

# THE LARK

Sept-Oct 2025 LARK

Meadowhill.net



## HAPPY FALL Y'ALL



### Community Safety Update: Let's Slow Down at Meadow Hill



Many of us enjoy walking through Meadow Hill, but as you know, our community does not have sidewalks. Combined with a posted speed limit of 15 mph — which is often exceeded — this creates a real safety concern for both walkers and drivers.

The Traffic Committee has been working to address this issue and is focusing on both short-term and long-term solutions. Right now, we're reviewing areas where overgrown shrubs and plantings make it difficult to see pedestrians or oncoming cars.

Short-term plans to prune or remove vegetation where needed to improve visibility, and installing parabolic mirrors near garage exits where sight lines are limited will be presented to the Board in September. Looking ahead, speed tables are being considered as a way to encourage slower driving throughout Meadow Hill. These changes will take time, but they are important steps toward making our community safer.

Drivers and walkers have a shared responsibility for safety at Meadow Hill:

- **Drivers** - the simplest and most effective step is one that each of us can take immediately: **slow down**. Driving at 15 mph gives plenty of time to stop and notice people walking. Our community is full of walkers, and by making this small adjustment, we can all contribute to a safer neighborhood.
- **Walkers** - **walk facing** traffic and **stay to the side** of the road.

We are confident that, together, we can solve this problem. Thank you for being part of the solution and for keeping Meadow Hill a safe, welcoming place for everyone.

By The Meadow Hill Traffic Committee -Jim Fuda, Brenda Berk, Bonnie Brooks, Paul Frederick

## Down the Drain



Your garbage disposal is not a landfill where you can dump everything down the drain. Following these guidelines will help reduce clogged sewer lines at Meadow Hill and reduce our costs of cleaning and repairing clogged lines. Here are some tips from DIY expert Bob Villa.

1. **Run the Garbage Disposal Regularly:** Even if you don't have food scraps to grind up, run the disposal every few days with cold water. This helps prevent rusting of the blades due to lack of use and allows any lingering food particles to wash away. It's like giving your disposal a little workout!
2. **Avoid These Items:**
  - **Fat, Grease, and Oil:** While your disposal can handle liquid or semi-solid fat, grease, and cooking oil, your plumbing system can't. These substances can cool and create sticky blockages in hidden pipes. Instead, cool grease in a container and throw it in the trash.
  - **Pasta, Rice, and Oats:** These foods continue to swell with water even after cooking, posing a clog risk. Toss them in the trash instead.
  - **Bones:** Although small bones might pass through, it's safest to keep all bones out of your disposal. They can break the disposal or clog your plumbing.
  - **Seafood Shells:** Clams, oysters, mussels, and lobster shells are hard and can damage the disposal's blades or cause clogs.
  - **Potato Peels:** As convenient as it is to peel spuds over the sink, potato peels turn into a gluey mass in your pipes and can lead to major clogs.
  - **Coffee Grounds:** Despite being a common hack for freshening the disposal's aroma, coffee grounds shouldn't go down the drain.
  - **Fruit Pits:** These hard pits can damage the disposal or cause clogs.
  - **Trash:** Well, this one seems obvious, but let's keep non-food items out of there too!
  - **Eggshells & Onion Skins:** They can wrap around the blades and cause problems.
  - **Cleaning Chemicals:** Avoid using bleach or commercial drain cleaner to unclog the disposal; they can be harmful and might splash back when you turn on the appliance.

By Jim Fuda

## Meadow Hill's Charter Oak Scion

The Charter Oak was a legendary white oak tree in Hartford. Wood from the Charter Oak and its descendants, known as scions, is cherished in Connecticut. An example in town is the "Baldwin Oak" directly in front of the Police Station on Main Street, given to Glastonbury resident Ray Baldwin, Governor, Senator, Chief Justice, and Chair of the Constitutional Convention in 1965.

