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The May Assembly of Property Owners meeting was well-attended by residents and association delegates who heard presentations that focused on the State of the Community. To summarize, the community is strong financially and the birth of the Renaissance is well underway and robust activity venues are very well-received. Safety, security, protection of home values and green space as well as The Meadows Country Club’s (TMCC) membership drives remain community top priorities. Here is a recap of key messages.

The Meadows Community Update

- A contract has been signed for the renovation of our 17th Street entrance and we are awaiting county permitting approval. Work is expected to begin soon and expected to be completed in time for season. Resident support is strong for the new image, logo and signage, and we are looking forward to the newly designed entrance making a grand first impression of the community.

- Pictures of association and homeowner renovations and landscaping projects were shown with numerous photos illustrating the Renaissance Plan is in full swing throughout the community. Eleven condo and HOA associations have upgraded their driveways, walkways and courtyards with pavers, with many other associations and single-family homeowners upgrading landscaping, roofs, lighting, entrances and community pool decks and access paths.

- Sixty-five new activities were initiated with joint participation from MCA management, staff, Board and residents. New lifestyle coordinator Sher’re Shepard will oversee the governance of these activities and clubs and is the person to contact for more information (941) 377-2300 ext. 231.

  - Community spirit is stronger than ever with many of our residents volunteering their time in their own association, in the MCA and throughout the Sarasota community. Easter Seals, Tuttle Elementary, the Ringling Museum, Sarasota Memorial Hospital, Meals on Wheels, Doctor’s Hospital and many other organizations are host to hundreds of our resident volunteers.

  - Much scientific evidence exists showing that socialization, volunteering and participation in activities with family and friends contributes significantly to mental and physical well-being and longevity. So, many Meadows’ residents are donating their time to share their experience and expertise with fellow residents. Some great examples include our many volunteers on committees and new initiatives this year. Among these new initiatives are the Water and Wildlife Committee members are protecting and preserving our Meadows’ ponds and environment, while the Garden Club is volunteering to assist with the beautification of designated Meadows’ areas.

  - On the health and wellness front, fellow Meadows resident Lynn Lockie is volunteering her time teaching wonderful multi-session courses on Mindfulness Meditation. Chris Vercelli, a Certified Exercise Specialist will conduct a series of sessions focusing on improving heart, lung and brain health, balance and injury prevention, strength and flexibility training and much more. For more information on joining an existing committee or starting a new activity, contact Sher’re to see how you can enroll.

The Meadows Country Club

- Working teams representing both MCA and TMCC Board members (all Meadows’ residents) are jointly working together to devise a strategic plan to assist the country club in regaining financial stability. No ideas are off the table, and we are planning to announce the details of club enhancements to drive revenue in the September issue of The Meadoword.

  - In response to many residents’ requests, the club has created special discounts for Meadows’ residents wishing to take advantage of all the country club’s activities, including all fitness and dining venues, starting as low as $250 for six months (May through October with resident discount). Please call Glenda Bachner at (941) 378-5957 for more detailed membership information.

The Meadows Shopping Village

- The property manager of The Meadows Shopping Village has been discussing various options with tenants directly and has a local commercial realty firm assisting them with these efforts. No decision has been made regarding the exact path these endeavors will take, but we will keep you posted as details are made known.

In summary, we will have many more details as we continue the many activities and community business functions throughout the upcoming months. I am available by appointment to discuss any of these items in more detail.
The Meadows.

Who would have thought in the midst of yet another building explosion in Sarasota where houses and structures are growing faster than the weeds that once came before them, that The Meadows is highly sought after because of its open spaces and mature trees? What is more intriguing is that The Meadows among all the construction and hustle and bustle not only supports an active lifestyle but also provides residents with an opportunity to connect with nature and each other. How fortunate are we that Meadows’ developer, Frank Taylor’s, vision included large open spaces, plenty of vegetation and ponds to support Florida’s native plant and wildlife species? But with this foresight comes the responsibility to ensure the health of our community, not only from an ecological standpoint but also from a social aspect. At the MCA, we take that role very seriously. We are not only stewards of the land, but we are also charged with ensuring residents’ needs are being met.

So how have we done this? First, we listened. Second, we acted. Third, we delivered. Over the last few years we heard overwhelming feedback from our residents expressing the desire to have a lifestyle with more opportunities for involvement. These requests led to the Activities Committee being formed, a lifestyle coordinator being hired and residents having access to 65 activities. We have activities to be creative, socialize and have fun, but did you know we also have activities that provide the opportunity to give back to our environment by becoming an eco-volunteer?

What is eco-volunteering?

Eco-volunteering is combining your love and passion of nature with the desire to give back. It’s common knowledge that volunteering and connecting with each other is the best way to increase social interaction, make friends and have fun. But when you combine the element of nature and the ability to give back, you add a new dimension to improving your overall well-being. Nature has an incredible power to heal. It reduces our stress and has the ability to calm. Studies show that when living closer to nature, you live longer and have fewer health complaints. There are studies that show some trees release a chemical known as phytoncides that can lower blood pressure, boost immunity and reduce stress hormones.

Why do people eco-volunteer?

Many people eco-volunteer because they have the desire to support the environment and travel to exotic places. Yet, if you look at the underlying reason why most people volunteer, it’s because they want to give back to a community and improve the lives of others. The good news is that you don’t have to travel around the world to do it. Nature lovers and environmental enthusiasts can eco-volunteer, contribute to the preservation and natural habitats and give back to the community right here in The Meadows.

The Water and Wildlife Committee (WWC) and the Garden Club are two groups that have done just that by making significant improvements to our water bodies and common area grounds. The WWC and a core group of environmentalists have planted aquatic plants, monitored water bodies, improved wildlife habitat and, in the midst of it all, had fun and made new friends. They not only improved our water and plant communities but also enhanced the aesthetics of The Meadows.

This past June, the WWC and the MCA joined forces again and added over 1,000 aquatic plants to the common area ponds. These new plants will enhance the beauty of Longmeadow, stabilize the lake bank edges and increase the wildlife habitat. Recently, Sandlehealth and Pipers Waite used their own financial resources and worked together adding aquatic plants to each of its ponds, contributing not only to their communities’ well-being but also to The Meadows as a whole. By working together, the neighboring communities strengthened their relationship and the community spirit that lives within The Meadows.

The Garden Club also offers its services to improve The Meadows. This club has a subset of members who come to the MCA once a week offering their service and expertise! This small but powerful group is not afraid of getting their hands dirty as they weed, plant and add beauty throughout The Meadows. They singlehandedly have enhanced the Memorial Garden by picking up debris, adding landscape and mulch in the garden. They have tackled Glebe Farm Road berms, the Butterfly Gardens and have adopted an area off Glebe Farm Road in which they will be adding native plantings to accentuate the landscape.

The next time you visit the Butterfly Lake, one of our pocket gardens, or witness wildlife walking, nesting or feeding among the vegetation, take the time to appreciate the efforts of those who made it possible. The MCA proudly supports our volunteers and we are grateful for all the contributions by our residents. We look forward to making continued improvements and new relationships within The Meadows. If you are interested in joining one of these groups to volunteer by planting, cleaning or improving the environment, please contact Sher’re Shepard (941)-377-2300 ext. 231.
Meet the MCA Team

Claire Coyle

Need Help?

The number one priority for all staff members at the MCA is to assure that their interactions with residents reflect the mission and vision of the MCA and convey the spirit of community that is so much a part of our life at The Meadows. Residents always come first in our book!

We want to make it easy for you to contact the MCA and get whatever help you need efficiently. Since we have made some recent changes to staff and responsibilities we would like to review who does what.

General Manager

Frances Rippondi

Her strong background in landscape architecture and development makes Frances the perfect person to lead the creation of the MCA master and beautification plans. She has overall management responsibility for the MCA and its team including budget management, resource allocations and assuring all MCA programs and procedures follow the MCA documents, standards and guidelines set by the Board of Directors. Frances works closely with the Maintenance Committee, the Standards Committee and the Water and Wildlife Committee as well as with the Executive Committee of the Board. Frances is always willing to help residents, but because of her busy schedule, it is best to call in advance.

Receptionist

Debbie Avivi

Debbie is usually the first person you see when you come into the MCA and she can help you with almost anything you need or direct you to the right person. Debbie is also the person who answers most of the phone calls coming into the MCA. She is the best person to call as a first step. If she can’t help you, she will be delighted to help you find the right person to solve your problem.

Before joining the MCA several months ago, Debbie owned a paint and party studio and prior to that, she was the front desk concierge at the Lake Club.

Lifestyle Coordinator

Sher’re Shepard

Sher’re is the person to talk about activities, social groups and ideas for community activities. She works with the Activities Committee to develop and implement an amenities and activities program for The Meadows. If you want to talk about details on an upcoming program, identify programs or activities that might suit your interests or explore starting a new group or activity, Sher’re can help you. A phone call before stopping in is a good idea. You might remember Sher’re as our receptionist before she was promoted to this new position, created to manage the increasing number and complexity of programs taking place or being planned to create The Meadows lifestyle. Sher’re’s past experience as a personal trainer and activities coordinator and her personification of the MCA spirit were factors in her selection for this job.

Community Standards Administrator

Sandy Truman

Much of Sandy’s work takes place behind the scenes and residents don’t come into contact with her nearly as often as they used to when she was our receptionist. But if you submit an Architectural Application for review you will probably see or hear from Sandy. She works closely with the Standards Committee of the Board and helps administer the application program. Once you get an application form to make a change to your property from the receptionist or online, it comes to Sandy for review. If you have any questions about the form or the process, it is Sandy you will talk to. If she has questions, she will call you. She may also call to set up a visit by her and Standards committee chair Bob Clark. Sandy also works with the Maintenance Committee, the general manager and the MCA maintenance staff and contractors to schedule projects and identify needed repairs. That’s the part of her job you don’t see.

Manager of Administration and Community Relations

Kathy Gibson

Kathy is the main link between the 52 homeowners and condominium associations, the committees of the Board and the MCA. She is the person community association managers and officers contact about scheduling meetings, checking on policies and procedures and coordinating association events and plans. She is also responsible for scheduling and preparing materials for Board meetings and assuring that all legal requirements and information sharing and collection requirements are met. In other words, Kathy is the one who keeps us on track with all necessary documents and filings and sees that we adhere to all the requirements for our type of HOA. She is the MCA’s human resources point person and works with the Personnel Committee. She also oversees the receptionist and the accountant. Kathy has been a member of the MCA staff for 11 years, and her experience and knowledge of the MCA and its operations makes her a natural for this challenging assignment.

Administrative Accountant

Lisa Compton

Most residents don’t have much contact with Lisa, but she is the one who makes it possible for the MCA to contact you. She maintains our resident database and our Constant Contact database. She also tracks warranty deeds, payment of assessments and estoppel fees. Lisa handles all financial transactions for the MCA, including managing contracts, payroll, bill paying and managing any money that comes in to us, including petty cash. She works with the Finance Committee on the annual budget, investments and bank accounts. As any of you who have not paid your assessment in a timely fashion know, Lisa excels at managing our collections program and assuring that we have one of the lowest delinquency rates in the area. She also manages advertising contracts for The Meadows.

Marketing and Communications Director

Tia Calomeris

Tia is another new person in a new position. When Carlene Cobb, the editor of The Meadoword, retired early this year, we decided that it was time to broaden the scope of the job and look for a person who could develop an integrated marketing and communications program to help achieve our strategic objectives. Tia joined us this spring and has already put together an impressive strategy. Tia is charged with reimagining and rebuilding our newsletter and with building an integrated electronic media program. She will also be expanding our existing relationships and communications links with Aviva, Tarpon Point and the country club and developing new partnerships between The Meadows and other enterprises in the community. Tia also supervises the lifestyle coordinator. Residents might not interact directly with Tia, but they surely will see her influence on how The Meadows is presented to its residents and to the community.

