

THE LARK

September - October 2026 LARK

Meadowhill.net



President's Message – Looking Back – and Looking Ahead



As we welcome many new residents to Meadow Hill, it is also worthwhile for those who have called our community home for years to pause and reflect on how far we have come. The past five years have been a period of intentional work, investment, and rebuilding. Our vision has centered on three priorities - much like three legs of a stool: investing in our infrastructure, strengthening our risk-management approach, and rebuilding the social fabric of our community.

First, we have made significant investments in our infrastructure with the goal of maintaining Meadow Hill as a desirable place to live while protecting and enhancing property values. A

comprehensive reserve study completed in 2024 established a 30-year plan for major needs, including roofs, landscaping, siding, buildings, and roadways. That plan has been presented to the community, and we have added important projects such as clubhouse improvements and stair replacements. Of course, all this dovetails with the ongoing commitment to proper maintenance of our physical plant, led by Walter Brownsword.

We also recognized that our reserve funding needed to increase. We moved from funding reserves at 10% to 12% of the operating budget, and as we look toward the 2027 budget, we anticipate increasing that level to 15% to meet Fannie Mae requirements. The purpose is straightforward: build sufficient reserves today so that funds for major improvements can be available when needed and, whenever possible, avoid special assessments. Brenda Berk has been instrumental in helping us manage our finances and positioning the Association to get to proper reserve funding levels.

The roof replacement program represented our largest recent infrastructure investment. Looking ahead, roadway reconstruction will be the next major improvement. By continuing to build our reserves, we are positioning Meadow Hill to fund this work from reserves rather than placing the burden of a special assessment on our residents.

Second, we have taken a proactive approach to risk management, led by Deb Wellington and Tom Bailey. We have implemented programs designed to make Meadow Hill a more attractive risk to insurance providers. These efforts have included rule changes such as prohibiting wood burning in fireplaces, regular maintenance inspections of higher-risk items, and cleaning dryer vents every two years. We have also focused on minimizing and eliminating claims. The increase in our insurance deductible from \$10,000 to \$50,000 has received favorable support from insurance agencies.

These efforts have produced meaningful results. We moved from a noncompetitive insurance market, where premiums were largely at the mercy of a single provider, to a position in which we can obtain adequate coverage while being viewed more favorably by insurers. Over the past two years, our insurance premium increases have remained in the single digits, while many condominium associations in the greater Hartford area and across the country have experienced significant double-digit increases. Our risk-management program is paying off.

Finally, rebuilding Meadow Hill's social fabric has been essential following the disruption caused by COVID. Our community has always been special because neighbors interacted with one another and shared activities that made Meadow Hill a desirable place to live. Thanks to the work of our Social Committee, led by Donna Whalen and the Social Committee, we have seen renewed participation and enthusiasm. Attendance at the holiday party and summer cookouts has increased, while social hours and coffee hours have become tremendous successes that continue to grow.

In summary, many of the investments we have made—some financial, and some less visible, are putting Meadow Hill on a solid path. Financially, we are strengthening our reserves and planning for the future. Socially, we are becoming more connected and interactive. And through continued investment in our infrastructure, we are helping create and protect value, reflected in the significant growth in property values and homeowner equity we have experienced. As we move forward, we will build on our momentum and invest thoughtfully in our community. This progress is a collective effort, and our future is bright because we are doing it together.

We are grateful to residents who serve on committees and to the Executive Board, which has carried a heavy workload over the past year while two director positions remain unfilled. Filling these roles will help share the load and strengthen the Board. Please join us in thanking our Board members for their leadership and dedication to the Meadow Hill community.

Jim Fuda, President, Meadow Hill

Capital Improvements Projects - Roofing Project

Roof Replacements Status



The Roofing Project began during the 1st week of July. With a project of this magnitude, it becomes difficult to avoid many of the challenges that can occur, in particular the weather – both rain and heat! During the first two months, rain or excessive heat delayed our progress by several days, even with some rain dates built into the schedule. The Red section has been completed, ending Phase I, with the gutter installations following roofing completion by a few days.

The Project Phase II (Brown section) roofs started last week on schedule, and we have integrated learnings from Phase I, into the Phase II schedule. This next phase is expected to complete in a few weeks – since there are some roofs in the brown section already done in the preliminary project phase. Phase III (Gray section) will be our final phase, expected to complete well before year end.

