

THE LARK

Nov-Dec 2025 LARK

Meadowhill.net



Happy Thanksgiving



First Ever Vaccination Clinic a Great Success!

Meadow Hill hosted its first-ever vaccination clinic at the Clubhouse on September 29th. Stop & Shop Pharmacist Brent Stanton and his dedicated pharmacy staff provided flu vaccines and COVID-19 shots to our residents. The clinic was a great success—25 residents participated, and a total of 42 vaccinations were administered. In addition, two residents who had difficulty traveling to the clubhouse were served in their homes, ensuring that everyone who wanted a vaccine was able to receive one.

A sincere thank you goes out to Donna Whalen and the Social Committee for providing beverages and light refreshments and for assisting our residents with registration. Their efforts helped create a welcoming and efficient experience for all.

The clinic exceeded expectations, and the feedback from participants was overwhelmingly positive. Based on the success of this first event, we look forward to continuing the vaccination clinic next year.



By Jim Fuda

President's Message



As fall ends, it's been a very active season at Meadow Hill. We've completed the smoke detector and CO monitor installation program, held our first on-site vaccination clinic, and seen steady progress on the Hollister House, which should be completed in the next few months. Our maintenance staff continues to work diligently, addressing work order requests, doing the planting and fall clean-up, getting the complex ready for winter. As we wrap up the year, I'd like to highlight two key initiatives — the 2026 budget process and our upcoming roof replacement project.

2026 Budget Process

The Finance Committee, led by our Treasurer Brenda Berk, has begun preparing the 2026 budget with input from our committees. The budget will be presented to the Executive Board for the November Board meeting for approval to send to the Unit Owners prior to the Annual Budget meeting.

A major part of our budget is our Master Insurance Policy for the Association. Our insurance agent, Bouvier Insurance, is currently seeking proposals for our 2026 renewal, including options with and without horses, to find out if we might bring horses back to Meadow Hill. Responses are expected by mid-November, aligning with our budget timeline.

We hope that our commitment to Risk Management overseen by Deb Wellington, the implementation of the annual Inspection of high-risk Items, the dryer vent, smoke detector/CO monitor installation and the gas fireplace cleaning programs will continue to be looked at favorably by the insurance providers and result in a favorable renewal premium amount.

Roofing Project Update

The roof replacement project continues to move forward through the professional ability of our roofing engineering consultant, Becht Engineering of Rocky Hill and overseen on behalf of the Executive Board, by Frank Cisz, our Chairperson of the Long-Term Committee. Becht is currently asking for bids from GAF-certified contractors who qualify for the GAF Gold Standard Guarantee, offering a 25-year warranty on both labor and materials.

The Finance Committee is developing funding options in parallel with the solicitation of bids by Becht. Defining the cost of the project and the funding for the project will allow the Executive Board to hold a community forum in early January to review the project scope, costs, financing, and schedule. Approval will be needed before construction begins.

Thank you to Tim Reid

As you may know, Tim Reid has resigned from the Executive Board. We all thank Tim for his service and wish him well in his next endeavors.

In Closing

Thank you to everyone who continues to support and strengthen our community through your participation and ideas. Please mark your calendar for our Annual Budget Meeting on December 9th, where we'll share updates and look ahead to another productive year at Meadow Hill.

By Jim Fuda

Meadow Hill Updates and Reminders

Long Term Committee Update



The Hollister House activity has really ramped up over the last few weeks. Recently the garage has been built and the good news for the residents who have garages directly across from the new garage will find that the builder moved the garage closer to the house allowing more space than originally anticipated between the garages. The siding and the door should be coming soon. Inside the house, there has been a great deal of progress. New walls are constructed and are in the process of being painted. New windows and a new front door have been installed. The bathrooms are in the process of being tiled and the new flooring in the bathrooms are in progress. New flooring throughout is planned and in the process of being scheduled. The new kitchen area is in the planning and scheduling phase.