Maintenance Working Foreman

Larry Grimm

Larry was recently promoted from the position of maintenance worker to the position of working foreman when Kirby Rolfe retired in May. Larry works closely with Sandy Truman, and the best way for residents to communicate about maintenance issues is to contact Sandy. However, when you see Larry and his crew on the grounds don’t hesitate to tell them what a great job they are doing because it is hard to believe how much work this team accomplishes and how much money they save the MCA. In addition to supervising the other maintenance employees, Larry is often charged with overseeing the work of contractors hired to work on the property. Larry has close to 30 years’ experience in construction maintenance including managing a maintenance crew and overseeing vendors and contractors.

Bob Clark

Larry works closely with Sandy Truman, and the best way for residents to communicate about maintenance issues is to contact Sandy. However, when you see Larry and his crew on the grounds don’t hesitate to tell them what a great job they are doing because it is hard to believe how much work this team accomplishes and how much money they save the MCA. In addition to supervising the other maintenance employees, Larry is often charged with overseeing the work of contractors hired to work on the property. Larry has close to 30 years’ experience in construction maintenance including managing a maintenance crew and overseeing vendors and contractors.
The Meadoword
JULY 2019

NEED HELP?
Meet the MCA Team
Claire Coyle

Maintenance Employee
Al Ballantyne

When you look around The Meadows one of the first things you notice is that for a 40-year-old community the place looks pretty good. That is because of Al, Larry Grimm and his co-workers who spend their days repairing, painting, trimming and fixing up the place. In The Meadows we have a system of committees and staff that identify issues, prioritize work and set standards and make recommendations. The Maintenance crew are the doers. They solve the problems, make the repairs and make things look better. Take time to say hi and thanks when you see them on the property.

Operations Consultant
Mike Mazur

Mike is best known around The Meadows for his volunteer work. He is president of Heronmere, chairs the Assembly of Property Owners and co-chairs the Emergency Prep Committee. He spent his career working with professional membership associations in senior executive roles. This combination of knowledge of the committees and workings of the MCA and his experience with association management makes him the perfect candidate to help us as a part-time consultant. He assists in streamlining maintenance and operational procedures, developing systems for bidding, contract management and project coordination. Mike also works on special projects. As a staff member his contact with residents is minimal. As a volunteer he is very visible.

Our G4S Security Team–Major Bob Martin, Captain Don Parker and Officer Ron Smith

The MCA contracts with G4S Secure Solutions (USA), Inc. (G4S) to provide round-the-clock protection for our residents. There are three members of the G4S team that residents might see frequently. Major Bob Martin leads the MCA Security Team. Bob has been working at The Meadows for more than 10 years and he is the main point of contact for security questions and concerns. Captain Don Parker usually works later in the day and through the evening, so if you call with a question or concern then, he is the one you will probably talk to. Officer Ron Smith often works on weekends or nights. All of these men have extensive background in law enforcement and training in working in a community setting. Our core team is supplemented by other G4S officers with similar law enforcement training and residents should feel comfortable making a report of any one of them.

Volunteer Roving Reporters

WANTED

We are looking for experienced, talented volunteer writers to contribute to The Meadoword

Please contact Tia Calomeris
941-377-2300 x230
or email marketing@meadowsca.com

Who You Gonna Call!

Door to the MCA
Debbie Avivi, officeadmin@meadowsca.com
941-377-2300
• All questions about The Meadows
• Questions about where to get information
• Questions about MCA programs
• Signup for MCA programs/events
• Questions about MCA forms or procedures

MCA Activities and Events
Sher'e Shepard, lifestyle@meadowsca.com
941-377-2300 ext. 231
• Share ideas for events or programs
• Recommendations on how you can get involved
• Comments on events or programs you attended

Association and Board Affairs
Kathy Gibson, mca@meadowsca.com
941-377-2300 ext. 222
• Arrangements for association meetings
• Questions about association or board matters

Standards, Architectural Review and Maintenance
Sandy Truman, administration@meadowsca.com
941-377-2300 ext. 226
• Questions on architectural review applications
• Questions about MCA standards
• Questions or comments related to MCA maintenance

Finance, Assessments and Advertising
Lisa Compton, mcaaccounting@meadowsca.com
941-377-2300 ext. 223
• Questions about assessments, estoppels, etc.
• Restricted vehicle storage lots
• Updating contact information
• Advertising payments

Security
Major Bob Martin, mdws.safety@gmail.com
941-809-0084
• Concerns about safety
• Violations of MCA safety rules
• Reporting suspicious activity
• Reporting dangerous conditions

THE MCA WANTS YOUR HELP

The MCA seeks Candidates for election to the 2020 MCA Board of Directors

Interested property owners are invited to submit their names for consideration no later than noon October 4, 2019

All candidates must complete a Personal Information Questionnaire

For more information call the MCA at 377-2300
Standards
The Rainy Season
A great time to improve your lawn and landscaping

Bob Clark—Chair

The appearance of the exterior of your house contributes as much to the overall value of your property as many of the features in your home. A bare yard or one full of weeds and landscaping that looks like it hasn’t been cared for, can not only affect the sale price you can receive for your real estate but can also affect the value of those living next to you.

The rainy season gives those who wish to improve the appearance of their property the perfect opportunity to work on those needed areas of your outdoor living space. It is a great time to let Mother Nature take over the task of watering any new plants or lawns and help to keep your investment alive and growing.

As I tour The Meadows, it is wonderful to see the pride that many of those living here have taken in maintaining their homes. During the last year, some beautiful updates have been made to the lawns and landscaping throughout The Meadows and many others are being planned in the near future. Some of these efforts have been rewarded with recognition by The Meadows Best Kept Committee and featured in The Meadoword.

It is also gratifying to see the number of volunteers who have given their time to keep The Meadows one of the premier locations in which to live. These committees include the Garden Club, the Water and Wildlife Committee, the Best Kept Committee and the Standards Committee. If you want to become involved in some of this good work, call Sher’re Shepard, Lifestyle Coordinator (941) 377-2300 ext. 231 and they will put you in contact with the appropriate individuals matching your area of interest.

We in The Meadows value our green space and that is why so much has been done in the past year to preserve it. Part of this effort involves preserving the beautiful trees throughout The Meadows that make this place special. To safeguard this beauty, we take care to defend our trees by requiring approval from The Meadows prior to removing one and stipulating that a replacement tree be planted when one is removed.

Please join with me in celebrating this special life we have living in The Meadows by being involved and helping in any way that you can to keep that way for those living here today and those who will live here in the future. Your good work and the work of the hardworking Meadows’ professional staff is appreciated by all who benefit from it.

Architectural Review
Approved Applications for April & May

APRIL

3825 Fishing Trail
4761 Ringwood Meadow
4761 Ringwood Meadow
4766 Ringwood Meadow
3015 Rosemead
5533 Long Common Ct
4605 Glebe Farm Rd
5214 Marsh Field Ln
2952 Longleat Woods
5073 Marsh Field Rd
5211 Everwood Run
Sandleheath Condo Assn
Chandlers Forde Condo Assn
Somersee Condo Assn
2936 Sandringham Place
3448 Longmeadow
4900 Windsor Park
3767 Surrey Ln
3623 Longmeadow
3625 Longmeadow
3852 Chatsworth Greene
Somersee Condo Assn
5103 Everwood Run
4749 Greencroft Rd
Chatsworth Greene Assn
4470 Highland Oaks Cir
Chanticleer Condo Assn
Kingsmere Condo Assn
5212 Marsh Field Ln
2980 Heathrow Bos
3011 Rosemead
4933 Rutland Gate
4803 Marsh Field Rd
4406 Glebe Farm Rd
4741 Marsh Field Rd
4741 Marsh Field Rd
3408 Highlands Bridge Rd
4761 Ringwood Meadow
4847 Greywood Ln
Bunker Oaks Assn
Windrush Bourne Assn
Villas of Papillon Assn
Hadfield Greene Assn
4562 Highland Oaks Cir
4606 Arborfield Rd
2669 Greenbelt Yard
3156 Sandleheath
4766 Ringwood Meadow
4741 Marsh Field Rd
4958 Rutland Gate
3363 Ringwood Meadow
3326 Highlands Bridge Rd
5515 Downham Meadow
4977 Taywater Dell
4780 Harvest Bend
4408 Glebe Farm Rd
3744 Surrey Ln
4771 Ringwood Meadow
5019 Marsh Field Rd
4389 Longmeadow
3264 Sandleheath
Oakley Greene Condo Assn
4817 Greencroft Rd
5661 Pipers Waite
5164 Marsh Field Ln
5067 Marsh Field Rd
4957 Rutland Gate
4562 Highland Oaks Cir
4032 Oakley Greene
Chatsworth Greene Assn
4746 Ringwood Meadow
3054 Ringwood Meadow
4558 Kingsmere
5584 Chanticleer
5292 Everwood Run
2984 Longleat Woods
3420 Highlands Bridge Rd
4305 Highland Oaks Cir
Stratfield Park HOA
5515 Downham Meadow
4900 Windsor Park
Woodmans Chart

MAY

4977 Taywater Dell
4780 Harvest Bend
4408 Glebe Farm Rd
3744 Surrey Ln
4771 Ringwood Meadow
5019 Marsh Field Rd
4389 Longmeadow
3264 Sandleheath
Oakley Greene Condo Assn
4817 Greencroft Rd
5661 Pipers Waite
5164 Marsh Field Ln
5067 Marsh Field Rd
4957 Rutland Gate
4562 Highland Oaks Cir
4032 Oakley Greene
Chatsworth Greene Assn
4746 Ringwood Meadow
3054 Ringwood Meadow
4558 Kingsmere
5584 Chanticleer
5292 Everwood Run
2984 Longleat Woods
3420 Highlands Bridge Rd
4305 Highland Oaks Cir
Stratfield Park HOA
5515 Downham Meadow
4900 Windsor Park
Woodmans Chart

You should expect nothing less than absolute trust and integrity. We pledge to:
Protect and promote your interests above anyone else’s.
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DonovanHayesRealEstateSarasota.com

RENTALS NEEDED!!!!!!!
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MHOA
We want your input and participation!

Jan Lazar—President MHOA / MCA Treasurer

We had a great time at our barbecue at the country club on June 6. Fun, good food and a chance to meet our neighbors is a great way to start the summer. We look forward to seeing everybody at our season welcome back celebration in November!

The continuing improvement of homes and areas in The Meadows is underway. If you haven’t yet joined the effort, please do. The better our homes look, the more attractive the community is for everyone. If you need suggestions on plantings or some input on work in community decision-making, please do. We want to get to know all the homeowners.

For those of you who might want to contact the MHOA, please send an email to meadowshomeownerssarasota@gmail.com.

If you want to attend a board meeting in person, we meet at 5 p.m. on the first Monday of the month, October to June. We are now in recess until the fall.

Just a reminder—if you aren’t getting the mailed invitations to the great dinner socials, your membership in MHOA may have lapsed or you may not be a member at all. If so, the $15 annual dues or $45 for FOUR years, is the best investment you can make in having fun, eating well and making sure your voice is heard in community decision-making. If you haven’t joined, please do. We want to get to know all the homeowners.

Have a great summer, here or wherever you may be!

Become a member of the MHOA—it’s easy!

Any single-family homeowner who does not already belong to another sub- HOA can join the MHOA, which is separate from The Meadows Community Association, the master association to which homeowners in The Meadows automatically belong.

