

THE LARK

May 2020

Meadowhill.net



DENISE WEEKS – VOLUNTEER EXTRAORDINAIRE



Continuing in our series on volunteers living in our community, this month our focus is on Denise Weeks. She is a prime example of someone committed to making life interesting by making a difference in the lives of others. After a successful career in Information Technology at Travelers and CIGNA, she pursued a MS in Counseling in Higher Education in her 50's and finished her career as an academic advisor. But the story doesn't stop with her salaried career.

Volunteerism has driven Denise for years. She was a Board Member and Volunteer Coach for the CT Odyssey of the Mind Program, helping to expand the program in

the state. In addition, Denise is a tireless advocate for The Hartford Catholic Worker community in Hartford, where she sews and quilts with the local kids in the North End and organizes summer field trips to Glastonbury's berry farms, ferry, and Riverfront Park. Denise makes quilts to sell, with the proceeds going to Hartford Catholic Worker and gives quilts as gifts to the local kids in Hartford to celebrate their graduations, marriages, and births. And recently, Denise has been part of an army of folks making masks to use during the COVID19 crisis.

Denise is a member of the Democratic Town Committee and served on its executive committee for many years. She often hosts meet-and-greet events with state and local candidates for office. Denise also served for ten years on the Commission on Aging and was instrumental in getting Glastonbury approved as an AARP Livable Community.

Are you out of breath yet? Many Meadow Hill residents know Denise as the host of social functions both at the Clubhouse and in her home. She is a great cook/baker and for nine years, she served on/chaired the MH Holiday Party committee. And finally, Denise is the technical mastermind behind the production of the Meadow Hill Lark every month!! Well, you get the point, Denise is a poster child for volunteerism and a role model for all.

Denise is married to Luther (our Executive Board President) and has two children – Madeleine who lives in Philadelphia and Aaron who is in Brooklyn. If you have any questions about volunteerism or why Denise does what she does, just ask her, and thank her for her community service. Maybe all the Lark stories on volunteers in our community help inspire YOU to offer your talents to a non-profit organization and make a difference in the lives of others too.

MEADOW HILL BOARD OPPORTUNITIES



It's not too late to volunteer to serve on the Board of Directors at Meadow Hill. Watch for details in a letter from Imagineers on how to place your name in nomination. Due to the coronavirus, the annual meeting will not be held but elections will take place by mail-in vote. For more information on what is involved in serving on the board, please contact Larry Abbott at 860-682-2543.

WAYS TO BOOST YOUR IMMUNE SYSTEM

The most important factor in building your immune system is Nutrition, along with reducing stress, sleeping enough, exercising, and getting sunlight. These are all known strategies for improving the body's health! About 70% of the immune system resides in the gastrointestinal tract - "Your Gut".

To Feed your immune system eat a rainbow of colors of fruits and vegetables - loaded with minerals, antioxidants, vitamins!

Herbs such as garlic, thyme, oregano, and elderberry, an anti-inflammatory fruit, boosts the body's ability to identify and eliminate viruses and bacteria! The single greatest thing anyone can do for their health is to eat whole foods, including organic vegetables, fruits, high quality proteins, whole grains and healthy fats! And of course, be wary of sugars, saturated fats that alter the immune system.



WISDOM FROM POOH AND PIGLET



"Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either."

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right."

Sending our thoughts to those having a Difficult Day today and hope you have your own Piglet to sit beside you ❤️

TIPS FOR MANAGING UNCERTAINTY

The following tips on Managing Acute and Chronic Uncertainty, by Giuseppe Raviola MD MPH of the Massachusetts General Hospital Benson-Henry Mind Body Medical Center, can help us stay positive during this uncertain time.

1. Social distancing does not mean emotional distancing: use technology to connect widely.
2. Clear routines and schedule, 7 days a week, at home- don't go overboard.
3. Exercise and physical activity, daily if possible.
4. Learning and intellectual engagement, books, reading, limited internet.
5. Positive family time- working to counter negativity.
6. Alone time outside if possible but inside too; but remember, don't isolate.
7. Focused meditation and relaxation.
8. Remember the things that you really enjoy doing, that you can do in this situation and find a way to do them.
9. Limit exposure to television/internet news: choose small windows and then find ways to cleanse yourself of it.
10. Bathe daily to reinforce the feeling of cleanliness.

REMEMBER

- Things will get better eventually and back to normal; the world is not collapsing (don't go "catastrophic").
- Most people are good, and people are going to persevere and help each other.
- You're tough, you've overcome challenges before; this is a new one.
- This is a particularly strange and unprecedented situation; humor helps once in a while.
- If having obsessive or compulsive thought related to the virus, or the broader uncertainty, wash your hands once, and then remind yourself that anxiety is normal in this scenario. But the mind can also play tricks on us. Try to breathe and move the internal discussion on.

VIRTUAL GALLERY TOURS

Connecticut is rich with art galleries, museums, and artists in all corners of the state. While most of those galleries are currently closed in response to the coronavirus outbreak, there's still art to be seen, with virtual tours, online exhibits and Facebook Live events. [Check out the article](#) by Susan Dunne for links to dozens of virtual exhibits in the state or go to <https://tinyurl.com/CT-virtual-tours>.

BE CREATIVE DURING ISOLATION

Some thoughts on how we can harness our mental power to nurture our creativity during isolation.

- **Freewrite** – Generating words and sentences can be an effective way of excavating the resources of our mind. Just write what comes into your mind! Can be thoughts, family recipes, travels and ideas! Many people discover and remember, and maybe even write ideas they didn't even know they had.
- **Identify small creative projects-** Drawing, coloring, painting pictures, making puzzles or maybe achieving small goals you have put off. Organizing paperwork, filling a box with clothes, books, and letting go of the treasures that have turned into stuff, for donation. These projects can provide satisfaction!
- **Get into Nature-** the source of Life's Creativity - Take time to recognize the textures, smells, sights, and sounds of the world, plants, animals, birds all that activate parts of the brain.
- **Meditate or Pray** – Modern Life is constantly pulling our attention. These everyday distractions can occupy our thoughts with mundane details. Meditation and prayer can help bring the mind back to itself, allowing opportunities for the mind to integrate our thoughts in new creativity!

RIVERFRONT COMMUNITY CENTER

All Senior and Social Service programming has been cancelled until further notice due to the coronavirus.

However, staff are working from home and can be reached at 860-652 7634 if you are in need of assistance.

Please check the town website at <https://www.glastonbury-ct.gov/> for the latest information regarding town services.



FROM THE MAINTENANCE STAFF



- Please forward all maintenance requests directly to Imagineers, not Darien Covert or Mike Curtis.
- There will be no Spring Bulk Pick up. The Transfer Station is only accepting household trash at this time. Residents will be advised of an alternate date .
- Smokers should not dispose of their cigarette butts on the ground as a courtesy to other residents.
- A reminder on bird feeders: Meadow Hill Rule 6.16 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.

GARDEN PLOTS TO OPEN

Garden plots will be ready as soon as flooding allows for them to be tilled, hopefully by May 15th. Gardeners will be notified when plots are ready for planting. To prevent spread of the coronavirus, gardeners are asked to wear gloves whenever handling the hose, nozzle or shut-off valve and to keep to a safe distance at all times. Contact David Fillion, unit #182, dfillion@cox.net or 860-299-3313 with any questions or concerns.



GREENHOUSE UPDATE



The record for a late frost in CT is May 10th and will probably come earlier this year. That's when it's safe to move your plants to outdoor locations.

Meanwhile, on warm days it is advisable to prop open door to greenhouse to prevent plants from over warming. By Sandy MacGregor, Greenhouse Chair.

KEY DATES

May 1 - May Day	May 16 - Armed Forces Day
May 5 - Cinco De Mayo	May 20 - Board Meeting Teleconference
May 8 - Military Spouse Appreciation Day	May 25 - Memorial Day
May 10 - Mothers' Day	

MEADOW HILL RESIDENT NOTES

Condolences to family and friends of Joan Coleman who passed away April 16th and to the family of our late attorney, Matt Perlstein.

Clubhouse and Hollister House - Closed until further notice due to the coronavirus.

Clubhouse and Hollister House Rentals - Rentals discontinued until further notice due to the coronavirus.

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

Bingo - Cancelled.

Game Day - Cancelled. Usually held on the first Wednesday of the month from 1-3pm at Hollister House is cancelled until further notice due to coronavirus.

Book Club - Cancelled. Usually held on the first Tuesday of the month at 1:00 at the Clubhouse is cancelled until further notice due to coronavirus. The following titles will be discussed whenever we resume: The Women in the Castle by Jessica Shattuck. Ordinary Grace by William Kent Kruger.

MANAGEMENT COMPANY

IMAGINEERS, LLC 635 Farmington Ave. Hartford, CT 06105	Property Manager: Sheila Duncan 860-768-3419 Asst: Property Manager: Lauren Figge 860-768-3313
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BOARD OF DIRECTORS

PRESIDENT Luther Weeks 860-918-2115	VICE PRESIDENT Ed Litke 860-430-9611	SECRETARY Connie Liscomb 860-659-7819
TREASURER Larry Abbott 860-682-2543	DIRECTOR Tom Lombardo 860-652-0090	DIRECTOR unfilled

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. May meeting will be electronic. Information on how to connect will be forthcoming from Imagineers.

Listening Session - May listening session has been cancelled due to coronavirus

THE NEXT MEETING

May 20th

1:30 PM

Meeting will be electronic

Current and previous meeting minutes can be found at www.meadowhill.net

Hard copy minutes are no longer available at the clubhouse due to the coronavirus.

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.