

# THE LARK

JUNE 2019

Meadowhill.net



## MEADOW HILL ANNUAL MEETING



**The Meadow Hill Annual Meeting will be held on Thursday, June 13<sup>th</sup> at 7:00pm at the Clubhouse.** The primary purpose of this meeting is to elect Executive Board Members. All Unit Owners are encouraged to vote either in person or by proxy which has been mailed to your residence. Even though resumes for known candidates have been included with the Annual Meeting notice, nominations for Board positions may be made prior to, or from the floor at the meeting. So, it's not too late to place your name in nomination. Contact Ed Litke if you have any questions or wish to self-nominate. Four Board positions will be filled at this election. Make your voice heard – vote!

## Current Board of Directors

PRESIDENT	VICE PRESIDENT	SECRETARY	TREASURER	DIRECTOR	DIRECTOR
Luther Weeks	Kathy Wynat	Gene Flynn	Larry Abbott	Ed Litke	(not filled)

## KEY DATES

June 13<sup>th</sup> – Annual Meeting  
June 14<sup>th</sup> - Flag Day  
June 16<sup>th</sup> – Father's Day  
June 19<sup>th</sup> – Board Meeting  
June 21<sup>th</sup> – First Day of Summer  
June 27<sup>th</sup>- Party Celebrating the Fourth of July

## IT'S POOL TIME!

A record-breaking number of rainy days in April and May delayed the completion of the painting of the pool and preparation for its traditional opening on Memorial Day weekend. With the pool filled over the holiday weekend, the chemical balancing and town inspection expected to be completed this past week, we are open for use this weekend. Darien and Mike have done massive work under immense time constraints and all of us should thank them when we see them.

Check out the renovated pool, new concrete decking and fence. This is now truly a notable and beautiful community amenity. By the way, you will now use your **clubhouse key** to gain entry to the pool area. So stop by, (bring your clubhouse key), have a refreshing swim and maybe meet some other great Meadow Hill residents.

## POOL RULES

### Swimming Pool and Enclosed Pool Area

- 12.1. The swimming pool and enclosed pool area are maintained for the use and enjoyment of Meadow Hill residents and their guests.
- 12.2. The swimming pool and enclosed pool *area* may be used during only the hours of 9:00 a.m. through 10:00 p.m.
- 12.3. Unit Owners must enter their name *and* unit number on the pool sign-up sheet and Guests must enter their name, their host residential name *and* unit number on the pool sign-up sheet which acknowledges that they have read and will abide by the Rules for the swimming pool and enclosed pool area on the forms provided at the pool.
- 12.4. Swimmers should be cautious at all times because there is no lifeguard on duty. SWIMMING ALONE SHOULD BE AVOIDED.
- 12.5. Pets are not permitted in the swimming pool and enclosed pool area.
- 12.6. Individuals under the age of eighteen (18) years of age are only permitted to use the swimming pool and enclosed pool area during the following hours daily and weekly:  
9:00am - 1:00pm and 4:00pm - 8:00pm
- 12.7. Children not toilet trained or in diapers are not allowed in the swimming pool.
- 12.8. Glassware is not allowed within the enclosed pool area.
- 12.9. Food and alcoholic beverages are not permitted within the enclosed pool area.
- 12.10. Each residential unit may bring up to four (4) guests at a time to the swimming pool and enclosed pool area. For more than four (4) guests the resident must obtain written permission from an Executive Board member. Whenever guests are using the pool or pool area, a resident of the residential unit must be present.
- 12.11. Footwear should be worn to the swimming pool and enclosed pool area. Individuals walking to the pool barefooted are not allowed to enter the enclosed pool area.
- 12.12. Attire will conform to conventional swimsuits. For example: T-shirts, cut-offs or jeans are not allowed.
- 12.13. Individuals under the age of eighteen (18) years of age must be accompanied by a resident at all times.
- 12.14. When not in use the enclosed pool area shall be locked. The last individual leaving shall be responsible for locking the gate.
- 12.15. All swimming pool requirements promulgated by the State of Connecticut and the Town of Glastonbury shall be followed. These include:
- a. Any person having any apparent skin disease, sore, inflamed eyes, cough, cold, nasal or ear discharges or any communicable disease shall be prohibited from the use of the swimming pool and enclosed pool area.
  - b. Spitting, spouting water and blowing nose in the swimming pool, etc. are prohibited.
  - c. No boisterous activity, diving or rough play is permitted in the swimming pool or enclosed pool area.
- 12.16. Tubes, floats, rubber rafts, inflated objects, etc. are not permitted in the swimming pool or enclosed pool area except those used as therapeutic aides.
- 12.17. So as to avoid disturbing other users of the swimming pool, radio volume and other noises should be held to a low level in the swimming pool and enclosed pool area.
- 12.18. Annually the Executive Board shall make a review of the condition and operations of the swimming pool and enclosed pool area.
- 12.19. Violations of pool rules may result in fines and/or exclusion from use of the pool area for up to one year.