If you would like to become a new member or your membership has expired or will expire soon, contact MHOA Membership Director Michelle Johnston for an application or renewal form at meadowshomeownersmembership@gmail.com.

Cost for membership:

$15 .................................................. one year
$25 .................................................. two years
$35 .................................................. three years
$55 .................................................. five years

The MHOA is YOUR voice in the community!

Assembly Committee

Mike Mazur—Chair

With the theme of State of the Community and a Future Look, the last Assembly of Property Owners (Assembly) meeting of the season was held in May. MCA President Marilyn Maleckas, MCA Treasurer Jan Lazar and MCA Manager Frances Rippeondi provided an insightful overview of the key activities and accomplishments within our community over the past year and a preview of some of the developments and plans for the future.

We were very gratified with the higher-than-expected attendance at this meeting and several attendees indicated it was their first Assembly meeting. Although the Assembly is structured with voting delegates and alternates from the 52 condominium and homeowner associations in The Meadows, the monthly programs held from October through May are open to all property owners. While the programs are designed to impart new or expanded knowledge to the leaders of the associations, the material often applies to any home or condominium owner in the community. Each meeting also provides a brief report from the MCA President and/or the MCA Manager on items of interest to the community at large. If you have not attended an Assembly meeting before, join us!

The Assembly of Property Owners Executive Committee—the volunteer group of five members who plan the Assembly programs is now fully “staffed.” Nancy Harris of Chatsworth Greene, Jerry Lazar of the MHOA and myself of Heronmere I, have been joined by John McLaughlin of Longwater Chase and Cathy Gruneisen of Bunker Oaks. We are ably assisted and advised by our MCA Board Liaison, Malcolm Hay.

The Assembly Executive Committee strives to make the Assembly an invaluable resource for our association leaders and residents at large. We are well on our way to planning the programs through May 2020. Some of them include Financial Management for Associations, Water & Wildlife in The Meadows, Insurance Appraisals & Reserve Studies, Off-Season Home Checkers and Financing Major Projects & Emergency Funding.

Although we have most of the calendar planned, we are always seeking your good ideas!

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FEATURED PROPERTIES

• 2 Bed/2 Bath w/Garage—Sheffield Greene w/long views! $159,925
• 2 Bed/2 Bath Longwater Chase condo—outstanding golf views. Ready to move in! $247,500
• 3 Bed/2 Bath Sheffield—fabulous golf views $247,500
• 3/2/2 W. Chatsworth Villas on the 10th Hole, Water views $298,000

New to The Meadows?
Be sure to pick up your “Newcomer’s Packet” at the MCA Building 2004 Longmeadow

Welcome to The Meadows!
The Meadoword • JULY 2019

Safety

Tips to Prevent Vehicle Burglaries

John Spillane—Chair

During the month of May, there were 34 reported incidents, six more than in April. There were 12 incident-free days. There were 148 citations issued during the month, for various violations such as illegally parked vehicles, garbage violations and open garage doors.

May was a quiet month for the Safety Patrol. The rash of bike thefts and stolen bike parts seemed to have subsided. However, there was one notable incident.

Auto Theft: On Friday, May 24, a resident of Glebe Farm Road South called the Safety Office to report that his 2008 Cadillac CTS was stolen. The Sarasota County Sheriff’s Office responded and took charge of the incident. The vehicle was unlocked overnight and the electronic key fob was left in the vehicle.

Let’s not make it easy for these criminals. Lock your car doors overnight.

Five Common Sense Tips to Prevent Vehicle Burglaries

1. Keep windows closed and doors locked. The majority of local vehicle burglaries are to unlocked cars and the crime wouldn’t happen if the door didn’t open.

2. Hide your valuables. Stash your things out of sight, preferably in a locked trunk. Even criminals know to check the glovebox, under a towel or beneath the seat.

3. If you have a SUV or another model with an open cargo area, get a retractable fitted cover to keep items hidden.

4. Stow your items before you park. Experienced thieves stake out parking lots to watch for people putting items in their trunk.

5. Trust your instincts. Avoid parking in unlit or overly concealed areas. If you see someone suspicious, tell security or contact local law enforcement.

Our New Brand Coming Soon

Tia Calomeris—Director of Marketing and Communications

In 2016, an extensive survey was conducted to identify what our residents valued, and what they saw as important issues. This large focus group effort led the way to our strategic planning, the beginnings of our Renaissance Plan and our first steps toward our new branding.

In September we will be launching our new brand. An image that:

- CELEBRATES our heritage and reflects the vision of our developer, Frank Taylor Woodrow;
- HONORS our open land that we all value;
- RESPECTS our name that was given to us;
- REVEALS a new beginning to our future.

Helmet Hints

WEAR ONE
Wearing a helmet is essential to biking safety, so wear one! But what do you look for when purchasing a helmet? Below are some helpful hints.

PROPER FIT—Wrap a flexible tape measure or string around your noggin 1" above your eyebrows. If you are using a string then measure that string on a straight edge ruler / yardstick for the measurement. Now you’re ready to shop.

LOOK FOR—Good fit, good ventilation, good rear head coverage.

SHAPE—choose the style based on your head shape

COLOR—Pick a color that makes you VISIBLE first and foremost, then cool.

Do your homework, research top helmet recommendations before you purchase.

NEXT MEETING of the Safety Committee
September 9, 2 p.m., MCA
All residents encouraged to attend
At the June 11 Emergency Prep meeting, Ed McCrane, the Sarasota County Emergency Operations Management Chief, addressed the group to update them on changes and procedures Sarasota County is implementing for the 2019 hurricane season. One of the most important changes from last year is how the county assists people with special needs during a disaster. There have been some changes, so please take note of what they are if you think any may apply to you.

**Medical Needs Program**

Sarasota County residents with qualifying medical needs are encouraged to apply for registration as a medically-dependent person (MDP). It is important to apply in advance for this program so, if qualified, you will be on the county’s registry for transportation and sheltering at a medically-dependent Evacuation Center during a disaster. Pre-registration helps us to help you when time is limited.

All MDPs must bring a caregiver to the designated medically-dependent Evacuation Center. The caregiver must be able to:

- Assist you with all activities of daily living, including dressing and toileting,
- Lift you to/from toilet and cot and wheelchair as needed.
- Assist you with walking (with or without walker), assist with wheelchair.
- Transport food from cafeteria to you as needed.
- Assist with medication and any treatments as needed.

- Monitor your oxygen usage.
- Provide Evacuation center management with a discharge plan in the event you cannot return to your home.

You are permitted to bring your spouse/significant other and dependents (limited to high school age and younger, living in same household) with you in addition to your caregiver. Many times the caregiver is a spouse/significant other; please be sure he/she can fulfill the caregiver responsibilities outlined above.

Edward McCrane meets with the Emergency Preparedness team to go over any current changes.

Preparation Your Pets Before the Storm Hits

All of Sarasota County’s Evacuation Centers are now pet-friendly, but you must be prepared before you go. Bring a crate for your pet if you plan to stay in a Sarasota County Evacuation Center. If your pet is not accustomed to being confined, acclimate it to the crate before an emergency to help alleviate stress. Don’t put yourself, your family or your pet at risk! You are responsible for planning for your pet. Just as you should prepare an emergency kit for yourself, you should also prepare one for your pet. If an evacuation is called for, take your pet-emergency kit with you wherever you go. The safety and successful evacuation of your family and pets depends on a good plan and being prepared with the proper supplies.

The safety of your family pets depends on you, especially in an emergency. During severe weather or other emergency situations, if it is unsafe for you to stay in your home, it is also unsafe for your pets. Don’t leave your pet behind and don’t use your pet as an excuse not to evacuate.

In order to bring your pet to a shelter you will need to provide proof of an updated license, vaccinations and have your pet in a pet carrier. Pet friendly shelters are usually limited to dogs and cats only.

As pet owners, we have several responsible choices when a hurricane threatens:

1. Keep them with us at home.
2. Take them with us to a pet-friendly motel or public shelter.
3. Board them in a hurricane safe kennel.
4. Take them on a road trip to an out-of-town friend’s of family’s home. If you decide to stay, designate a safe room where pets can go. Preferably one with solid walls and without windows. You’ll need a preparedness kit for each pet.
5. A leash with collar and ID.
6. An animal crate.
7. A two-week supply of food, water and any medications.
8. Towels to dry them off after a walk in the rain.
9. If you have a cat, be sure to bring kitty litter and an appropriate container.
10. Check around NOW for kennels that are hurricane safe. It might be smart to register with them ahead of time providing the latest vaccination and medical information.
11. During the early signs of an approaching storm, make your reservations early because the kennels will fill up fast. The same goes for finding motels that are pet-friendly.
The Meadoword Satisfaction Survey was sent out on May 15 to a total of 3,155 residents through a Constant Contact link. There were a total of 673 respondents and we received a 21% response rate between May 15 and June 3. This was a very good sampling. Results showed the makeup of our residents who responded to be: Seasonal Resident 39%; Full-time Resident 60%; Renter 1%.

To give a point of reference, the 2016 survey that we conducted went to a total of 1,765 addresses from our Constant Contact list, which has grown since then. The MCA received a total of 516 responses for a response rate of 29% of those surveyed.

77% of those surveyed indicated they read The Meadoword for:

- Community news
- Information on activities & upcoming events
- Advertising

74% responded that they typically read every issue.
79% prefer to read The Meadoword in print.

Overall, residents are very pleased with The Meadoword—80% rated the overall quality as good or greater.

- Content 81.5%
- Cover 79%
- Ease of reading 85%
- Stories of Interest 70%

Primary content areas of interest are:

- President’s and Manager’s Messages 76%
- Activities and Events Updates 75%
- Feature Articles 74%
- Integrated Back Calendar 71%
- Committee Chair Articles 67%
- Individual Community Needs 64%

Top answers below when asked the importance of The Meadoword to our residents.

- Provides useful information about the community 92%
- Keeps me updated about the community news 91%
- Strengthens my personal connections to the community 66%
- Helps me find products/services 62%
- I am interested in 58%
- Addresses topics of interest to me 55%

When asked how often our residents prefer to receive The Meadoword:

- 61% Responded at the current frequency (with no issues in June or August)
- 29% Prefer 12 months a year
- 10% Responded every other month

Equally as interesting were the responses when asked what actions have been taken as a result of reading The Meadoword.

- Attended an Event 74%
- Saved an article or issue 60%
- Purchased products or services 54%
- Participated in activities 45%
- Engaged and connected socially 27%
- Met new friends 23%
- Volunteered 14%
- Submitted news or information 10%

for The Meadoword

Subscribe to The Meadoword, keep informed on Community News

The subscription rate for The Meadoword reflects a cost due to recent increases in postage, labor, and materials:

- USA ................. $2.00 per month
- Canada ............... $3.50 per month
- Europe ............... $6.25 per month

Phone: MCA 941-377-2300
Drop by: MCA and fill out a subscription form with payment
Mail: The subscription form in by download from themeadowssarasota.org with payment

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I have years of experience leasing both annual and seasonal properties in the Meadows.
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I pay attention to the details maximizing your investment and minimizing the hassles.

941-954-4443

Shirley Cuddy
“Renting The Meadows for 18 Years”
(941) 321-1549
Our civilization depends on it,” began Bloomberg Businessweek. “When civilization is at stake. So, in January, we held a lunchtime party to celebrate the return of the snowbirds and the beginning of another year of crafting. Thirty-three of us gathered at the Stonewood Grill & Tavern. The food was great, we had fun, but we knew that civilization needs more than just one party. Fortunately, we are already doing just what is needed to address a major problem of our time – social isolation. Social isolation is now considered to be a public health threat carrying a greater risk for premature death than that posed by obesity, smoking or physical inactivity (Public Policy and Aging Report, vol.27,12-30-17, pp.127-130). It seems that we are in the midst of an epidemic of loneliness. AARP® has found that one in three adults older than 45 is lonely. In the UK, they even have a Minister for Loneliness.