No completion date has been settled on yet as the builder has been juggling schedules with his subcontractors. We are getting close, so stay tuned for more updates soon.

The Roofing Project is underway in a two-pronged approach. We are working diligently to develop the overall plan while we also address some emergency requirements for residents who are experiencing leaky roofs. To date we have completed three units, Units 27, 71 and 73. We have identified several more units, 18, 20, 24, 151, and 153, all of which we are trying to address while we do additional planning for the overall project. The work done to date has gone very smoothly and the residents that have received new roofs have been very satisfied. We hope to have the bidding/planning done by early to mid-November. Once we have that information, we will schedule a meeting with the community to explain all of the plans/options to complete this very important project. Stay tuned for future updates.
By Frank Cisz

Grounds Update

Lots of fall planting projects were completed, and as usual, we all enjoyed the fall decorations (mums, pumpkins, haybales) around the grounds. We seeded 2 official test areas (easily identified by the caution tape) with a new heat/drought resistant grass seed to see if it will become established and survive our harsh summer weather next year. If so, we will consider expanding it to more areas. In addition, a number of residents requested a supply of the seed to try out in their own lawn space. We look forward to learning about their results as well. The landscape company will continue normal seasonal activities through November.

Winter Reminders

A few reminders as the weather turns colder:

- Fireplaces may not be used to burn wood or other combustible materials
- Gas or electric fireplace logs must be professionally cleaned and serviced by the end of 2025
- 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.
- 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; ensure the unit is winterized and water is shut off at the main; arrange for regular inspections at least every two weeks; inform Darien Covert of extended absences (note: these rules are currently under review and may change in the near future).
- 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.



Unit owners are advised to review the full text of the Rules, available at the Meadow Hill homepage or through your Vantaca account.

Other Friendly Reminders

Please don't forget that exterior changes require approval of the Board through the Variance process. Deck replacements, doors, and windows are examples and these likely require a Building permit from the Town.

Please do not put plastic bags in recycle bins for any reason.

Holiday Gifts for Maintenance Staff



As we start thinking about holiday gifts, it's a good time to consider recognizing Darien Covert and Mike Curtis for their efforts this year. If you would like to recognize Mike and Darien with a gift of gratitude, you can either do so individually by 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 12 to Danielle Merritt at Imagineers, 635 Farmington Ave., Hartford, CT 06105.

Holiday Party



Senior Living Seminar Nailed It!



October 2nd put another successful Senior Living Seminar on the books. We were fortunate to have four speakers all specializing in legal, Medicare, financial, and living options for seniors.

In her second visit to Meadow Hill, Liz Cornish, owner of New Season in Life, (newseasoninlife.com), updated us on independent living, continuing care



communities, assisted living and more. Liz has been a tremendous asset for many of us at Meadow Hill. She is a wealth of information and assistance on all things senior and is happy to meet with you to create a plan or answer your questions. (860) 841-9504

Kerri Anderson of Oak Solutions, LLC (oak-solutionsllc.com) gave a timely presentation on Medicare. She gave helpful tips to navigate open enrollment and urges everyone to review their plan *every* year. Doctors switching networks is becoming a more common occurrence and our own health needs may change too. Kerri encourages you to call her – or to meet with any certified Medicare Specialist to be sure you enroll in the best plan for you. (860) 806-9591

Labib Fasihuddin of Connecticut Wealth Management (Ctwealthmgmt.com) discussed the importance of regularly reviewing your finances with a certified financial planner. Whether your financial portfolio is large or small, a balanced financial plan can help you adjust your budget needs to be sure you have enough for your future. It is all about managing what you have now to keep you on solid ground in the future. (860) 470-0386

Bob Scalise of Ericson, Scalise & Mangan (esmlaw.com), emphasized the three essential documents all of us should have: Last Will & Testament, Durable Power of Attorney and an Advanced Directive. Not only is it critical to have these documents in place, but to also have your attorney review them at least every 5 years or sooner if you have changes in your life circumstances. (860) 515-3399

All our speakers encourage you to contact them with questions. Be sure to mention you are a Meadow Hill resident. They are very impressed with our community and emphasized that they are eager to assist in any way they can. Great resources, great information, great people.