## SWIMMING: WORLD'S BEST EXERCISE FOR SENIORS



Think the fountain of youth is a myth? Not so fast. Researchers at the University of South Carolina Department of Exercise Science have uncovered evidence that it may be quite real! One of the reasons: working out in water is largely non-impacting and joint friendly. If you want to add years to your life and life to your years, it's time to take the plunge! For more information, including different ways to work out in the water, click [here](#) or go to <https://www.silversneakers.com/blog/swimming-exercise/>

## HOW ABOUT EXERCISING OUR AGING BRAIN

A recent [L.A. Times article](#) suggests that when it comes to our brain, it's use it or lose it!

Your brain is like a muscle, you need to strengthen it and stretch its capacities. To maintain its cognitive function, as we age, it suggests doing puzzles, brain teasers, chessboard and sudoku puzzles, along with your reading. AARP suggests the same thing. On its website, it has new puzzles and special challenges, as well as other fun activities to keep your brain working! You can print or download and work on them at your convenience. Just click [here](#) or go to [BeginsAt50.com/BG](http://BeginsAt50.com/BG)



## NEW FACES AROUND THE GROUNDS



Nick Sconzo and Jordyn Covert, Darien's daughter, both college students, will be working with Darien and Mike for the summer. Let's make them feel welcome – Stop by and say hello.



## A NOTE ABOUT WATER



With utilities running higher than budgeted year to date for Meadow Hill, let's try to consider water conservation, especially during the Summer Season, when watering and planting! Thanks!

## CHANGING LARK DELIVERY METHOD

If any Resident would like to change their method of delivery of the Lark from a mailbox copy to an email copy, please call Gene Flynn at 860-430-6153.

## THE LARK TEAM WANTS YOU!

This is the Lark team's ninth issue! Thanks to our current team members' dedication and creativity: Denise Weeks, Norma Flynn, Elaine Lembo, Lydia Zimmerman, Mike Proulx and Gene Flynn. We welcome new members to this fun group - if interested, please contact Gene Flynn, at 860-212-7347.



## SENIOR CENTER HAPPENINGS



**Need help with your devices?** Wish you could view the LARK in color and link to health and fitness articles mentioned each month but you're technology-challenged? The Senior Center offers one-on-one help using your computer, tablet or phone.

To make an appointment, call 860-652-7638.

### **Computer Assistance by appointment:**

Fridays noon – 2pm

Tuesday & Thursday Evenings

### **Mac, iPad or Smart Phone Assistance:**

Thursdays 1:30 – 3:00

## MEADOW HILL RESIDENT NOTES

**Condolences** go out to family and friends of Dan Kaplan who passed away May 18<sup>th</sup>. Dan and Fran re-settled in Ashburn, VA after moving from Meadow Hill.

**Welcome New Residents** William and Valerie Driscoll to unit #146. Their telephone number is 516-659-9161.

**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](mailto: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** – Starting June 5<sup>th</sup>, we will meet on the first Wednesday of the month from 7PM to 9PM at the Hollister House. We'll teach you, or you can bring your own games. 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.

June: Love and Other Consolation Prizes by Jamie Ford.