We need to get together more. Bloomberg suggests that we need more clubs, sport leagues, interest groups, neighborhood associations, volunteering, parties—all those things that bring face-to-face interactions with other people. It turns out that being with others to have fun, to hear neighborhood news and the latest gossip, to share ideas or to work together on a project is good for you. A meta-analysis cited by the Public Policy and Aging Report showed that greater social connection is associated with a 50 percent reduced risk of early death.

A craft group meeting could be a model of how to forge those social connections that reduce loneliness and increase satisfaction. Small groups are always busy at tables all around the room working on crafts that match their skills and interests. At one table, Helene DiPuma, Harriet Hergenrother, Theresa Dobberstein and Joan Zaroff were ready to add the finishing touches to gilded scallop shell dishes. Each gilded shell needed a jewel or ornament as a focal point, but nothing on the table looked quite right on one silver frosted shell. The group sorted through boxes of ornaments to no avail. “If we keep working, we’ll have to charge $100 for labor,” joked Helene. Then Joan found a large square-cut jewel. Harriet glued a small silver ornament on top of it and a collective “Oooooh” went up from the group. It was perfect.

At another table Jean Cochran, Marie Urso and Ann Kopreski were conducting their own treasure hunt as they searched for shells that would fill the exact outline of a seahorse. It was a little like completing a 3-D jigsaw puzzle, only harder since there was no guarantee that all the necessary pieces would be there. But sharp eyes and creativity prevailed and soon seahorses began to take shape, ready to take their places on beach-themed wall hangings.

Finding the perfect ornament and the perfect shells are small triumphs, but they are among the many that come from working together at the crafts group. There is a sense of achievement when we learn something new, hone our skills and create something people will want to buy at our sale to support local charities. That was one reason Nancy Kelso joined the group this year. She loves new challenges and is willing to tackle anything. She was soon involved in making 3-D cards, but shortly after joining the group, she fell out of a wheelchair at the hospital and broke her right wrist. Confined to the house, she developed a bad case of cabin fever. So as soon as the cast came off, she was back—wielding an X-ACTO® knife to do the precision cutting required to cut out a zigzagging hedgehog shape for an Iris card. Annik Coudert, Char Primer and Marcia Donadio showed her how to cut and fold the strips of paper used to form the hedgehog’s body. Then, the four happily sorted through papers of various colors and patterns until they had found just the right mix for the card. As they chatted together, it was clear that the bonds of friendship had begun to form.

That’s what happens every Wednesday from 9 to 11 a.m. at the craft group. “When I came here in 2016, I spent a lot of time at my condo,” said Theresa Dobberstein. “I joined the craft group in February 2018. I liked the way that no matter what your skill level, they found a job where you could make a contribution and would feel that you were a part of the group. I like chatting together, bouncing around ideas about places to go, restaurants, how to get things done. That’s going on in our lives. Now when I walk, I see people I know from crafts and I have a feeling of community.”

Summer is the perfect time to join the group. You won’t get cabin fever when it’s too hot to be outside. The group is smaller without the seasonal residents, but there will be activities that will engage your mind and an opportunity to make new friends. Best of all you will help to strengthen our community by supporting local charities. It’s the kind of prescription we all like—fun, friendship, stimulation—a prescription for a healthy lifestyle that doesn’t make you eat kale or give up anything you love. If you can glue, we want you.
Bob Donnetti

G. Robert Donetti, better known as Bob, retired from General Motors in April 1990 after 40 years of service. Looking ahead to retirement, he and his wife, Beverly, purchased a home in Chanteclaire in 1986 and joined The Meadows Country Club (TMCC) in 1987. The unit was leased out for two years. Bob and Bev used the unit as “snowbirds” for three years and became full-time residents in 1992. Bob was appointed to the Chanteclaire Board of Directors in 1995 as social director and served two years in that capacity. At that time, most residents were recent retirees and many were members of TMCC. Highlights were the annual dinner-dances at TMCC of retirees and many were members of TMCC. Highlights were the annual dinner-dances at TMCC. Bob and Bev emigrated from Italy, then met and married in Wisconsin. He attended school in Dearborn and Detroit, graduating from Cass Technical High School in 1944. When he took his first draftsman class in eighth grade, he decided he wanted to be a design engineer. He always enjoyed the creativity and challenge of new, changing technologies and working with new and different disciplines, people, and plants all over the United States. He started his career as a draftsman in local engineering shops and in 1950 was hired by Fisher Body Division of General Motors as a Senior Capital Equipment Designer. It was exciting work and Bob said he was never bored.

Bob married Beverly in 1949 and they were together 57 years when breast cancer took her life. Along the way, Bob and Bev adopted two infants, Paul in 1964, and Lisa in 1966. Paul and his wife, Beth, have four children and live in Lake Orion, Michigan. Lisa and her husband, Scott, live in California, between San Francisco and Sonoma Wine Country.

Bob was inducted into the U.S. Army following the Korean War in 1954. He went through basic training at Fort Chaffee, Arkansas, and was assigned to the Redstone Arsenal in Huntsville, Alabama. In 1955, he was transferred to a Construction Engineering Battalion in Kaiserslautern, Germany. He was able to take Bev with him to both Redstone and Kaiserslautern. Most weekends were duty-free so they traveled extensively, even visiting Bob’s parents’ hometowns in Italy and meeting family members. After his honorable discharge in 1956, he returned to his job at the General Motors Technical Center in Warren, Michigan. He progressed as a manufacturing engineer designer through various supervisory positions and in 1964 was promoted to the executive ranks at Fisher Body Division. He found his work fascinating and challenging as the department head in charge of each of the five automobile body manufacturing disciplines: die engineering and stamping, metal fabrication, trim and hardware, cut and sew soft trim, and body assembly.

Today, Bob is still enjoying his retirement and at 91 is very active in our community. He is determined to get back to golfing this year after a wrist surgery last year. Like many people, he has been undergoing therapy for sciatica but it hasn’t slowed him much.

Bob is a methodical, orderly person. His home is spectacular and, looking at his neighborhood, one would expect nothing less. He is a joy to talk with and The Meadows is richer for having Bob Donetti as a resident.
Long-term country club member, Meadows’ resident and Meadows Community Association (MCA) volunteer, Sandy Diaz, passed away April 30. Over 200 friends attended a memorial Celebration of Life service held May 16 at St. Jude Catholic Church in Sarasota.

A longtime friend, John McDermott, gave a beautiful eulogy that reminded us all of the grace, intelligence, humor and passion that Sandy brought to each of her endeavors. Following the celebration of Sandy’s life, a well-attended reception was held at the home of other longtime friends, Alice and Bill Fry. The Fry home was filled with photos, memorabilia and a “rolling screen” video put together by Jerry Wood with pictures of Sandy’s life, her friends and her many travels throughout the world with her husband of 47 years, Francisco.

Sandy met Francisco while teaching in Spain, and it was love at first sight. Ten months later, they were married and subsequently moved to the U.S. Francisco’s career took him to many places in the U.S. and Europe, which tied in so well with Sandy’s love of travel. Wherever they lived, Sandy became very involved in spearheading committees, volunteering and lending leadership, advice and guidance across diverse committee venues.

Upon moving to Sarasota, Sandy continued volunteering at the MCA and The Meadows Country Club. Sandy was an avid reader and obtained her first library card at age six. That passion continued throughout her adult life and enabled her to be the perfect leader of the Book Club.

At the same time, she brought her world travel experiences to bear as Chair of the Activities Committee, bringing world-renowned speakers and functions to the country club. She then brought new and fresh ideas to the MCA’s Community Activities Committee by sharing venues and inviting attendance at her events. Sandy was an avid bridge player, an active tennis player and a Meadows Homeowners’ Association Board member.

Sandy was always gracious, positive, willing to listen to others’ ideas and lead a group to consensus. She brought her plans and ideas for joint participation between the community and the country club, and both organizations are working together today on joint activities as a result of Sandy’s effort. She also was always willing to support the many country club functions her friends were chairing and, most recently, agreed to model for the sold out Women’s Club Fashion Show.

It was only fitting that the recessional hymn at Sandy’s Celebration of Life was Amazing Grace as that is what comes to mind when we speak her name. When friends asked Francisco if there were any words to summarize Sandy’s life, he said, “Sandy loved travel. Sandy loved books. Sandy loved people. Sandy loved Francisco.”

Our lives were made richer for having Sandy as a part of them. Rest in peace, Sandy. We will miss you.
Our patients are part of their owner’s family, and when they get sick, no time is wasted seeking the expertise of a trusted veterinarian. But are you prepared to give the information needed? Pet owners can help by giving valued history, behavior through the day leading up to when their pet became ill, and provide as much candor as is necessary. The health of your pet may depend on it, and can save time, trouble and expense.

Being on the front lines of disease in animals can be exciting and perplexing at the same time. The diagnosis of the problem is the key. Diagnosis requires a proper and careful physical examination. If the answer to the puzzle does not reveal itself with the exam, we must use diagnostic tests to lead us to a correct diagnosis. This process must be followed in each case.

This week, a 50-pound pit bull mix named Buster was presented by a young man. This fellow was very concerned because his furry buddy was acting erratically. He was uncontrollably shaking, opening and closing his eyes and was stumbling around the treatment area of the hospital, nearly falling many times. His caretaker had also noted that Buster vomited at least seven times at home, then again in the lobby upon arriving at the hospital. In fact, a staff member noted a very distinct odor to the vomit. Upon asking the young man whether Buster could have ingested a toxin, he replied that it was likely, since the dog had gone into his brother’s bedroom. Naturally, I had to inquire as to what was in the room. He simply looked down and whispered, “weed.”

The mystery of the distinct odor of the vomit was solved: it was marijuana. As it turned out, Buster had eaten a large quantity of marijuana. Ultimately, this led to the classic neurologic symptoms and the vomiting. He was stoned! I told the young man that Buster would need to be confined so he would not fall and hurt himself. In time, the drug would leave the body and Buster would be back to his normal self.

In this case, the diagnosis was made without any lab work. The physical exam, using noses, eyes and a good history, led to the correct diagnosis. Luckily, this case had a happy ending! “Dogs like eating anything not nailed down, so BEWARE and watch your pets closely!” says Dr. David Smith, VMD—Bay Road Animal Hospital. Keep all medication and potential toxins safely out of reach from your pets.

Dogs like eating anything not nailed down, so BEWARE and watch your pets closely!

On May 25, a flag placement ceremony was held at Sarasota National Cemetery in Patriot Plaza. Those gathered stopped to remember and honor those that have served and fallen. Thank you to all who volunteered.

Patriot Plaza Veteran’s Flag Ceremony
Social Security Scam Calls

I’ve gotten them along with many of our residents. Scammers now prefer the Social Security Administration (SSA) as their cover agency when they try to swindle people over the phone. The phony Internal Revenue Service (IRS) telephone call used to be the scam “du jour.” But now there is a new con going around. The IRS scam has long been a popular choice for scammers pretending to be federal tax representatives to extract money, personal information or both from consumers. But federal authorities say they have seen fraudulent calls from SSA impostors “skyrocket” over the past year, overtaking the fake IRS calls. “In the shady world of government impostors,” the Federal Trade Commission (FTC) said in a report in April, “the SSA scam may be the new IRS scam.”