In addition to Turner's on-schedule performance, the more important story is one of quality. Project leadership (MH and Turner) reviews completed roofs every other week, with minimal issues identified. That's not to say that there have not been a few issues, but Turner's staff has shown great skill in immediately addressing surfaced imperfections. And the Glastonbury Town Inspector attests to the quality of the completed roofs and gutters/downspouts in recent inspections.

Thanks to all our residents for your positive feedback and patience while trying to live in a construction zone! It's not always easy, however we all understand that any inconveniences are short term. For residents in Phases II and III, keep in mind that if you will be away at the time of your roof installation, be sure Darien has a way to get into your residence, should the construction need arise. Also, please be patient with schedule delays due to weather, occasional broken plants and needing to maintain contact with the Turner staff when you need to enter or exit your residence while work is being performed.

In closing, we are very pleased with the professionalism, respect and quality outcomes we are seeing with the expertise of the Turner Home Improvement staff – from management to the installers, office staff to the local team supervision. And have you ever seen anything more beautiful than a sea of new roofs?

By Frank Cisz

Roofing Project Funding Update The Community overwhelmingly responded to the Board's financing plan for the roofing project.

There were 87 unit owners who paid their share of the roof project in advance, totaling \$1,695,000. The money was deposited into a new checking account set up for the roof project. Interest earned to date is \$4,071.12. We have paid out the following amounts.

Windsor Federal	\$ 2,090.00	Loan closing costs charged by the bank
Turner Construction	\$496,682.86	Down payment and first month of activity
Becht Engineering	\$ 3,585.66	First month of activity

Bank balance as of 8/8/26 is \$1,179,846.84.

For those unit owners who have not paid their assessment, there is still time to pay in advance. The association will accept payments up until the loan has been started, which most likely will be in late September. Feel free to reach out to me if you need information on prepaying.

By Brenda Berk

Flu Vaccination and COVID Shot Clinic



Stop & Shop Pharmacy will be at the Clubhouse on Thursday, October 1st from 9am to Noon to administer Flu and COVID shots to Meadow Hill residents. Both Moderna and Pfizer COVID vaccines will be available. Registration forms will be provided at the clinic but be sure to bring your insurance card. Appointments are not necessary. For residents with mobility challenges, the Pharmacist is willing to visit your unit at the end of the clinic but only if you alert Jim Fuda ahead of time – 860-729-0354

Chair Yoga

Looking for a fun, safe and effective way to move the body and stay active? Chair Yoga is a gentle, full body workout designed especially for those who want to go a little easy...no previous yoga experience needed! Chair Yoga can help improve flexibility, posture, balance, strength and range of motion while reducing stress and promoting a greater sense of wellbeing. In each class, we will include centering and short meditations, balance exercises to help improve stability and light upper-body strengthening (with light hand weights, if you so desire) to build muscle for everyday activities.



Whether you're looking to increase your fitness, maintain your independence, or simply enjoy moving with friends, Chair Yoga is a wonderful way to invest in your health! Classes will be held on **Tuesdays, 3:00-4:00 beginning September 8th** at the Clubhouse. No yoga mat is required...just wear comfortable clothing, bring a water bottle & light hand weights if you have them. Looking forward to you joining me and enjoying an hour of wellness in a friendly, supportive environment. All fitness levels welcome!

By Patty Lavey, Certified Yoga/Mindfulness Teacher for adults & children

Attention crafters of all stripes!



With fall upon us, the Meadow Hill knitting group is looking to resume but with an expanded focus. We'd like to gather crafters of all stripes, beginners and experts alike, to share their skills and projects, encourage and learn from each other.

So, if you have a passion for crafting – whether knitting, crocheting, quilting, needlepointing, painting or something else, if you like to meet new people and learning new skills, have an unfinished project you need a little motivation to complete or you'd

like to get started on some hand-crafted gifts for the holidays, contact Denise Weeks at 860-918-0209 or Nancy Berloe at 516-702-0147 by September 15th. Once we've heard from people, we will plan an organizing meeting to work out the details of when, where and how often the group will meet.

By Denise Weeks

Take Notice: Special Fall Happenings



Greenhouse – opens on October 1st. Please abide by the guidelines outlined in the Meadow Hill Rules ([link on Meadowhill.net](#))

Pool – closes on September 30th for the season.

Garden Plots – also close on September 30th.

Bulk Pick up – The semi-annual bulky items drop-off takes place at the barn on Monday, October 12th (by end of day). If you miss this opportunity, you will have to wait until Spring. Each household is limited to two bulky items that cannot go into regular trash. No couches, major appliances, hazardous waste or your spouses.

Bird Feeders – All bird feeder types are permitted beginning on October 1st. Please refer to Meadow Hill Rule 6.16 on locating these feeders.

Meadow Hill Facebook Page

Be sure to check out our Meadow Hill Facebook Page for lots of timely resident notes and pictures. If you aren't a member, find the MeadowHillGbury site on Facebook and follow the instructions on becoming one!! It's a good way to connect with your neighbors.



It's About That Thyme!

Ok Autumn here you are painting leaves both near and far
 Crunching acorns at our feet
 While squirrels think they're great to eat
 It seems like just the other day
 We were swimming and wading at the bay
 Some Indian Summer days came by for a tease
 But then you tricked us, and they're gone on a breeze
 So let the blustery chilly skies
 Sing howling songs and sting our eyes
 Just in time for cider and brew
 Turkey and stuffing, did I mention au jus?
 Clarets, russets, and gilt galore
 Show us what we've been waiting for!

By Doreen Kelly



Key Dates

September

1 Coffee Hour
 1 Book Club
 7 Labor Day
 8 Chair Yoga begins
 10 Grounds Comm. Org. Meeting
 11 Rosh Hashana begins

16 Board Meeting
 17 Social Hour
 20 Yom Kippur begins
 22 Autumn begins

October

1 Vaccination Clinic
 6 Coffee Hour
 6 Book Club
 12 Bulk Pickup
 12 Indigenous Peoples Day
 21 Board Meeting

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](#).





Great thanks to John and Donna Whalen and their other volunteers
for orchestrating our USA 250th Anniversary Celebration.
So much fun and great food.



Thanks Reggie Wellington for supplying us with
veggies
from your plot in the Community Garden.
This is just another example of neighbors helping
neighbors!!!

Automated External Defibrillators (AED's): Nothing but the Facts



Should Meadow Hill install an Automated External Defibrillator (AED)?

That important question has been the focus of much discussion over the past year or so. At the **October 21st Board meeting**, Heidi Heim, an EMT from Glastonbury Emergency Medical Services, will give a presentation and answer questions about the use of these devices. **ALL RESIDENTS** are encouraged to attend.

Why is this important?

More than 350,000 out-of-hospital cardiac arrests occur each year in the United States.

Approximately 90% are fatal. Immediate CPR and rapid defibrillation with an AED can double or even triple a person's chance of survival. Even though Emergency Services is just several minutes away, minutes can make all the difference in the outcome. Having an AED in our clubhouse – where the greatest number of people come together at MH – could help save a life. Some common AED myths and facts:

Myth: Only trained medical professionals should use an AED.

- **Fact:** AEDs are specifically designed for use by bystanders/everyday people in public settings. The devices provide automated voice prompts to guide users through the process safely.

Myth: An AED can accidentally shock someone who doesn't need it.

- **Fact:** The device checks the heart rhythm first. It locks out and will not deliver a shock if a shock is not needed.

Myth: An AED cannot be used in the rain or on a wet surface.

- **Fact:** An AED can be used in wet conditions. If the chest is wet, it should be wiped dry quickly to ensure the adhesive pads can maintain proper contact with the skin.

Myth: An AED can restart a heart that has completely stopped (flatline).

- **Fact:** Defibrillation is intended to correct specific abnormal electrical rhythms like ventricular fibrillation. It will not deliver a shock if there is no electrical activity present.

Myth: Rescuers face legal liability if the patient does not survive.

- **Fact:** Good Samaritan laws in CT provide legal protection for individuals who provide emergency assistance in good faith.

Myth: AEDs replace CPR.

- **Fact:** CPR keeps blood moving, while an AED attempts to fix the heart's rhythm. You should use both together.

Myth: Pacemakers or medical patches prevent the use of an AED.

- **Fact:** These do not prevent treatment. If a pacemaker (a hard lump under the skin) is present, the pads should be placed at least an inch away from the device. Any visible medication patches should be removed and skin wiped clean before pad placement to ensure the electrical current is delivered correctly.

Emergency Treatment for Sudden Cardiac Arrest

- Call emergency services immediately.
- Start hands-only cardiopulmonary resuscitation (CPR) right away.
- Use an automated external defibrillator (AED) to deliver a shock if one is available.

For more information, bring your questions to the Oct. 21st Board Meeting!

By Kathy McCarthy-Proulx and Deb Wellington



Farewell to Troy So Sorry to Lose him from the Community!!

Medicare Open Enrollment is Coming



In preparation for Medicare open enrollment, medical insurance carriers are required annually to inform you of changes to your current medical plan that will go into effect on January 1. The Annual Notice of Change (ANOC) is sent to those in Medicare Advantage or standalone Part D prescription drug plans, notifying you of updates to your benefits, costs, drug formularies, and provider networks. It is critical to review this every year to ensure your plan continues to meet your changing health needs.

The ANOC will be mailed or sent electronically no later than September 30. If you do not receive it by mid-October, please contact your insurance provider.

Think you know all there is about Medicare? Me either. But you may want to consider utilizing the available resources at the Riverfront Community Center. They have a certified CHOICES counselor available once a month to answer questions about coverage and switching plans and assist you with the Medicare process. To make an appointment call 860-652-7638.

As a reminder, Medicare Open Enrollment period runs from October 15 through December 7.

Historical trivia: Medicare was signed into law July 30, 1965 by Lyndon Johnson. However, Medicare and Medicaid were the brainchild of Harry Truman. To his credit, Johnson flew to the Truman Library to sign the bill into law with Harry by his side. Harry then became the first enrollee of Medicare and his wife Bess was number two. Six days later, Johnson signed the Voting Rights Act. A historical summer for us all.

By Bonnie Brooks

Committee Updates

Grounds Committee – an organizational meeting will be held on September 10th at 10am at the Clubhouse for those interested in serving on the Grounds Committee. A Zoom option will be available for those unable to attend in person. Please contact Jim Fuda at 860-729-0354.

Traffic Committee - Phase II recommendation implementations are underway. Stop signs at the HWN/HWS circle were installed in July, and the three speed tables are scheduled for installation in October, completing the work of this ad-hoc committee.

Clubhouse Ad-hoc Committee has been busy filling Darien and Mike's time with enhancements to this important common amenity. If you haven't seen the fruits of their work, be sure to check out the new paint on the second floor/stairwell and the upgraded bathrooms on the first floor. Many are enjoying the renovated Connie Abbott Conference Room, which was the first room tackled by this group.

Smoking Ad Hoc Committee was formed to review MH Rules and Declarations to determine if recently surfaced residence smoking issues should be addressed formally through our operating documents.

Capital Improvements Committee is providing advice and project management support for projects funded by our Capital Reserves, such as the Roofing Project, Exterior Steps Project and the proposed Key Fob effort.

**Thanks to all the Meadow Hill volunteers on these committees,
making a difference in our lives here.**

MEADOW HILL RESIDENT NOTES

Condolences - Our sincere condolences to the families and friends of recent, former residents Marge DeMay and Vin Liscomb who both passed away in July.

Bridge Anyone? We have a couple of small groups playing bridge here at Meadow Hill. Any more out there who might want to join us? Contact Suz at 860-770-3249 or Jane at 860-841-9744

Book Club Selections

September: [The Rose Code](#) by Kate Quinn
October: [The Secret Wife of Aaron Burr](#) by Susan Holloway Scott
Join our Facebook Group at Meadow Hill GburyCT

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

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

Capital Improvements Committee - Jim Fuda, Board Liason, Frank Cisz, Chairman, Gene Flynn, Ed Litke, Paul Frederick, Joan Wentworth.

Clubhouse Ad-hoc Committee: Board Liason, Brenda Berk, Walter Brownsword, Chair

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

Social: Donna Whalen, Secretary and Chair, Dana Kubachka, Linda Fay, Vicky Germani, Hazel Brimley, Kathy McCarthy-Proulx.

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

Smoking Policy Peter Rothfarb, chair, Board Liason, Deb Wellington, Sally Fusco, Sophia Masternak, Laurie Arnold

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 413-429-6323

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 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;

Sept 16 & October 21
 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: Gene Flynn; Lark Designer: Denise Weeks