By Bonnie Brooks

Needleworkers Group Meetings



Needleworkers - 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.
See how much fun we have together!
If you have questions, contact Jeanie Riordan at 910-255-6105

Stay Vigilant Against Phishing and Scams



Phishing is a trick criminals use to steal your personal or financial information. They pretend to be someone you trust — a bank, a credit card company, Social Security, or even a friend. They might contact you by email, text, phone call, or social media message. Their goal is to get you to click a link, open an attachment, or share personal information such as your date of birth, Social Security number, passwords, or account numbers.

Common Warning Signs of a Scam

Be suspicious if you notice any of these:

- The message says your account has a problem or will be closed unless you act immediately.
- It claims you've won a prize or refund but need to "verify" personal information first.
- The sender's email address or phone number looks odd or misspelled.
- There are spelling or grammar mistakes, or the tone sounds pushy or threatening.
- A link takes you to a website that looks *almost* right — but the address is slightly off (for example, bankofarnerica.com with an extra letter).

 If something feels off, it probably is. Don't click, don't reply, and don't give information.

What To Do If You Get a Suspicious Message

- Don't respond right away. Take a breath before clicking or calling back.
- Don't open attachments or links from strangers or unexpected messages.
- Delete the message or hang up immediately.
- Call the company or agency directly using the phone number on your official statement or their real website — not the one in the message.
- Tell someone you trust (family member, neighbor, or community contact) if you're unsure.
- If you think you may have shared personal information, contact your bank or credit card company right away and ask them to watch for fraud.

Protect Your Accounts

- Use strong passwords — a mix of letters, numbers, and symbols.
- Don't reuse the same password for multiple accounts.
- Turn on two-step verification (multi-factor authentication) whenever it's offered.
- Sign up for account alerts that notify you about withdrawals or suspicious activity.
- Check your statements monthly for unusual transactions.

Protect Your Phone and Email

- If your phone suddenly says "No Service" or stops working, call your phone company — your account could have been hijacked.
- Add a PIN or password to your mobile account so no one can transfer your number.
- Don't share personal information by text message — legitimate companies rarely ask for it that way.
- Avoid clicking links in texts unless you're sure they're from a trusted source.

Protect Your Computer and Devices

- Keep your software and apps up to date. Updates often fix security issues.
- Install reputable antivirus software and let it run automatically.
- Change default passwords on Wi-Fi routers and smart-home devices.
- Avoid doing banking or shopping on public Wi-Fi. Use a secure network or a VPN if possible.

Protect Your Credit and Identity

- Review your credit reports at least once a year at AnnualCreditReport.com

In Conclusion

Protecting your information and accounts can help avoid the hassle and heartache of identity theft and fraud.

In addition to the proactive measures mentioned above, a few more steps may help you defend against, detect, or respond promptly to suspicious activity. Monitoring your credit reports regularly for any suspicious activity—such as profile changes, transaction attempts, or unfamiliar activity—can help you detect suspicious events quickly. Freezing your credit can be a powerful line of defense as it prevents lenders from accessing your credit report, to stop fraudsters from borrowing money in your name.

If you believe you have been a victim of identity theft, a scam, or a cybercrime, there are government resources that may help you.

- To report identify theft and establish a recovery plan, visit the [Federal Trade Commission's Identity Theft page](#) (Opens in a new window).
- To report a scam, visit the [Federal Trade Commission](#) (Opens in a new window).
- To report a cybercrime, visit the [FBI's Internet Crime Complaint Center](#) (Opens in a new window).