The IRS scheme is still around, though. Criminals are adapting their approach as the public becomes more aware of the fake income tax calls.

People filed over 76,000 reports about Social Security impostors in the 12 months ending in March, with reported losses of $19 million, according to the FTC, which investigates consumer fraud. About 36,000 of the complaints and $6.7 million of the losses were reported in February and March. By comparison, the agency said, consumers reported $17 million in losses to the IRS scam at its peak, during the 12 months that ended in September 2016. The data comes from the FTC’s Consumer Sentinel Network database, a pool of millions of consumer complaints.

A typical loss for those who reveal their loss to the FTC is about $1,500, the agency said. Federal authorities say they have seen fraudulent calls from SSA impostors “skyrocket” over the past year, overtaking the fake IRS calls. “In the shady world of government impostors,” the Federal Trade Commission (FTC) said in a report in April, “the SSA scam may be the new IRS scam.”

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A typical loss for those who reveal their loss to the FTC is about $1,500, the agency said. However the Sarasota County Sheriff’s Office reported that one of our Meadows’ residents was scammed out of $15,000. Seniors are far more likely to be taken by this scam, probably because Social Security is so important to them.

In some cases, as with the IRS calls, the criminals are quite aggressive and try to scare their targets into action. In one common tactic, the fake callers tell the potential victim that his or her Social Security number has been “suspended” because of suspicious activity or because it has been involved in a crime. The callers may ask their victims to confirm their Social Security numbers. They even say that the victims must withdraw cash from their bank accounts and that the accounts will be frozen if the victims don’t act quickly.

Some people are scared enough that they follow the caller’s orders to withdraw money and put it on a gift card, then give the card’s number to the criminals. Less commonly, the FTC said, people have followed instructions to withdraw cash and convert it into a digital currency, by depositing it into a Bitcoin ATM, where it becomes accessible to the thieves.

How can I tell if a call from a federal agency is legitimate?

In general, if you get an unsolicited phone call asking for detailed financial or personal information, be suspicious and don’t share any information. “The SSA will not contact you out of the blue,” the FTC said. Don’t automatically trust the phone number on your caller ID screen. Criminals may use “spoofing” technology to make the call appear to be from a government number. The best thing to do is hang up. If you’re unsure whether the call was a fake, call the agency directly—using a phone number you’ve checked independently, not one given to you by the caller. The SSA’s main number is 1-800-772-1213.

You should also report fraudulent calls. You can report them to the inspector general by calling the hotline number or going online.

Late Night Phone Calls

Recently, I started receiving phone calls in the middle of the night on my cell phone. My phone is usually turned off overnight, but I noticed on the missed phone call icon that I had begun getting calls from Lithuania after 3 a.m. At first I thought it might be just a wrong number, but I get suspicious about coincidences so I decided to investigate. It turns out these were not a coincidence. It’s another scam. This one uses the victim’s natural curiosity as the bait. The area codes that are being used are three digits like most U.S. area codes. The idea is that you are curious as to who called your phone in the middle of the night and you call back that number. That’s the scam.

The Federal Communications Commission (FCC) is warning consumers about robocallers who ring up targets, then abruptly hang up. Those who call back are connected to a number that charges by the minute. It’s known as a “Wangiri” scam, Japanese for one-ring-and-cut.

“These calls are likely trying to prompt consumers to call the number back, often resulting in per minute toll charges similar to a 900 number,” the FCC said. “Consumers should not call these numbers back.” To the unsuspecting person, the one-ring calls appear to be from someone in the United States, because the phone numbers begin with three digits that resemble American area codes. But the FCC says the scammers are using international numbers, the country codes of which also begin with three digits, making it easier to trick people.

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Flowers for Elizabeth

Bill O'Connor—Meadows Resident

Bill O'Connor has been a Meadows’ resident since 2012. He and his wife Janet will be celebrating their 45th wedding anniversary in August. They have two grown children, daughter Kelly and their son Daniel.

Bill was just 19 when he was drafted into the Army infantry. He received the Bronze Star and Combat Infantry Badge (CIB) during his tour of duty in Vietnam.

Bill went back to Vietnam 10 years ago to a very different landscape. Human acts of kindness often are the most memorable moments in life, this is Bill’s story of his experience.

In 1971 I had to fight in Vietnam, though it was not my first choice. I was given options (although the U.S. Army clearly had its own thoughts of manpower positioning), but too many recruits wanted to spend their year-plus in Hawaii.

So, some had to become infantrymen, go to somewhere like Fort Polk, LA, run often in the sand and get used to the extreme heat. This was important to us (we were told by our less-than-friendly drill instructor) because we had to condition ourselves to a similar environment, because this was something that might come back to me. After all, approximately $625 (which included hazardous duty pay) was blown up.

Ms. Holtzman, my representative from the 16th congressional district of New York, asked me to remain in my chair as she left the room. When she returned a few minutes later, she seemed to have composed herself. She told me that she would do everything she could to get the missing money returned to me. I thanked her, but as I walked back outside it was with a great deal of certainty that I would never see that money anytime soon, if at all.

That day I was at home having a beer when the phone rang. I picked it up and a young woman told me to please return to Ms. Holtzman’s office when it was convenient, she had something for me. I told myself that the money could not possibly be there. Maybe I had forgotten a digit of my service number. Yes, that was probably what she wanted.

I jumped on the bus back to Flatbush Avenue and quickly walked toward her storefront. When I opened the door I saw her, Elizabeth, with a smile on her face. Impossible!

She handed me a check for the total amount, plus, she said, a little extra!

Shaken, I asked to sit down because this was something that was so foreign to me, so out of the ordinary, because the U.S. Army never moved quickly, never gave me an inch. “Hurry up and wait!” was always its motto.

I didn’t know what to say to her, but I think I remember her saying “Thank you” to me!

Before I left, I took the check, put it deep in my pocket in case someone saw me, then took the bus to the Lincoln Savings Bank on Nostrand Avenue, where I could cash it. I brought it home, bought a six-pack of beer for me and gave my mother some money.

I was still in shock, I guess, and it wasn’t until the following morning that I got back on that Church Avenue bus and found a florist on Flatbush Avenue. I walked in, grabbed a dozen red roses I liked, then walked to Elizabeth’s office. I opened the front door with the flowers and asked someone if Ms. Holtzman was working.

She then walked into the open area and I handed her the bouquet and told her I would never forget this day. She smiled broadly and seemed to cry softly, pushing tears away from behind her glasses. She told me she was just doing her job. I never forgot.
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BOB COWLES
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PENDING

- 5568 PIPERS WAITE - Villa with wonderful waterfront views of lake. Front entry patio, white tiled floors, very light, bright, clean and inviting. Fireplace, spacious living/dining and Florida room make for a great open area for entertaining guests. MLS#4430289 $325,000

- 3519 CHANTILLY - CHAMBERY
38/28 Villa, newer appliances, updated bathrooms, with fireplace in living room. Living/Dining has been extended by enclosing lanai. MLS#44436040 $279,900 Call Shirley at - 941-321-1549

- 5678 SANDLEHEATH - Beautiful waterfront setting. Renovated kitchen with white raised panel cabinets and dark granite counters. Tiled entry, kitchen, lanai and baths with real hardwood oak floors in bedrooms and living/dining areas. MLS#4436897 $259,000

- 5659 PIPERS WAITE - Updated inside and out. Awesome water views, private outdoor courtyard to the lakeside glassed in air conditioned lanai this home is inviting. Indoors this unit has newer kitchen with wood cabinets and granite counters, and newer tile throughout. MLS#4436156 $349,900

- 5419 MANATEE AVE - 1/2 ACRE PLUS, WATERFRONT, PROPERTY WILL ACCOMODATE 2 HOMES. DOCK EXTENDS INTO THE MANATEE RIVER. GREAT LOCATION IN DOWNTOWN BRADENTON. MLS#4430935 $499,000 Call KEN at - 941-302-4152

- 3276 BRUNSHELL - 2/2 Villa Offers great space with a large kitchen, laundry room with lots of storage space, an enclosed lanai that functions as a family room, storage shed off carport. MLS#44206012 $156,000 Call Shirley at - 941-321-1549

- 3824 ROKANE - Nice Clean, 28/28 Villa in a great location. Has attached carport parking with extra storage and laundry room. Community has active clubhouse with solar heated pool, shuffleboard and a variety of social activities. MLS#444421777 $233,000

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The Meadoword • JULY 2019

Frank and Vicki Babiarz—4960 Marsh Field Road—Sensational new landscapes…a visual “gift to our community.” Thank you.

Jim and Jann Cutcher—4780 Harvest Bend—New landscaping is “a grand gesture of beauty” for the neighborhood. We appreciate it.


Jim and Jann Cutcher—4780 Harvest Bend—New landscaping is “a grand gesture of beauty” for the neighborhood. We appreciate it.

Lesley and Walter Totten—Chairmen

The Meadows Community Association Proudly Presents the Best!
Best Kept Honorable Mention

President Robert Donetti—Chanteclaire Condo Association—Spectacular landscaping abounds in this complex.

President Kingsley Hallerdin—Pipers Waite Condo Association—Board member Ted Swartzbaugh, collaborates with the “working” Board on new improvements. Paint and lights and address numbers—an inspiration and a wonderful result.

President Cindy Hartley—Somerset Condo Association—Community spirit and teamwork win! Painted pool decks, poolside plantings, 600 bags of mulch and new pygmy palms.

Pamela Roche, 5457 Downham—Beautiful plants selected and planted by homeowners with high standards. Wonderful work.

Ruth Ann Lapine—4737 Greencroft—Major new landscaping beautifies curb appeal for everyone’s enjoyment. Lovely!

Wayne Lenoir—4614 Windsor Park—Sunlight enhances the colorful beauty of excellently landscaped yard. Beautiful!
We are delighted and disheartened to announce that Kirby Rolfe, our Maintenance Foreman, retired on May 31. Kirby was a valued asset to The Meadows Community Association (MCA) team for 15 years. Marilyn Maleckas presented a plaque from the Board to honor Kirby's years of devoted service to the community and thanked him for contributing to The Meadows' beauty through his work. He was moved by the gesture. “I remember when The Meadows was built, never thinking I would ever work there. I’m most proud of being able to contribute to all those who live here, this community is special,” said Kirby.

His love for what he does and his breadth of knowledge was the foundation for a variety of improvements within The Meadows, many of which you may have passed by every day. Examples of Kirby’s contributions include: the structure for our digital sign; doggy stations; the waterfall adjacent to the MCA building; pickleball court shade structure; development of the Memorial Garden; and the multitude of footbridges woven throughout the open areas and walking trails that survived two hurricanes.

“I have learned a lot through the years and have been provided the opportunity to grow here at The Meadows. Most of all, I will miss all the wonderful people I have had the pleasure of working with and the many residents I have met. It’s a beautiful place with a strong sense of community, and a piece of The Meadows will always be with me,” Kirby told The Meadows staff and asked that we pass his sentiments along.

Kirby’s retirement is our loss, but a well-deserved respite for him. We will miss his smile around The Meadows. He already has plans to turn his artistic vision towards his own project list.

The Meadows Community Association thanks you Kirby, for your years of service.
The Meadows Garden Club

Visit to Crowley Gardens in Old Miakka
Geraldine "Jerry" Bernier

If you are planning a new garden, seek a unique plant or tree for your landscaping project or just wish to add an item or two to enhance the existing landscape, please visit the Crowley Nursery & Gardens in historic Old Miakka (or Old Myakka) as 12 Meadows Garden Club members did on May 2. The Crowley family gardens—growing organically for over 25 years—have an abundance of usual, unusual and “very unusual” plants and trees from around the world that will grow in this area. This includes trees, bamboo, butterfly and hummingbird plants, fruit and edible flowering trees, shrubs and vines. A visit is well worth the 25-minute drive, and if nothing else, the opportunity to see and enjoy a delightful step back into “Old Florida.”