July: The Lost Roses by Martha Hall Kelly.

There will be no August meeting

**For Sale:** 2010 Toyota Yaris hatchback. Excellent condition with 38,000 miles, \$6000. Call Robyn at 860-797-7945.

**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.

## SOCIAL HAPPENINGS

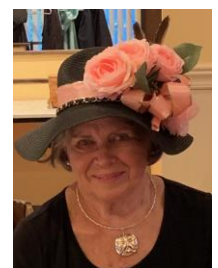
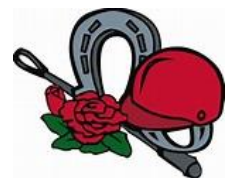
**Derby Day 2019** was lots of fun.

Donna Goselin and Ellie Augur created the event three years ago and hosted the event again this year with the help of John Goselin who managed the betting window.

Residents supplied some great food and Donna's Bloody Marys were enjoyed by many. The Carstens, who have since left Meadow Hill, supplied the horses used as center pieces. Thank, you Dale and Jeff!

The unprecedented delay in identifying a winner turned out to be a plus as it allowed more time for the 50 residents in attendance to enjoy our community.

As usual, the ladies hat competition gained tons of attention. Lou Lockwood won first prize and our new resident Susan Hutt came in second. Rose bushes were given as prizes. It's not too early to think about your 2020 Derby Day hat.







**CELEBRATE THE 4<sup>th</sup> OF JULY**

**THURSDAY JUNE 27<sup>th</sup>**

**At Meadow Hill Club House**

**Dress - Red, White and Blue - If you wish**

**Event will be catered**

**\$16.00 per person**

**BYOB- Set up's Provided**

**Cocktails - 5pm**

**Dinner - 6 pm**

**Cash or Make Checks out to:  
Meadow Hill Social Committee  
and Give to:**

**Barbara Massy Unit 203 Tell: (860)-633-4556**

**Please RSVP to Barbara Massy by Thurs. June 13<sup>th</sup>**

## MANAGEMENT COMPANY

<b>IMAGINEERS, LLC</b> 635 Farmington Ave. Hartford, CT 06105	Property Manager: Sheila Duncan 860-768-3419 Assistant Manager: Pat Lokiec 860-768-3313
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## BOARD OF DIRECTORS

<b>PRESIDENT</b> Luther Weeks 860-918-2115	<b>VICE PRESIDENT</b> Kathy Wanat Unlisted	<b>SECRETARY</b> Gene Flynn 860-212-7347
<b>TREASURER</b> Larry Abbott 860-682-2543	<b>DIRECTOR</b> Ed Litke 860-430-9611	<b>DIRECTOR</b>

To Email Management staff or Board Member click on <https://tinyurl.com/MHillContacts>

## BOARD MEETINGS

<b>Monthly Board meetings are held on the third Wednesday of each month at 1:30pm in the Clubhouse.</b>	<b>THE NEXT MEETING</b> June 19th 1:30 PM <b>IN THE CLUBHOUSE</b>	Current and previous meeting minutes can be found at <a href="http://www.meadowhill.net">www.meadowhill.net</a> Hard copy minutes are available at the clubhouse office one week following the meeting.
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## 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.



<b>Budget:</b> L. Abbott(C/L) <b>Nominating:</b> E. Litke(C/L) <b>Communications:</b> G. Flynn (C/L) <b>Grounds:</b> M. Proulx(C), L. Weeks(L), <b>Trees:</b> Gene Flynn (C/L) <b>Pool:</b> K. Wanat(C/L) <b>Stables:</b> E. Litke(L)	<b>Amenities:</b> K. Wanat(C/L) <b>Social:</b> S. O'Leary(C), L. Abbott(L) <b>Friends of the River:</b> R. Bouchard (C), L. Abbott(L) <b>Vegetable Garden:</b> D. Fillian(C), L. Abbott(L) <b>Maintenance:</b> L. Weeks (C), E. Litke(L) <b>Greenhouse:</b> S. MacGregor(C), L. Weeks(L)
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**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](http://MeadowHill.net).