The State Capitol is surrounded by majestic white oaks. One is marked as a scion of the Charter Oak. In 2000 I harvested acorns from that tree, hatched them in my refrigerator and later planted one on Hollister Way West. It is surrounded by wire for two reasons, first to protect it from damage from mowers, etc. as it grows a strong trunk and second, to protect it from squirrels who would love to eat its tender branches. At this point it should never need watering. In general, fertilizing harms trees.



Oak trees support more species of moths, butterflies, bluejays, and other essential animals than any other tree in North America, by far. When our ancestors founded Connecticut, 55% of our trees were oaks. Now only 25%. Near the Pool and behind #334 you can see several large white oaks. You can see a black oak and pin oak on Main Street, while Addison Woodlands has many black oaks. Read more about oaks in the book, [The Nature of Oaks](#) and google The Legend of the Charter Oak.

By Luther Weeks

## Hollister House Update

As many of you may have witnessed, the Hollister House makeover is in full construction mode. The builder has been very busy on the interior of the house and has created a new floor plan. Much of the interior work has been to remove walls and frame the new walls that will change the whole look of the interior. The new floor plan includes four bedrooms and three full baths. New windows will be installed very soon as well as a new front door. On the exterior, you may have



noticed that a beautiful new bluestone patio has been constructed on the south side of the house. You may also have noticed some of the heavy equipment on the site that is being utilized to build the garage. The footings have been poured and additional cement work will follow. The actual construction of the garage will then begin. Current estimate for completion of the project is early to mid-fall. I will keep everyone posted on progress as it occurs. In the interim, if you have any questions feel free to give me a call on 203-494-2636.

By Frank Cisz

## Lending Library

Were you aware that since the Connie Abbott Meeting Room in the Clubhouse was renovated last fall, a bookcase was established as a little lending library? Take a book and/or leave a book. No Dewey Decimal system or charge-out's, and it's free. Available whenever a meeting is not in progress.

## Questions about Vantaca?

Most of you know that we switched from Pitera to Vantaca for information managed by Imagineers, our management company. It is an online tool to coordinate your owner's information, handle billing and service requests and have access to MH community information. But if you haven't been in the portal for any reason since the switch, you could probably use a training refresher. Use this link for a tutorial on all the functions managed in this online tool. <https://support.vantaca.com/hc/en-us/articles/360050060451-Modern-Portal-The-Homeowner-Portal>. Even if you have been in Vantaca, Even if you have been in Vantaca, you might review these training materials to find out what you didn't know about. By Deb Wellington and Gene Flynn.

## Senior Living, Future Planning



October 2<sup>nd</sup> is fast approaching when Liz Cornish and her colleagues will present another senior living seminar. As you may know, Liz, Senior Care Consultant and owner of New Season in Life, presented to us several years ago with a wealth of senior living options. She has a lot of updates and news about no-buy-in options for independent living facilities, over 55 communities as well as part-time and live-in care assistance.

Liz will be joined by:

Robert Scalise – Erickson, Scalise and Mangan – Elder Care Attorney

Labib Fasihuddin – CT Wealth Management – Senior Financial Advisor

Kerri Anderson – Oak Insurance Solutions – Medicare Specialist

This promises to be a popular seminar and will start promptly at 2 p.m. in the Meadow Hill Clubhouse. Each presenter will speak for 20 – 30 minutes and Q & A's to follow. Depending on time, each may stay following the seminar for one-on-one discussions or to set up a future appointment. Additionally, our Meadow Hill Social Committee will provide refreshments. Residents are invited to bring one relative or caregiver to the seminar. Prepare for your future on October 2<sup>nd</sup> at 2 p.m. By Bonnie Brooks



## Decluttering – You Gotta Do It



Most of us at MH don't have endless storage areas. Some residents admit to renting a storage facility when they downsize moving into MH. That sounds like procrastinating on decision making, doesn't it? Bottom line, we all have an interest in keeping a balance between managing nostalgia and space restrictions. And taking a proactive approach gives you the decision-making on items disposal, not your heirs.