Owner Kathy Crowley led us on a captivating and informative tour of the areas designated for each of the offered plantings. Attendees took many pictures of items of interest; I will focus primarily on those that caught my eye.

Beginning with tropical plants we were introduced to beautiful Mahonia, Dwarf Red Ginger (French Kiss), Lobster Claw, Golden Torch, Weeping Bottlebrush that grows only 15 feet tall and blooms year-round and spectacular Birds of Paradise, including a variegated faux bird. Mrs. Crowley informed us that plants such as Birds of Paradise planted in beds develop on a “first year, sleep (develop root system),” “second year, creep (grow)” and “third year, leap (bloom)” basis, so don’t expect new plantings to flower right away. So, why do the “birds” we purchase in pots have flowers? Because the pot spatial restrictions cause the plant to bypass the sleep and creep phases! Plant them into the ground and they will go through the three stages. And a good tip: cut up banana peels to feed your “birds.” They love the calcium.

Also: a splash of drugstore calcium encourages growth and a splash of Epsom salts encourages greening.

The display of fruit trees—patio and garden varieties—was impressive and includes all of the usual citrus with the addition of Fig, Barbados Cherry, Lychee, Mangoes, Persimmon, Loquat, Guava, Papaya, plus exotic edibles like the Saffron Tree, Miracle Fruit, Cashew Apple, Montengin Strawberry, Soursop, Peanut Butter Tree, Blackberry Jam Tree, Black Sapote, Sapodilla, Macadamia, and Garfield Chocolate Pudding Tree. And for anyone wishing to grow edible olives in Florida, Crowley has the Arbequina Olive tree that is the only edible olive tree that will grow here.

In the shrub section we discovered the beautiful Giant Shrimp and Flamingo Plant, varieties that do well in shade; Canna Lilies, Dwarf Firebush, Salvia, Lion’s Tail, Tree of Gold, Aurelia (which looks much like a lush green shrub of parsley, and can be used indoor or out-of-doors). One attendee inquired why her Canna Lilies are not doing well and was told that they probably require everyday watering and no fertilizers.

On our way to the vine section, we were stopped in our tracks by two very rare flowering trees. The flowers of one are used to produce the fragrance of Joy perfume. The other is the Ylang Ylang tree, the flowers of which are used in the fragrance, Chanel #5. The vine section brought some relief from the heat of the day, but also opened our eyes to scores of vine varieties—too many to itemize. I bought a beautiful Allamanda vine with dark magenta flowers. There was one very rare vine that filled one corner of that section and is destined to be removed and planted elsewhere by itself. A Crowley grandson will trim it back before the move and blooming, and the Tubiflora Kohla with lovely yellow flowers. But there were also many varieties of gardenias, jasmine, viburnum, poinciana and powderpuff (pink, white and red).

As we walked, Mrs. Crowley compared plants that they have been given or purchased and those they have propagated and nurtured with Atomic Grow and Harrell’s Organic Fertilizer liquids which they sell. In every instance the nurtured plants and trees were healthier. They sell the two products in liquid form, to be diluted with water and sprayed on trees, edibles, roses, bamboo, vines, shrubs and plants. (Go to www.atomicgrow.net for videos and information.)

Crowley Nursery & Gardens does landscape design, and for $50 and photos of your garden spot, will provide you with a recommended design. These folks have been around for decades and they know what grows well, how to grow it in our area and their prices are reasonable. Give them a call at (941) 322-3015 or visit their gardens at 16423 Jomar Road near Old Miakka. P.S. They also sell delicious honeys from the 4 Bees Herb Farm next door.

The Meadows Garden Club Schedule

(All meetings are held at the MCA Administration Building unless otherwise indicated)
mcagardencub@gmail.com

July-August—NO PROGRAMS SCHEDULED
September 5—Florida Native Plants: Laurel Schiller, Florida Native Plants Nursery & Landscaping, Miakka, FL
November 7—Bromeliads in the Wild & in Landscaping: Dennis Cathcart, Tropiflora Nursery, Sarasota, FL
December 5—Garden Club Members Only “Looking Forward to 2020”
Culture of wine reflects community, says Meadows’ wine guru

Gretchen Cochran

Whether it’s with family, friends, neighbors, partners or expressing ourselves in our communities, social connections influence our well-being. Throughout our lifetime, we learn how to interact with others, hone our social skills and share with others to make those valued connections.

Now scientists are finding that our social health—those links to others—can have powerful effects on our overall health and happiness. Positive social habits build our support systems, strengthen us, keep us active and build healthy relationships. The Meadows facilitates our social health through its many lifestyle offerings.

The story of one of the newest clubs, the Sarasota chapter of the American Wine Society (AWS), is one example. Its first organizational meeting at the MCA was in December, drawing maybe 15 people. But by May 1, Diane Roberts, Waterbridge Down resident, organizer and co-chair, said over 60 people so far have expressed interest.

As it turned out, in her organizing effort, Diane discovered Ray Hartung, another Meadows’ resident, who had been a member of the AWS for 30 years, having held numerous offices including the presidency.

As Ray talks about the role of wine in his seven decades, it is uncanny how his description of many of the sociological principles embedded in The Meadows’ placemaking strategies are equally important in the understanding of wine.

While there is much to learn about wine tradition, it crosses all races and nationalities. But there is no concept of “group think” where people are guided to think alike. Ray learned from a third generation winemaker for one and an agricultural extension agent for another, each bringing entirely different points of view to develop a community of wine enthusiasts.

Likewise, when Meadows’ residents come together reflecting a specific area of interest, they bring broad backgrounds merging to build community.

“Good friends, good wine, good times. It doesn’t get any better than that,” Ray said.

And The Meadows’ Sher’re Shepard says: “We weren’t created to be single individuals, alone. Anything you partake in, you connect with others and hence extend your gifts.”

Ray Hartung, a Meadows resident and member of the AWS for 30 years at the blind wine tasting held at the MCA in May.
The Wife by Meg Wolitzer
Joanne Simons

The Meadows Book Club
August 2019 Book Preview

The Wife is the story of the long and stormy marriage between a world-famous novelist, Joe Castleman, and his wife Joan, and the secret they’ve kept for decades. Important and ambitious, The Wife is a sharp-eyed and compulsively readable story about a woman forced to confront the nature of partnership and the place for an ambitious woman in a man’s world.

“The moment Joan Castleman decides to leave her husband, they are 35,000 feet above the ocean on a flight to Helsinki. Joan’s husband, Joseph, is one of America’s preeminent novelists, about to receive a prestigious international award, and Joan, who has spent 40 years subjugating her own literary talents to fan the flames of his career, has finally decided to stop. From this gripping opening, Meg Wolitzer flash back to Smith College and Greenwich Village in the 1950s and follows the course of the marriage that has brought the couple to this breaking point - one that results in a shocking revelation.” 1

*The Wife is the story of the long and stormy marriage between a world-famous novelist, Joe Castleman, and his wife Joan, and the secret they’ve kept for decades. Important and ambitious, The Wife is a sharp-eyed and compulsively readable story about a woman forced to confront the sacrifices she’s made in order to achieve the life she thought she wanted. ‘A rollicking, perfectly pitched triumph…Wolitzer’s talent for comedy of manners reaches a heady high’ (Los Angeles Times), in this wise and candid look at the choices all men and women make—in marriage, work, and life.” 2

With her skillful storytelling and pitch-perfect observations, Wolitzer invites intriguing questions about the nature of partnership and the precarious position of an ambitious woman in a man’s world.3 In a 2018 interview she described the book as funny and angry in equal measure.

1 https://www.amazon.com/The-Wife-A-Novel/dp/B00XBP7NIS/ref=mm_aud_swath_07_encodin g=UTF8&asid=1553451599&sr=8-1
2 https://www.amazon.com/Wife-Novel-Meg-Wolitzer/dp/1982106360/ref=mm_pap swath_07_encoding=UTF8&qid=1553451599&sr=8-1
Many senior citizens fear the onset of dementia. The term dementia is an overarching term for a group of conditions that impair cognitive skills and social functioning. Although dementia can progress to the point that institutional care is needed, many individuals with dementia live at home and a spouse or other relative becomes the primary caregiver.

In the stories below, Diana Cleland and Valeda Lee describe lovingly caring for their husbands who have dementia. The stories are especially poignant because the husbands were previously a college president and a college professor respectively whose lives were devoted to intellectual pursuits.

Although I knew Diana’s husband, Sherrell, who was a member of The Meadows Memoirs and Life Writing Group, I have had little personal experience with dementia. Yet after reading their stories, I can begin to understand that to lose the ability to think, recognize and remember is heartbreaking for both the afflicted person and for the caregiver.

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**Do You See What I See?**

**Diana D. Cleland**

The doorbell rang and his caregiver came in. Pam is friendly and kind and has been coming for months to support him when I am away for a few hours. Today, he resists getting dressed and instead insists on sitting in the living room in his pajamas listening to his book on tape borrowed from the library. As I get ready to leave for a few hours, he shouts at me, “Diana, why did you let this dog in? You know I hate dogs! He’s sitting in front of you. No dog in the house!”

A bit exasperated I said, “There is no dog in front of you. No dog in the house!”

“Okay, okay,” I say. “Come on, dog, out you go,” talking as I walk to the front door. I open the door and order the dog out. “OK,” I repeat. “The dog is out. Pam is fixing you some breakfast and then please get dressed for the day, OK?” I lean down to give him a kiss and tell him I will return soon. “Who are my visitors?” he asks. “It’s just Pam,” I say. “No, not Pam. Those people sitting on the sofa over there,” he responds. “They are not talking to me. Only looking at me. What do they want?”

“They are just resting for a bit,” I say. “They will go away while you have breakfast.”

Pam returns telling him his eggs are ready and hot. He gets up and walks with her to the kitchen.

As I was leaving, I wondered if he sees these days is a result of the increase in the severity of his macular degeneration or an increase in his dementia. I do not know the answer.

I do know, I do not see what he sees.

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**Losing…**

**Valeda Lee**

For better, for worse….in sickness and in health….” At our wedding 50 plus years ago these words had no realistic meaning or connection to our young and healthy lives. We were going to live happily and healthily ever after.

Enter dementia. My roommate (as I call my hubby, Art) began to show signs a year or so ago—forgetting some events, some people—things I originally attributed to growing older. Heck, I forgot things, too. What did I come into this room for? I noticed a slight occasional tremor in his right hand—could it be Parkinson’s? A visit to our neurologist resulted in no diagnosis of Parkinson’s disease but some cognitive impairment. So, we continue with our lives but with roommate getting progressively disconnected.

Saddest to me so far is the loss of conversation. Throughout our marriage we talked about anything and everything. On long car drives we never even turned the radio on—we talked and laughed while the miles flew by. Not so now. Roomie will answer questions but hardly ever initiates conversation. How I miss our talks. His career included teaching high school math, coaching JV football (assistant) and later head varsity basketball coach. He ended his teaching career as a math instructor at the University of Michigan. He was active, vital and full of zest for living. All that has changed.

He’s lost interest in math, has difficulty following TV shows (partially due to some hearing loss), no longer reads much or does his beloved crossword puzzles, although we still work jigsaw puzzles together. His legs are weak and he gets tired more quickly, so our walks are considerably shorter than before.

