

# THE LARK

**November-December 2024 LARK**

**Meadowhill.net**



## **Introducing Frank Cisz of the Long-Term Planning Committee**



Having already introduced the 2024-2025 Executive Board Members in the Lark, for the remainder of this term we will occasionally feature other involved Meadow Hill residents so that the community has a better perspective on the depth of our community leadership. Frank Cisz and Brenda Berk moved to Meadow Hill two years ago. Frank moved here from Meriden and spends lots of time with his three daughters and seven grandchildren. This is in addition to Brenda's two children and four grandchildren. Wow, that's a lot of birthday and holiday gifts to buy! Most of you are aware of the impact that Brenda has had on our financial management over the past year. Now you should know about Frank's background and strengths, and how those make him an asset too.

Frank's career was mostly in IT, primarily IT management at several companies, including Cigna, The Hartford and ING. After retiring nine years ago, Frank was encouraged by his Real Estate professional daughter to take up real estate again, which he did for a period of time. And now, both backgrounds ground him in the strategic work he does here as Chair of the Long-Term Planning Committee.

Frank is assisted by a large, diverse team of thinkers whose history at Meadow Hill and past work experiences blend to address the topics most important to our future. Their mission statement is to investigate and advise the Board on new technologies that could provide economic benefit to the community. It's a tall order but it turns out, they are a great research and analytical team to help our Board chart our future. Some of those topics include personal economic assistance, Hollister House sale, Electric Vehicle charging and energy saving technology including solar options. Thank you, Frank and the rest of the Long-Term Planning Committee for your important work. By Gene Flynn

## **Saying Goodbye to Residents Who Have Positively Impacted Meadow Hill**

Last month, Tillie and Bob Kolwicz moved to Covenant Village for the next chapter of their lives, after living at Meadow Hill for many years. If you are an early riser, you have probably seen them walking together every day. Over the years, Bob participated in community beer-making and offered his talents on the Maintenance and Tree Committees. His observation skills identified tree, stone wall, stairs and sidewalk issues, heading off issues and assisting the committee chairs, Darien and the Board.



In the past few days, Connie and Vin Liscomb moved to The Residence, after living here for about seven years. Connie will be most remembered here as an Executive Board member and Treasurer. After leaving the Board, Connie also managed the finances of the Rebuild effort after the fire in 2022. Vin has contributed to the Maintenance Committee as a member.

Both couples were big supporters of our social events. We wish them well in their new homes and will miss them.

## Some Winter Rules Reminders



### Remember!

As we move into the cool weather and spend more time indoors, it's a good time to review some of the Meadow Hill rules that have been put in place to help keep us safe. Here is a summary of SOME key rules; it is recommended you access the full text of the Rules document, found in the right navigation bar on the Meadow Hill Home Page, or through your Piler account.

**High Risk Components** – Be sure you understand all the rules around high-risk components to provide safety for all. These include your responsibilities with, maintenance of, and restrictions with:

- Chimneys and Fireplaces
- Gas or electric fireplace logs
- Smoke and carbon Monoxide detectors
- Water Heaters
- Washing machine hoses and valves
- Dryer Vent cleaning

**Greenhouse** - Users of the greenhouse next to the barn are responsible for maintaining it in a neat, clean and orderly manner. Up to FIVE plants (per household) are to be labeled with the owner's name, and watered/cared for by the owner/designated person. Plants infected with diseases are to be removed. And please refill the watering container after your use.

**Winter unit vacancy** – For those who get away during the winter months (Nov.1 to Apr.1) and leave the unit vacant, the unit owner is responsible to:

- Maintain heat at no less than 60 degrees within the unit
- Ensure the unit is properly winterized and the water shut off at the main
- Arrange for regular inspections of the unit at least once every two weeks to ensure there are no problems
- Inform Darien Covert, Superintendent of all extended vacancies

**Snow predicted** – Parking in front of garages by any vehicle is prohibited when snow is expected, falling or on the ground and until parking lots are cleared. Also, when snow or ice is on the ground or expected, no door mats may be left on the sidewalks, stoops or steps at any exterior door.

## Do You Need a Ride to the Polls for Voting?



**OTE**

If you need a ride to the polls for voting on November 5<sup>th</sup>, please contact Gene or Norma Flynn at 860-212-7347 or 860-841-0845.

## Meadow Hill Staff Holiday Gifts

Few of us want to be thinking about holiday gifts just yet, but with a bi-monthly Lark publication schedule, we need to move up the discussion about recognizing Darien Covert and Mike Curtis with year-end holiday gifts. These two have done great work for us this year. Give with appreciation for the energy, skills, creativity and results that keep Meadow Hill humming so well. If you are so inclined to recognize Mike and Darien with a gift of gratitude, you can either do so individually- dropping your gift at their office next to the barn, or contribute towards a community financial gift, which will be split between the two guys. If interested in the latter, send your check, made out to Meadow Hill, with Holiday Gifts in the Note area and send it by December 13<sup>th</sup> to Danielle Merritt at Imagineers, 635 Farmington Ave., Hartford, CT 06105.



## 50<sup>th</sup> Anniversary Celebration and Conference Room Dedication

Thanks to all who attended the 50<sup>th</sup> Meadow Hill Community celebration held on September 29<sup>th</sup>. It was really a milestone worth celebrating. And although she couldn't attend the event, the Board dedicated the newly refurbished conference room to Connie Abbott. Most of you are aware that Connie was a guiding force behind the development of Meadow Hill and has been one of our longest tenured owners. She contributed memorabilia from the construction phases as well as mementos of her 100<sup>th</sup> birthday celebration, all of which adorn the walls of the new room. Congratulations to Brenda Berk and her team who led the renovation effort, to Darien and Mike for their labor and to Donna Whalen and her team who hosted the celebration event. We are all thrilled to memorialize Connie in such a caring way and to celebrate the vitality of a 50-year-old community.



## Did you get to see the Northern Lights over Meadow Hill?



Pictures courtesy of Paul Jenkins

## Have You Seen Our Facebook Page?



Kim Trela and many other residents have been churning out information and pictures regularly on our Meadow Hill Facebook Community Page. If you need assistance getting cleared to see this page, contact Kim Trela at 203-915-4125. In the past month, the page has been filled with photos of the Aurora Borealis, social events and great community sharing. It's a lot of fun. Don't miss out – the Facebook community is growing!!

## Tired of Talking About Recycling?

Most people in Connecticut endorse the concept of recycling paper, glass, metal and plastic. For the most part, Meadow Hill residents do too. However, complaints are made regularly about recycling bins containing boxes-not-broken-down, plastic bags (which get caught in the equipment at the recycling center) and household items that don't qualify for recycling. Let's make 2025 the year when we stop talking about recycling and in fact, live it. See the last page of this Lark issue for a page which can be printed and posted in your home to remind you what's allowed. If you know of a neighbor not adhering to the rules, place a copy of this sheet in their door, with a smile of course. By Gene Flynn.



## Make a Connection



Did you know that, according to recent research, just 8 hours of social isolation has the same immediate, dramatic impact on your energy levels and mood as going 8 hours without food? Dr. Vivek Murthy, Surgeon General, declared loneliness a national health emergency. A marked increase in depression and anxiety, as well as heart disease, dementia and premature death have been associated with this problem of social isolation.

Reflecting on this, I can see the value of a community like Meadow Hill, where often neighbors see each other outdoors walking or gathering at the end of day at a bench overlooking the river. But the upcoming colder months can be a hardship when social isolation becomes hard to bear. Some of this isolation is due to the aging population and sometimes physical or mental disabilities. We're grateful for the effort made at Meadow Hill to gather us together for special events, but the normal everyday routine can feel lonely.

Another concern for some is having something on our mind and wishing to talk to someone who will just listen or give appropriate feedback if asked. Friends or family may just not be the right fit. As a skilled listener with life experience who treasures our community, let me know if you'd like to set up a confidential one-on-one meeting. We can take a walk, meet in your home or grab a coffee and see how it feels. Please note that this is not a therapy session, only a neighbor connection. By Robyn Castano 860-797-7945

## Strumming Circle



Tim Reid (unit #93) is wondering if there are any acoustic guitar players in Meadow Hill that might be interested in getting together and having some fun playing their favorite tunes. All skill levels welcomed - the idea is music and fun! If you're interested, please call Tim at 860-578-7649, and we'll work out the details from there.



## Welcome

Since we have had several new residents join us in Meadow Hill this year, we are doing our welcome as a separate article. They will be listed in the next Telephone Directory. In the meantime, stop by and say hi to these new owners:

Karen Nardi in #221

Pat Zucher in #229

Zofia Masternak in #128

Steve Gilberto in #44

Ellen Patton in #262

Yolanda Ghergurovich in #81

Dorothy Anderson in #90

Our Welcoming Ambassador, Suz Fields attempts to visit all new residents with a welcome gift, information about how we capture the best in high density community living with our basic rules and to answer questions about Meadow Hill and the town of Glastonbury. If you didn't connect with Suz, you can reach her on 860-770-3249. We continue to monitor condominium sales to identify other newcomers

## COMMUNITY EVENTS



The [Sharing Tree](#) is a quarterly publication that is packed with important information about Glastonbury Senior Center events, educational courses, travel and much more.

Check it out!!

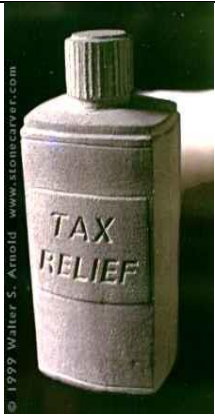
For **Library Events** click [here](#).



## Meadow Hill and National Calendar

Nov. 3 - DAYLIGHT SAVINGS TIME ENDS	Dec. 3 - Coffee Hour - 10AM,
Nov. 5 - Coffee Hour – 10AM,	- Book Club in Office – 1:30PM,
- Book Club in office – 1:30PM,	- Yoga with Patty - 3PM
- Yoga with Patty – 3PM	Dec. 4 - Planning Meeting – 10AM
Nov. 5 - ELECTION DAY	Dec. 7 - HOLIDAY PARTY - 4-8PM
Nov. 6 - Planning Meeting – 10AM	Dec. 10 - Yoga with Patty - 3PM
Nov. 11 - VETERAN'S DAY	Dec.17 - Yoga with Patty - 3PM
Nov. 12 - Yoga with Patty - 3PM	Dec. 18 – Executive Board – 10AM
Nov. 19 - Yoga with Patty 3PM	Dec. 18 – HANUKKAH BEGINS
Nov 20 – Executive Board – 10AM	Dec. 19 - Social Hour - 4-6PM
Nov. 26 - Yoga with Patty 3PM	Dec. 25 - CHRISTMAS
Nov.28 - Thanksgiving	Jan 5 – Another Centennial Birthday celebration (more to come)

### Property Tax Relief for Seniors



The State of CT and the Town of Glastonbury provide property tax credits for senior citizens whose primary residence is Glastonbury. The tax credits, which are calculated by formula can be up to \$1250 and are credited against your property tax bill.

To qualify for the credits, a resident's income may not exceed HUD guidelines. For example, in 2023 your income could not exceed \$53,400. The guidelines are revised annually for cost-of-living adjustments and are likely to be higher in 2024. Qualified applicants must apply between February 1<sup>st</sup> and May 15<sup>th</sup>.