Contributed by Deb Wellington with source material from https://www.fidelity.com/learning-center/personal-finance/family-financial-safety/4-id-theft-protection-tips?ccsource=email_weekly_1002_1037578_163_0_CV2

Toilet Trivia Pays Off



With the holidays soon upon us, many people are looking for topics of discussion during those awkward silences that come up in holiday parties. If you are one of those people, read on.

The Long-Term Planning Committee (LTPC) is charged with identifying ways of lowering Meadow Hill's expenses or possibly increasing our income stream. Also, where possible, to apply the same strategy to help our residents with their personal expenses. In a recent brainstorming session, one of our LTPC members asked "what about toilets?" You are probably thinking the same thing that the other committee members said themselves: "What about toilets?"

Well, to begin with, when our condos were built, the toilets of the day used a lot of water – 3 ½ gallons per flush (gpf). Do any of you remember putting bricks in the toilet tanks? Good for lowering water consumption, bad for flushing efficiency. So, after pooh-poohing the idea of asking people not to flush as often, the committee took a different tack. Since the 70's American advances in other technologies also affected toilets. Did you know that replacement toilets we buy today only use 1.28 gpf? Well now we're getting somewhere. Could there still be some of these water guzzling toilets in any of our homes? Probably. At this point we didn't want to stick our nose into people's personal business. So, it was time to come up with some serious analysis of the situation.

We needed to flush out the facts – like how many times does the average toilet get used on a daily basis, and how much more water is consumed by the old toilets compared to the new ones. The second question was easily answered by arithmetic; the old toilets use 2.22 gpf more than the new ones every time they are flushed. The first question was a little more challenging. While the internet claims that the typical toilet is flushed six times a day, some of our committee members were skeptical. One of us offered to conduct an unscientific survey of their own residence where there are two occupants and two toilets. As it turned out, one of the toilets seemed to be in line with the internet average of six, while the other was identified as likely being flushed six times alone between the hours of 8 pm and 6 am. To continue, the committee opted to use six flushes per day in our next calculation.

This is where it gets really interesting. One old style toilet flushed six times a day using an extra 2.22 gpf for 365 days uses 4,861 gallons of water every year unnecessarily. Of course, we all thought we were talking about some serious cost savings here. Not really. One of these old toilets adds \$25.40 per year to our MH water bill, but at least that savings would continue year after year for the life of a replacement toilet. If you assume that 20% of the toilets in MH are older models using the higher gpf, the additional cost in the MH annual water budget would be around \$1400. OK, that's meaningful, especially when it breaks down to about 90 cents per unit in our monthly HOA fees – whether you have newer or older toilets. Plus, think about the reduced amount of water wasted – for which Mother Earth will be grateful!

Now this is the part where things start getting pretty stinky. The replacement cost of a new toilet along with cost of installation and disposal of the old toilet works out to about \$500 – a cost fully borne by the MH homeowner. But let's face it, old toilets break down over time anyway so it's really just a question of timing. Plus, you get the opportunity to upgrade to a toilet that is higher off the floor (called comfort height), making it less strenuous to get on and off! OK, I like that.

Of course, you're probably anxious to know what kind of toilet you have. Here's how you find out: newer toilets will have a stamp or sticker indicating 1.28 gpf which may be on the inside of the tank cover, on the inside back of the tank, or may be on the outside behind the back of the toilet seat. If there is no mark, yours is likely an old one with a high gpf. Now the ball is in your court. Maybe your next step could be to have one of your grandchildren show you how to set up a toilet replacement Go Fund Me request on your computer? We'd like to think that many Meadow Hill residents would be willing to contribute, ha-ha.

P.S. Look for our next installment: Will low flow showerheads actually put money in my pocket?

David Hogan, LTPC



of gallons/tank

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](#).



Glastonbury Food Pantry - Meadow Hill Can Help

Food insecurity can happen anywhere- including right here in Glastonbury. Following are two articles by Meadow Hill residents with suggestions on how you can help fight food insecurity through the local Food Pantry.

MH Food Collection

Two hundred families each year receive the support and benefit from the Food Pantry located in the Riverfront Community Center. As a volunteer I witness those grateful families who come to shop each month. One way we can all make a difference in their lives is through our contributions of shelf stable, unexpired food items (think: pasta sauce, cereal, canned fruit and veggies, etc.). Holidays are an exceptionally difficult time for many families. Let's all pitch in to lighten the burden by bringing your bagged food donations inside the front entryway of the M.H. clubhouse during the month of November, up to Thanksgiving. I will

bring them all to the Food Pantry on a regular basis. You can also stop by the Community Center if you prefer, with your donations. And yes, monetary donations are also accepted there. Many thanks and blessings for your help. Robyn Castano, 860-797-7945.

Options for Donating to Glastonbury Food Pantry

You now have two more easy ways to make donations to the Glastonbury Food Pantry. First, Social Services has set up an Amazon account wish list full of items that are needed in the pantry. To access the wish list go to Glastonbury-ct.gov, click on Departments, select Social Services, then Food Pantry. That will bring you to the Food Pantry Amazon Wish List. Click here for a direct link to the wish list. Once there, you can browse the wish list and select items to add to your cart. When you're done selecting items, click on the shopping cart icon in the top right corner and click Proceed to Checkout. The delivery address for the Glastonbury Gives Food Pantry will be selected. Click 'Deliver to this address', then click 'Save Delivery Options', then click 'Save Gift Options' then complete your Payment Method information. Your account will be charged for the purchase, and the items will be delivered directly to the Food Pantry. Or, you can write and mail a check. Checks should be made out to "Glastonbury Gives" and can be left in the Drop Box at the Riverfront Community Center, or mailed to: Riverfront Community Center

Attn: Glastonbury Gives

300 Welles Street

Glastonbury, CT 06033

Please write "Glastonbury Gives" on the envelope AND in the check memo line.

Contributed by Denise Weeks

Key Dates



November 2 - Daylight Saving Time Ends
 4 - Coffee Hour – 10AM
 4 - Book Club 1:00 pm
 4 - Election Day
 5 - Planning Meeting, 10 am
 11 - Veterans Day
 19 - Board Mtg, 10 am
 20 - Social Hour, 4 pm
 27 - Thanksgiving

December 2 - Coffee Hour, 10 am
 2 - Book Club, 1pm
 3 - Planning Meeting, 10 am
 6 - Holiday Party, 5 pm
 9 - Annual Budget Meeting
 14 - Hanukkah Begins
 17 - Board Mtg, 10 am
 18 - Social Hour, 4 pm
 25 - Christmas
 31 - New Year's Eve

MEADOW HILL RESIDENT NOTES

MH Book Club – meets the first Tuesday of every month at 1:00 at the clubhouse. Upcoming books:
 November - [The Girl with Seven Names: A North Korean Defector's Story](#) by David John and Lee Hyeon-seo.
 December - [The Line Becomes a River](#) by Francisco Cantu.
 January - [The Beekeeper of Aleppo](#) by Christy Lefteri.

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

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

Grounds: Chair, TBD, Harris Berloe, Dick Brimley, Dave Fillion, Ron King, Nancy Maloney, Joan Wentworth, Board Liaison – Walter Brownsword.

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

Clubhouse Ad-hoc Committee: Board Liaison, Brenda Berk, Vicki Germani, Walter Brownsword. Chair, TBD

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

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 860-768-3305

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

BOARD OF DIRECTORS

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 Jim Fuda
 860-729-0354

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 Deb Wellington
 860-306-4502

SECRETARY
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 413-429-6323

TREASURER
 Brenda Berk
 860-463-8262

DIRECTOR
 Walter Brownsword
 860-633-0207

DIRECTOR
 Vacant

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

Nov 19 and Dec 17
 at 10:00 AM
 AT THE CLUBHOUSE

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

Hard copy minutes are no longer provided.

Lark Editor: Mike Proulx; Lark Designer: Denise Weeks