On this new journey of ours, each day is a challenge to keep him engaged. Although on most days the dementia is present, every now and then he has “good days” when he’s almost what he used to be. Those are great days. I try to keep the love of my life involved as much as possible so that I don’t lose him more. We watch a lot of sports on TV and I always ask him questions about the plays, the teams, etc. I ask for his help around the house to keep him busy and not just sitting around. He jokes with him: when he can’t remember how to operate the microwave, I “accuse” him of not wanting to do his share of meal preparation, making him laughingly protest. My goals are to keep him feeling capable, needed, useful, involved and not depressed—often easier said than done.

I’m no saint. There are moments when I lose patience. Why can’t he remember something I just told him about this morning? Why does he screw up the TV remote instead of asking me to change the channel? There are moments when I get angry. I am really busy and he asks what’s for lunch, expecting me to fix it when he’s perfectly able to look in the fridge and make himself a sandwich. Of course, I’m full of guilt afterwards but I have to remind myself that I’m human and that impatience and anger are “allowed” occasionally.

Because roomie is content to just stay home, my mission is to get him out of the house daily if possible. I’m always looking for new things that might interest him. We take our chairs to Siesta Key Beach to watch the volleyball games, look at the boats going by, enjoy the gorgeous view and people-watch. We go to the Sarasota Bayfront area to select “our” yacht. We’ll attend some Baltimore Orioles games. We went to the Van Wezel Performing Arts Hall to see a Gladys Knight concert. Even a trip to Publix counts. Movies and plays are out because of his hearing loss, and even though the background noise in some restaurants is a problem, eating out is a nice change to our routine. Our walks in the neighborhood are interesting because he has become afraid of dogs, even though we always had dogs when the kids were young.
The Meadoword • JULY 2019

Meadows • 2019 Rainfall Analysis

Roy Wysnewski

[Data Table]

For more information about Alzheimers or dementia please visit
www.alz.org
www.alzheimers.gov
www.dementiasociety.org

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May 2019 Meadows
Rainfall Analysis

Roy Wysnewski

Discussion: Our annual dry season went out in style. Having received most of May’s average monthly rainfall early during the month, the spigot went dry on the 13th and the next 17 days were “bone” dry! The explanation for this extended period of dry weather is that geographically we were on the south side of a “ring of fire” high pressure system. The system was located over the southeastern United States and this resulted in excessive heat and no rain. Let’s hope the rainy season kicks in on schedule when the high pressure ridge dissipates.

For more information about Alzheimers or dementia please visit
www.alz.org
www.alzheimers.gov
www.dementiasociety.org

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young. So, when a leashed, attack Chihuahua approaches, roomie manages to maneuver me between him and the fearsome beast. This is an improvement. He used to want to cross the street.

This new journey of ours is just beginning. There are more difficult days ahead. I know that I will lose him more and more as time passes. It won’t get any easier but I do believe that God doesn’t give us more than we can handle. And as the Martina McBride song says, “I’m gonna love you through it.” I’m grateful that our four kids are supportive, love their dad and do all they can to help, that our grandkids are learning to include grandpa in conversations even when he doesn’t always make sense, that our friends have remained friends even though he doesn’t appear to be interested in being with them. I have a close friend whose husband has Parkinson’s disease and dementia and I’ve learned so much from her about what to expect and ways to cope. We support each other and we plan to participate in support groups for additional help.

I also realize that in order to take care of him, I have to take care of myself. So, I take “me time” to visit friends, go out to lunch, movies, shopping and the theater. I always leave a note reminding him where I’m going, who with, my cell number and the time I’ll get home so that he can always see it and not have to try to remember. I haven’t done my beloved volunteer activities this year, which I really miss—roomie is my volunteer activity now. And in the words of the old spiritual, “I don’t feel no ways tired. I’ve come too far from where I started from. Nobody told me the road would be easy. I don’t believe He brought me this far to leave me.”

Losing…continued from page 24
Looking back, two of our Chatsworth Greene couples were able to scratch off wonderful trips from their “bucket list!”

**Cathy and Jerry Harrison** cruised southern France, Provence and Burgundy. Jerry’s favorite sighting was the Roman Pont du Gard aqueduct. Amazing engineering! The Roman Arles Amphitheater was equally fascinating and is still used today for concerts. Cathy recommends the entire experience: food, wine, beautiful countryside, medieval town and fun new friends. They enthusiastically recommend it to all.

**Dave Callahan and Susan Shucker** began their river cruise in Amsterdam. They cruised to Arnhem, Antwerp, Ghent, Ypres (Flanders Fields), Belgium and on to Keukenhof Tulip Gardens in Holland.

Seeing the tulips in full bloom was magnificent and definitely a highlight of their trip. Other favorites were the old city of Bruges, the Van Gogh Museum and learning the wonders of Indonesian cuisine. Dave and Susan truly enjoyed this experience.

The summer arrived a little early this year. May brought sizzling heat but also bluer skies, the sun sparkling off the ocean, songbirds and idyllic days of wandering in the beauty of The Meadows. Celebrate the spirit of nature and remember the memories of bygone days!

Have a happy and safe Fourth of July!

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**The Scene from Chatsworth Greene**

*Wherever, whenever, it’s always fun…*

Bonnie Detwiler

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If you will be away from home for more than a weekend...
Please let MEADOWS SAFETY PATROL know how to reach you in case of an emergency.

941-809-0084
The Meadoword • JULY 2019

The Meadoword
•

The Women’s Club (WC) of The Meadows Country Club (TMCC) featured a special lecture by Richard M. Frankel, PhD on April 12.

Peggy Gates, Chairman, welcomed members and their guests to a light afternoon luncheon in the Regency Room.

The lecture was entitled “How to Partner With Your Physician.” Dr. Frankel is a leading authority on doctor-patient communication. He is a professor at Indiana University School of Medicine, the largest undergraduate medical school in the country. He has spent over 40 years researching and training physicians how to humanize medicine to obtain optimal patient results. His lecture was a 101 class on the “hows” and “whys” of new patients’ first interviews with their physician.

He discussed the importance of that initial communication, how to remember to appear friendly, how to prepare and take notes, to remember to appear friendly, of that initial communication, how to humanize medicine to obtain optimal patient results. His lecture was a 101 class on the “hows” and “whys” of new patients’ first interviews with their physician.

He discussed the importance of that initial communication, how to remember to appear friendly, how to prepare and take notes, to remember to appear friendly, of that initial communication, how to humanize medicine to obtain optimal patient results. His lecture was a 101 class on the “hows” and “whys” of new patients’ first interviews with their physician.

The audience was composed of both men and women for this event. A question and answer period followed and there was much participation as models, Evelyn & Arthur, with club members participating as models.

Our mission is creating Sarasota County Disaster Planning Guides are available at the MCA office. Please call the office at 377-2300 for availability.
The Meadows Country Club would like to give a BIG Thanks to Meadows’ resident and artist Laurie Maves for her generosity. Now we have this beautiful mural at the pool! Check out LauriMavesArt.com for art, classes, workshops & art therapy. Laurie has a studio called “The 11th Orange” located at 166 11th Street (11th & Orange Street) in Sarasota. Her phone number is (941) 900-4145. Thanks again, Laurie!!

Thank you, Laurie

The Meadoword

July Pop Facts

1877 The inaugural Wimbledon Tennis Championships began
1884 Dow Jones and Company published its first stock average
1885 Louis Pasteur successfully tested his vaccine on Joseph Meister, a boy who was bitten by a rabid dog
1892 The first concrete-paved street was built in Bellefountaine, OH
1913 Death Valley, CA hits 134° F, highest temp recorded in the US
1914 Babe Ruth made his debut in Major League Baseball
1921 Chicago White Sox players accused of throwing World Series
1928 Sliced bread was sold for the first time, in Chillicothe, MO
1930 Construction of the Hoover Dam began, completed 1935
1939 Lou Gehrig gave his “The luckiest man on the face of the earth” speech and retires from major league baseball
1954 Elvis Presley made his radio debut with That’s All Right
1960 To Kill a Mockingbird was published in the US
1962 Patent issued to Nils Bohlen, for three-point car seatbelt
1962 Telstar, the world’s first communications satellite, was launched into orbit
1962 The first Walmart store opened in Rogers, AK
1963 ZIP codes introduced for U.S. Mail
1965 #1 hit from The Rolling Stones, (I Can’t Get No) Satisfaction
1966 #1 hit song from Frank Sinatra, Strangers In The Night
1972 #1 hit song by Bill Withers, Lean On Me
1972 The first game of the World Chess Championship between Bobby Fischer and Boris Spassky
1985 Back To the Future was released featuring the famous 1981 DeLorean
1997 NASA’s Pathfinder space probe landed on the surface of Mars
2009 #1 hit song from The Black Eyed Peas, I Gotta Feeling
2008 The Apple iPhone 3G was released

24 July Pop Facts
News from The Meadows Country Club

July Events

Golf—Call The Golf Pro Shop for Information 378-5153
July 1—Guest Day
July 3—Mulligans & Martinis, 4:30 p.m. Golf, 5:30 p.m. Cocktails
July 4—Flag Tournament
July 8th – 11th—Course Closed

Tennis—Call The Tennis Pro Shop for Information 378-5265
June 10—Aug 9 Meadows Summer Sports Camp
July 11—Courts & Cocktails, Clinic 4:30 p.m., Cocktails 5:30 p.m.
July 7—Guest Day
July 13—Wimbledon & Whites RR, 9:30 a.m.

Dining & Social—Call for Reservations 378-2135
July 4—Independence Day Celebration
July 12—Monthly Member Social, FVI Patio, 5 p.m.
July 25—Trivia, RR, 5:30 p.m.
July 31—Movie Night, RR, 6:30 p.m.

Fitness Activities—Call for more details 371-6000 x 228
Water Aerobics—Mon & Wed & Fri @ 8:30 (weather permitting, fees apply for Fridays)
Balance class—Fridays 12 p.m. space is limited registration required contact Rebecca at the fitness center for fees and availability
Yoga—Beginner/Relaxed, Mondays @ 4:00; $12-member fee & guest of a member, $17 cash, nonmember fee
Stretch & Tone—Tues & Thurs, 8:45 a.m., free with fitness privileges

Activities in the Dickens Center
Men’s Bridge—Every Tue, 1 p.m.
Mahjong—Every Fri, 9:30 a.m. to noon

ALL DATES AND TIMES ARE SUBJECT TO CHANGE. FOR ADDITIONAL INFORMATION, PLEASE CALL 941-371-6000.

Memorial Day cookout at The Meadows Country Club poolside

Easter Seals & TMCC

Easter Seals and The Meadows Country Club are proud to announce that the 2019 Meadows Cup Golf Tournament raised over $120,000 of which $76,760 went directly to Easter Seals. The Meadows Country club is honored to have hosted this annual golf tournament for the past 23 years and we are looking forward to next year’s Meadows Cup which will be held on April 24, 2020.
Important Information
The MCA building will be closed on all celebrated holidays in 2019.

These are:
INDEPENDENCE DAY
Thursday, July 4
LABOR DAY
Monday, September 2
THANKSGIVING HOLIDAY
Thursday, Nov 28 & Friday, Nov 29
CHRISTMAS HOLIDAY
Tuesday, Dec 24 & Wednesday, Dec 25
NEW YEAR’S HOLIDAY
Tuesday, Dec 31 & Wednesday, Jan 1, 2020

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The fun continues in The Meadows!
Meadows residents are invited to play:
Darts—every Tuesday at 6 p.m.
Centre Court Lounge (The Meadows Country Club)
Ping pong—every Wednesday at 6 p.m.
Centre Court Lounge (The Meadows Country Club)
Bocce/Horseshoes—every Wednesday at 3 p.m.
Lawn located behind the MCA
Cornhole—every Thursday at 3 p.m.
Lawn located behind the MCA
Nine-Ball billiards—every Thursday at 6 p.m.
Centre Court Lounge (The Meadows Country Club)
No charge and no country club membership required.