If you think you may qualify and would like to know more about the program, contact Kathy Proulx at 585-474-6699. If enough people are interested, the town's social services department would be willing to meet here with residents to discuss the program and answer questions. By David Hogan

### MEADOW HILL RESIDENT NOTES

**Sympathies** – Many Meadow Hill residents remember Fran Kaplan, who moved from Meadow Hill into assisted living several years ago. She passed away recently. Also, Diana Gondek of unit 146 passed away last month. Our sympathy goes out to the friends and family of both.

**Oops – missed one pet loss** – Apologies and sympathy to Vickie Germani on the loss of her dog, Sara Jane a while back. We missed including Sara Jane in the list of pets who passed away in the last eighteen months in the last issue.

**MH Book Club** – meets the first Tuesday of every month at 1:00 at the clubhouse.

Nov – [A Woman in Business: The Life of B. Fox Auerbach](#) by Virginia Hale.

Dec – [The Huntress](#) by Kate Quinn

**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 for details. Items such as baby hats, booties, lap robes and prayer shawls are really appreciated by Middlesex Hospital.

## MEADOW HILL COMMITTEE ASSIGNMENTS

Advisory committees play an important role in Meadow Hill. They provide information and work that improves Meadow Hill beyond what the Board and Property Manager can do without assistance. Below are the committee chairs, liaisons from the Board and Committee members. Let's all thank these community members for their work to make Meadow Hill a great place to call home. Board president is Ex Officio on all committees.



**Communications/Welcoming:** Gene Flynn, Chair, Mike Proulx, Denise Weeks, Robyn Castano, Suz Fields, Chris Keating, Luther Weeks, Jim Fuda, Board Liaison.

**Grounds:** Mike Proulx, Chair, Harris Berloe, Dick Brimley, Dave Fillion, Vicky Germani, Ron King, Patti McNamara, Kathy McCarthy-Proulx, Peter Rothfarb, Susan Wallace; Board Liaison – TBD.

**Long Term Planning Committee:** Frank Cisz, Chair, Tony Dolan, Kathy McCarthy-Proulx, David Faxon, David Hogan, Dana Kubachka, Ed Litke, Reg Wellington, Tim Reid, Board Liaison.

**Amenities subcommittee:** Ron King, Chair, Tim Reid, Board Liaison, Ed Litke, Frank Cisz

**Clubhouse Rental:** Danielle Merritt, Imagineers

**Maintenance:** Walter Brownsword, Director and Chair, Bob Kolwicz, Roger Bouchard, Ray Dolan, Eileen Swenson.

**Stables, Greenhouse, Garden as subcommittee:** Darien Covert.

**Social:** Donna Whalen, Secretary and Chair, Hazel Brimley, Jane Marcin.

**Trees:** Gene Flynn, (Chair), Roger Bouchard, Ron King, Liaison TBD

**Risk Management:** Deb Wellington, Director and Chair, Tom Bailey

**Legislative Liaison:** Luther Weeks

**Future Committees - Finance**

### MANAGEMENT COMPANY

**IMAGINEERS, LLC**  
635 Farmington Ave.  
Hartford, CT 06105

Property Manager: Kristin Davis  
860-768-3319

Asst: Property Manager: Danielle Merritt  
860-768-3300

### BOARD OF DIRECTORS

**PRESIDENT**  
Jim Fuda  
860-729-0354

**VICE PRESIDENT**  
Deb Wellington  
860-306-4502  
  
**DIRECTOR**  
Walter Brownsword  
860-633-0207

**SECRETARY**  
Donna Whalen  
413-429-6323  
  
**DIRECTOR**  
Tim Reid  
860-578-7649

**TREASURER**  
Brenda Berk  
860-463-8262  
  
**DIRECTOR**  
Paul Jenkins  
860-990-3302

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 10:00 AM**

**REGULAR MEETING**  
**Sept 18, Oct 16**  
**at 10:00 AM**  
**AT THE CLUBHOUSE**

**Current and previous meeting minutes can be found at [www.meadowhill.net](http://www.meadowhill.net)**  
**Hard copy minutes are no longer provided.**

**Lark Editor: Mike Proulx; Lark Designer: Denise Weeks**