So, what are the goals of decluttering or downsizing? First, set SAFETY as a goal. A cluttered home could create trip hazards and limited walkable spaces. Second, an organized environment makes it EASIER TO FIND necessary daily-used items. Third,

there could be FINANCIAL benefits of selling off unused and non-essential items using a consignment shop, jewelry store, Facebook Marketplace or Craig's List. And finally, doing the work while you are physically able gives you PEACE OF MIND, knowing that you have paired some treasured items with specific heirs who you want to be the best recipient.

After setting your goals, outline a realistic plan to organize your belongings. Depending on the extent of your need for downsizing, think about the adage of "how do you eat an elephant? – one bite at a time". That means breaking down the project into realistic tasks and timeframes. Just know it always takes longer than you plan. Starting early to begin this process gives you the time to avoid regrets down the road when you may not be physically capable of doing the job. And using the "last year" rule can help – if you haven't used it within the past year, why keep it?

Be aware of how emotions control the speed at which you declutter. If you set a plan for the entire project, you will find that accomplishment of subtasks makes you pleased with progress along the way. Do one closet at a time or even one drawer a day. Just accept that reminiscing will need to be managed throughout. While we all love being independent, maybe you need to ask a family member or friend to help sort boxes, trunks, drawers, closets, etc. This could keep you on track, avoiding a tendency to just sit down and go through forgotten mementos. If the effort is big enough, seriously consider hiring a professional organizer to assist.

Now, what to do with your "treasures". Use three piles/boxes as you sort – Keep, Donate and Trash. Don't procrastinate by using a 'Maybe' pile. Storing your "Keep" pile should be easier within your space with more room created by the decluttering project. As for "Trash" be sure you follow the MH rules on what goes into the green and blue bins and the timeline for the two Bulk Pickups that Darien and Mike do for us annually. And that leaves donation. Consider a potential tax benefit and/or home pick up by the Salvation Army, Goodwill, AMVETS or the Glastonbury Historical Society's annual Tag Sale.

Maybe you have many photo albums which could be digitized for viewing on your pc. Also, if you just want the memories involved with a specific item, take a picture of it before putting it in the "Donate" or Trash" pile. It's much easier to store a picture! Also, a decluttering project could be a prime opportunity to be sure all your legal and financial documents are stored together.

Recent residents who have moved to assisted living facilities regret not starting the sorting and downsizing process earlier and before dealing with unexpected, tight timeframes thrust upon them, thereby increasing stress and anxiety. Once you have made progress in decluttering to a safe, organized and enjoyable living space, you need to continue the process by managing the entry of new items. The decluttering effort won't work if you fall back to old habits. Whether MH is your final address or not, a decluttered home makes for a more comfortable and safe home. By Gene Flynn and Dave Fillion

## Grounds Committee Update – What’s Coming This Fall

The landscapers will perform the usual fall actions:

- Continued mowing, string trimming, and blowing weekly or as needed based on conditions
- Raking and/or blowing front, rear, and common lawn areas, planting beds, parking areas and walkways to remove fallen leaves and debris.
- Final touch-up shrub trimming to all shrubs that require attention.
- All shrubs adjacent to buildings will be trimmed to 12” away from structure walls regardless of the unit’s Do Not Touch status. This is separate from the general trimming event noted above.

In addition, MH Maintenance staff will:

- Execute fall planting projects in common spaces as approved by the Board (the fall project proposal from the Grounds Committee is available for review in the August Board Packet)
- Continue to address shrubs/trees that have become too overgrown or are otherwise problematic (too large for their space, crowding the buildings or walkways, overhanging roofs, etc.).

### Grass Seeding:

Grounds Committee has received some suggestions from a professional golf course superintendent on how to improve the quality of our grass. This fall, we hope to begin testing and evaluating his recommendation for the type of seed to use (a heat/drought tolerant fescue from Hart Seed) and suggested procedures for sowing and caring for new grass. Stay tuned for details and further updates on progress.

As previously reported, Maintenance will no longer be applying topsoil/seed to individual lawn areas on request, as this process has produced poor results in the past. Instead, residents who wish to seed their areas can request a quantity of the Hart seed from Maintenance and sow/water it as they wish. Sowing and care instructions will be distributed with the seed. Seed will be available beginning early this month.

By Mike Proulx

## Thanks for the View

Several residents along HWN were concerned that the river view was becoming very obscured by trees and other plant growth. With permission of the Board and the town, they personally funded the removal/trimming of trees and other growth, significantly improving the view for all of us to enjoy. Many thanks to Ed and Suzanne Litke, Paul Jenkins, and Paul Frederick for this very thoughtful and community-minded gesture.

## Woo-Hoo – Special Fall Happenings



**Vaccination Clinic at Meadow Hill** - Stop & Shop Pharmacy will conduct an on-site Flu and COVID vaccination clinic at the Clubhouse on Friday, September 26th from 10 AM to 1 PM.

**Greenhouse** – will open on October 1<sup>st</sup>. Please abide by the guidelines outlined in the Meadow Hill Rules.

**Pool** - will close on September 30<sup>th</sup> for the season.

**Garden** – plots also close on September 30<sup>th</sup>

**Bulk Pickup** – The semi-annual bulky items drop-off will take place at the barn on Monday, October 20<sup>th</sup>. If you miss this opportunity, you will have to wait until Spring. Note, this is a change from prior year pickups when residents had a day and a half for drop off. Each household is limited to two bulky items (cannot go into regular trash). No couches, major appliances or hazardous waste.

**Bird Feeders** – Remember that Rule 6.16 permits all bird feeder types beginning on October 1<sup>st</sup>. But read the rest of the rules concerning proximity to other units.

## Woo Hoo – Social Happenings



**Summer's End picnic** will be held on SATURDAY, SEPTEMBER 27<sup>th</sup>. The first summer picnic was well attended. More details to come.

**Halloween Party** will be held on Halloween, FRIDAY, OCTOBER 31<sup>st</sup>. Mark your calendar now so you don't miss this annual, fun event. Start thinking about your costume!

**Coffee Hour** is held at 10:00 on the FIRST TUESDAY of each month in the Clubhouse.

**Social Hour** is held at 4:00 on the THIRD THURSDAY of the month in the Clubhouse.

**Game Day** - Board and card games are held weekly at 2:00 PM on MONDAY AFTERNOONS. Come and socialize with plenty of fun. By Julie LeGrant

**Knitting Group** – Do you knit, crochet or embroider? Come join us on THURSDAY MORNINGS at 10 a.m. at the Clubhouse. Bring whatever you're working on - it's more fun to gather together to work on our projects. And it's good for us too - see this recent article regarding the health benefits of knitting. <https://www.marthastewart.com/benefits-of-knitting-11784172> I'm sure it applies to other needlework as well. Questions? Contact Jeanie Riordan at 910-255-6105.

**Yoga with Patty** – Beginners/Gentle Yoga will again be offered at the Clubhouse on TUESDAY AFTERNOONS beginning on September 9<sup>th</sup> from 3-4PM. A total of six classes will be offered – ending on October 14<sup>th</sup>. Hatha Yoga will be incorporated into our practice. This style is designed to integrate body, mind and spirit through basic asanas (postures), pranayama (breath work) and dhyana (meditation). There will be a focus on centering stretches and various breathing techniques and strengthening various muscle groups. I welcome all levels and even those who have never tried yoga. All I ask is that you bring a mat and water. I provide props such as yoga blocks, blankets and straps for stretching, if needed. Contact MH resident, Patty Lavey, Certified Yoga/Mindfulness Instructor if you have questions about yoga benefits or physical conditioning.

## Meadow Hill Facebook Page

There's always something new on our FB Page. We are enjoying all the MH'ers who are posting pictures, games and noting current events. If you aren't a member of this private FB community, find the MeadowHill Gbury site in Facebook, answer a few questions and then enjoy our social media content in this private community site. Remember, all registered FB members can post (just keep it respectful) pics and other content, proving again how connected we are at Meadow Hill.

## Recipe of the Month

### Ham and Cheese Tart with Asparagus

Ingredients:

½ (17.6 oz) box - frozen puff pastry, thawed

8 oz. asparagus spears

1 (5 oz) container of garlic and herb spreadable cheese, softened

1 cup diced ham steak

¼ cup grated parmesan

Preheat oven to 425 degrees. Unfold the puff pastry onto a floured surface. Roll pastry out to a 9x12 rectangle. Transfer pastry to a parchment-lined baking sheet. Use a fork to prick pastry all over. Bake 8-10 minutes, until lightly golden.

Meanwhile, trim and cut the asparagus into 1-inch pieces. Spread the cheese on puff pastry, leaving a ½ inch border. Top tart with diced ham, asparagus and parmesan. Bake 15-20 minutes until pastry is golden and asparagus is tender. Cut into pieces to serve as an appetizer or light supper. Enjoy!



## Things Older People Say...

Maybe you recently played the little game on our Meadow Hill Facebook page concerning items no longer in use or activities no longer done. Well, the same thing could apply to outdated sayings we normally only hear from older folks today. Let's see if you smirk at any of these....

- I taped last night's game on the VCR.
- When did this song become "classic" rock?
- I took a nap on the davenport.
- We have leftovers in the ice box.
- I'll call the operator and get her phone number.
- I'm going to rest my eyes a minute...
- We sure are in a pickle.
- Where did this bruise come from?
- I left a message on your answering machine.
- Why do they make the print so tiny?



## Key Dates

	September		October
1 Labor Day	18 Social Hour	1 Board Planning Meeting	13 Columbus Day
2 Coffee Hour	23 Rosh Hashanah begins	2 Yom Kippur	15 Board Meeting
2 Book Club	26 Vaccination Clinic	2 Senior Living Seminar	16 Social Hour
3 Board Planning Meeting	at Clubhouse	7 Coffee Hour	20 Semi-annual Bulk Pickup
17 Board Meeting	27 Picnic by the Clubhouse	7 Book Club	31 Halloween Party

## 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 RESIDENT NOTES

**Our sympathy** also goes out to Jane Rochford on the loss of her dog, Frankie.

**Welcome** - A big Meadow Hill welcome goes out to Jeanie and Rick Riordan in Unit 159. You can reach them at 910-255-6105. And our welcome also extends to Jim Kopecki and Scott Engels in Unit 146. Reach Jim on 401-378-3058 or Scott on 860-212-0398. And finally, welcome to our most recent new resident, Laura Mathews and her dog, Lola in Unit 113. You can reach her on 860-830-2883. We hope all these new residents take advantage of the vibrancy of this community with our many social and volunteer functions. And all our "seasoned" residents are encouraged to reach out to all these newbies

**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.

**MH Book Club** - meets the first Tuesday of every month at 1:00 at the clubhouse. Upcoming books:  
 September - [James](#) by Perceval Everett  
 October - [Loving Frank](#) by Nancy Horan  
 November - [The Girl with Seven Names: A North Korean Defector's Story](#) by David John and Lee Hyeon-seo.



## 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, Chris Keating, Luther Weeks, Jim Fuda, Board Liaison.

**Finance Committee -** Brenda Berk, Treasurer and Liaison, Deb Wellington, Eileen Swenson.

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

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

**Amenities:** Ron King, Chair, Tim Reid, Board Liaison, Ed Litke, Robyn Castano, Cub Kubachka.

**Maintenance:** Walter Brownsword, Director and Chair, Paul Jenkins. Asst. Chair.

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

**Social:** Donna Whalen, Secretary and Chair, Caroline Rhodes, Dana Kubachka, Linda Fay, Vicky Germani, Hazel Brimley,

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

**Traffic Committee:** Jim Fuda, Chair and Board Liaison, Brenda Berk, Bonnie Brooks and Paul Frederick.

**Legislative Liaison:** Luther Weeks.

### MANAGEMENT COMPANY

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

Property Manager: Brian Milano  
860-768-3305

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**  
Vacant

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**

**Sept 17 and Oct 15  
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: Gene Flynn; Lark Designer: Denise Weeks**