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OFFERING THE FOLLOWING SPECIALTIES:
Relaxing massage • Deep tissue • Medical • Aromatherapy
Reflexology • Arthrosage • Craniosacral therapy

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NEW LOCATION at The Cosmic Health and Wellness Center
(Entrance faces the parking lot)
The Meadows Shopping Village, 5041 Ringwood Meadow
Bldg G, Sarasota, FL 34235

GIFT CERTIFICATES AVAILABLE
RN 1586602 • MA 20912 • MM 18803

Learn more at doctorbrinda.com
941-956-1220

Harmony Health & Healing

The MCA office will be closed
Thursday, July 4
HAPPY 4TH!
We are committed to providing our Meadows Community with the latest in dental technology.

**SERVICES**

- General & Preventive Dentistry
- Restorative Dentistry
- Cosmetic Dentistry
- Teeth Whitening
- Dental Implants Extractions & Endodontics

**Quality Dental Care From Professionals Who Care**

Call today for an appointment

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4987 Ringwood Meadow
Sarasota, FL 34235

www.meadowsdentalassociates.com

Ivan Zamora, DMD • Todd McCabe, DMD • Mary Porter, DMD
**SERVICE DIRECTORY**

**HANDYMAN**
Expert Handyman of Sarasota .......................... 219-775-5557
EMAIL ........................................ ken@experthandymansfl.com
WEB ........................................ www.experthandymansfl.com

**HOME COMPANION/CAREGIVER**
Caregiving Plus by Gayle .............................. 941-705-4601 (no text)

**HOUSEKEEPING**
- Clean and Shiny Homes ............................ 941-920-4426
  EMAIL ........................................ jo@cleanandshinyhomes.com
  WEB ........................................ www.cleanandshinyhomes.com
- Tania ........................................... 941-256-5983
- Virgie’s Cleaning Service ......................... 941-806-8917
  EMAIL ........................................ virgie1722659@yahoo.com

**LANDSCAPING**
Victoria’s Garden Landscaping ....................... 941-350-2566

**PAINTING**
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  EMAIL ........................................ ken@experthandymansfl.com
  WEB ........................................ www.experthandymansfl.com
- Phil’s Painting .................................. 941-400-1071
  EMAIL ........................................ ptaklonis@aol.com

**PETCARE**
- Sue ................................................ 941-322-9873
  EMAIL ........................................ rufsue@aol.com
- Heavenly Pet Services .............................. 941-777-2606
  EMAIL ........................................ tpuff.dragon@gmail.com
- Debbie’s Loving Petcare ............................ 941-284-5088
  EMAIL ........................................ debbielee134@gmail.com

**TECH SUPPORT**
David Stoltie–The patient Trainer ..................... 941-404-5585
Call A Geek Computer Services ...................... 941-351-7260
EMAIL ........................................ john@call-a-geek.net
WEB ........................................ www.call-a-geek.net

**TRADE SKILLS**
Tile-Tile-Tile ........................................ 941-726-3077
EMAIL .......................................... nhalfacre@tampabay.rr.com
WEB ........................................ ashdo3nflooring.com
FL Window Cleaning & Pressure Washing ............. 941-544-0552
EMAIL .......................................... gabekiss077@gmail.com

**TRANSPORTATION**
Meadows Resident, Experienced and Reliable ........ 941-321-0814
EMAIL .......................................... sarahotel@verizon.net

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**Will YOU or someone you know have special needs this hurricane season?**

- If you have special needs with mobility...
- If you are on oxygen or use electrical medical equipment...
- If you will need medical evacuation and special sheltering...

Don't wait till it's too late!

**Call Today 861-5000**
Register your information with the Sarasota County Emergency Management Special Needs Registry

Pick up a People with Special Needs (PSN) Application at the MCA Community Center or download it at www.themeadowssarasota.org

---

**Electronic Device Training** with Dave Stoltie

**For Meadows Residents**
- Bring your cell phones, laptops, tablets and e-readers (Android and Apple devices)

**Friday, July 5, 2019**
30-minute time slots available*
*1:00 pm, 1:30 pm, 2:00 pm, 2:30 pm, or 3:00 pm

Lakeside Room, MCA Center
RSVP at 941-377-2300 or the MCA front desk
For other services call David Stoltie, The Patient Trainer, 941-404-5585

---

**Phone, Email & Text Alerts**

- Water & Sewer Interruptions
- Missing Persons • Major Traffic Detours
- Weather Warnings issued by the National Weather Service

Available free at www.scgov.net—click the CodeRED registration under Emergency Services and enter your first and last name, physical address, and primary telephone numbers.

For more info, call the Sarasota County Contact Center at 941-861-5000 to ask about CodeRED registration.

---

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Meadows Resident, Experienced and Reliable ........ 941-321-0814
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The Meadoword • JULY 2019

J. Rocco’s Salon
Formerly From New York

Want a new LOOK? We can make it happen ...

• Hair Care • Low-Lights
• Color • Manicure / Pedicure • Gift Certificates Available
• Highlights • Waxing • Brow & Lash Tinting

Call us today • 941-953-5299
935 N. Beneva Rd. (Sarasota Commons) 941-953-5299

Happy 4th

J. Rocco’s Salon
Formerly From New York

Want a new LOOK? We can make it happen ...

• Hair Care • Low-Lights
• Color • Manicure / Pedicure • Gift Certificates Available
• Highlights • Waxing • Brow & Lash Tinting

Call us today • 941-953-5299
935 N. Beneva Rd. (Sarasota Commons) 941-953-5299

An Old-Fashioned 4TH OF JULY

BBQ & Patriotic Concert
by The Meadows Summer Chorus
Thursday, July 4th
5:30 pm - BBQ Dinner*
6:30 pm - Concert

*Tickets for BBQ are $10/person
Tickets may be purchased at Saint James UMC
2049 N. Honore Ave
Sarasota, FL 34235
941-377-6180

Tampa Bay Rays Baseball
Senior Discount Day

Tampa Bay Rays
vs.
Toronto Blue Jays
Wednesday, August 7

Game Starts: 1:10 pm
Tickets sold at MCA Office, 2004 Longmeadow
Monday–Friday, 8 a.m.–3 p.m.
Deadline: Wednesday, July 31
Cash or Check Only ($10 returned check fee)
Senior Admission (60+): $15 (ID required at stadium)
Regular Admission: $35

Tampa Bay Rays Baseball
Senior Discount Day

The Meadowords Hub of Sarasota
A great place to reside. I know, I live here.
The Meadows consists of 12 single family houses priced from $249,000 to $675,000 and 39 Villas, Townhomes, & Garden Homes priced from $92,900 to $485,000. There is a home for everyone. I also help Buyers and Sellers in areas of Sarasota down to Palmer Ranch & on the Keys. Call 941-266-2512

Resales May 2019 & May 2018 Meadows & Sarasota County

<table>
<thead>
<tr>
<th></th>
<th>THE MEADOWS</th>
<th>SARASOTA CNTY</th>
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<tbody>
<tr>
<td>Sales 2019 &amp; 2018</td>
<td>$268,200</td>
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<tr>
<td>Median Sale Price</td>
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<td>Condominium Sales</td>
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<td>House Sales</td>
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<td>Listing Supply Feb</td>
<td>$348,000</td>
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</tbody>
</table>

Dick Plumb, 21 years Realtor and Resident specializing in The Meadows.
Call Direct 941-266-2512
SarasotaHomes@DickPlumb.com

Marcia McLaughlin
HOMES IN PARADISE
BEAUTIFULLY UPDATED 3/2 TOWNHOME IN THE MEADOWS!
MLS#944370895 • $339,000

Brick paver courtyard. Fabulous porcelain plank wood flooring, high ceilings, updated kitchen with newer wood cabinets, granite countertops and stainless steel appliances. Updated master bath with custom cabinets and granite. Walking distance to community pool. Live the active Meadows lifestyle!

THINKING OF SELLING?
I have qualified buyers looking for property throughout Sarasota.
One of Florida’s Top RE/MAX Agents • Five Star “Best in Client Satisfaction” • Former Sarasota Association of Realtors Humanitarian of the Year • Mega-Million Dollar Collector • Lifetime Achievement Award • Platinum Award • RE/MAX Hall of Fame Specialist in Country Club & Waterfront Properties.
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Each office independently owned and operated.
The Meadoword • JULY 2019

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ONE FREE SESSION (60 min)

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Professional Driver–6,000 Uber Rides
1,000 Tampa Rides–ZERO Accidents
Competitive Rates

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1,000 Tampa Rides–ZERO Accidents

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Personal Trainer, LMT
Neuromuscular, Hot Stones, Deep Tissue, Pregnancy
Relaxation, Faciltated Massage
Chronic Pain Management
5049 Ridgewood Meadow
Meadows Shopping Village
Sarasota, FL 34235
Cell: 941-351-9879 • Cell: 941-325-1004
sharon.cosner@yahoo.com
www.universitymassagewellness.com

 PET GROOMING SALON
 Small & Large dogs
 Walk in Nail-Trim
 Family Owned/Operated
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The SUDSY PUP

SAINT JAMES UMC
2049 N. Honore Ave, Sarasota, FL 34235
Worship 10:00 am Sunday
Worship 6:30 pm Wednesday
Small Groups meet Sun/Wed/Thurs
www.saintjamesumc.org 941-377-6180

The Meadoword
Published by the Meadows Community Association
to Provide Information and Education for Meadows Residents

For just $45.00 a month, your business card ad can reach more than 4,000 readers

BIZ Directory

Deadline** for the 2019 September issue

Display Advertising
contact The Meadoword Marketing Department at marketing@meadowsca.com

New and revised display ads and payments, MON, AUG 5

- CR display ads, MON, AUG 5
- Editorial Content—contact The Meadoword Editor
- MCA columns, MON, AUG 5
- Articles & Announcements, MON, AUG 5

Classified Ads—contact the MCA Reception Desk
- Classifieds, MON, AUG 5

** NOTE: Deadlines may be adjusted as necessary to accommodate production and press requirements for holidays and extenuating circumstances.

Marianne Menchinger
Custom Painting Inc.
Licensed & Insured

228-8034
Interior • Exterior • Residential • Commercial
Garage Floors • Drive Ways • Pool Decks

For other fireworks displays visit: www.escape-to-sarasota.com/sarasota-fourth-of-july.html

Sarasota Bay July 4th Fireworks
Thu, July 4, 9 pm
Bayfront Park
5 Bayfront Dr, Sarasota, FL

4th of July Fireworks Spectacular at Marina Jack
Thu, July 4, 10 pm – Fri, July 5, 3 am
Marina Jack
2 Marina Plaza, Sarasota, FL

JULY 3

Fireworks on the Lake Party
Wed, July 3, 4 – 10 pm
Nathan Benderson Park
5851 Nathan Benderson Circle,
Sarasota, FL

Bradenton Marauders Baseball & Fireworks
Wed, July 3, 6:30 pm
Lecorn Park
1611 9th Street West, Bradenton, FL

JULY 4
FOR RENT

VILLAGE LAKES CONDO, 2BR/2BA, 2nd floor, no smoking/no pets, exceptional pool. Available April 2019 through December 2019. Call 616-403-8108 or email gkrollo3@yahoo.com

WINSLOW BEACON TO RENT: 2BR/2BA, 2nd floor, excellent and tastefully furnished and decorated, many upgrades, 2 TVs, cable/Internet, lanai on pool with blinds and fan. Freshly painted, very clean. