Mike will take the items to the Transfer Station. Heavy or bulky items may not be included (sleeper sofas, refrigerators, etc.)



Mulch for Unit Gardens

Darien and Mike have placed a sign-up sheet outside the Maintenance Office for anyone interested in receiving mulch this year. An appropriately sized tarp must be placed next to the unit. Deliveries will be done on Wednesdays through Fridays and Unit Owners have three days to spread the mulch after delivery. Please sign up by May 15th to receive mulch this year.

SOCIAL HAPPENINGS

MEET YOUR SOCIAL COMMITTEE!

The Meadow Hill Social Committee is a loosely knit group headed by Sandy O'Leary. Sandy was kind enough to take on this opportunity a couple of years ago and is the glue that pulls our social events together. When an event becomes a party possibility, Sandy looks for folks to help with the event. She usually has no trouble getting help for individual events such as July 4th and Halloween. The residents of Red Hill have always put on the Christmas Party and Adena Ridge hosts the October Fest.

Sandy would love to have a standing committee, **if anyone would like to get involved**. At the very least be ready to jump in when she puts the call out for our various social events that are so appreciated by our residents. Thanks to everyone's involvement, we can continue to have fun and get to know each other better here at Meadow Hill. If you have ideas to share or wish to volunteer, contact Sandy O'Leary at 860--916-0740. Written by Norma Flynn.



JUNE 27TH - Celebrating the 4th of July

JULY 14th - A Casual Sunday Brunch

OCTOBER 31st - Halloween Party

OCTOBERFEST AND CHRISTMAS PARTY -
Dates to be determined.

DECEMBER CHRISTMAS SING A LONG – Date to be determined.

GAME NIGHT CHANGE—Starting June 5th and every First Wednesday of the Month game night will be at 7PM at Hollister House.

HOME SAFETY TIPS FOR SENIORS



Everyone should understand the potential dangers present in the home, especially if you live alone. You can help prevent falls and accidents by making changes to unsafe areas in the home with these tips.

- Wear proper fitting shoes with low heels.
 - Use a correctly measured walking aid.
 - Avoid using slippery wax on floors.
 - Wipe up spills promptly.
 - Avoid standing on ladders or chairs.
 - Leave a light on in the bathroom overnight.
 - Consider a medical alert or buddy system.
 - Store heavier objects at waist level.
 - Store hazardous items separate from food.
- Use recommended bath aids, securely installed on the walls of the bath/shower stall and on the sides of the toilet.
 - Skid-proof the tub and make sure the bath mat has a non-slip bottom.
 - Use door locks that can be opened from both sides.
 - In the kitchen, store knives in a rack and use a kettle with an automatic shut-off.
 - Store heavier objects at waist level.
 - Store hazardous items separate from food.
 - Avoid wearing long, loose clothing when cooking over the stove.
 - Make sure food is rotated regularly and check expiration dates.
 - Review your medicines frequently with your doctor or pharmacist when you take a new medication.
 - Make sure medicines are clearly labeled. Read medicine labels in good light to ensure you have the right medicine and always take the correct dose.
 - Dispose of any old or used medicines and never borrow prescription drugs from others

TAKE CARE OF YOUR FEET

Let's face it, we usually ignore our feet until they start causing us pain! Click [here](#) to check out Four Foot Exercises You Should Do Today as recommended by Silver Sneakers, or go to <http://tinyurl.com/footexercise>.



SIX INCREDIBLE EASY ONE POT MEALS

Love cooking, hate the clean up? Click [here](#) to check out six easy one pot meal suggestions from Silver Sneakers, or go to <https://www.silversneakers.com/blog/one-pot-meals-easy-recipes/>

SENIOR CENTER UPDATE

AGE-FRIENDLY COMMUNITY SURVEY - An introduction to the town's Age-Friendly Livable Communities Initiative will be held at the Riverfront Community Center on Thursday May 16 from 6:00pm to 7:30. The town of Glastonbury and the Commission on Aging will be assessing how the town fares on 8 Domains of Livability: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Community Support and Health Services.

Residents may also complete the Livable Communities Survey by clicking on/going to the following link: <http://www.surveymonkey.com/r/Glastonburylivablesurvey>

MEADOW HILL RESIDENT NOTES

CONDOLENCES: Our sympathies go to the family and friends of Jack Hartwick, who passed away last month.

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 Day - We will meet on the first Wednesday from Noon - 2:00pm 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.

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.

May: The Great Alone by Cristine Hanna

June: Love and Other Consolation Prizes by Jamie Ford

For Rent: Adirondack family camp on lake. Sleeps six adults, four kids. Call Betsy and Jack Raycroft, 860-306-4976, #77 Hollister Way N.

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.

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 Lokiec
860-768-3313

BOARD OF DIRECTORS

PRESIDENT
Luther Weeks
860-918-2115

TREASURER
Larry Abbott
860-682-2543

VICE PRESIDENT
Kathy Wanat
Unlisted

DIRECTOR
Ed Litke
860-430-9611

SECRETARY
Gene Flynn
860-212-7347

DIRECTOR

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
May 15th
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.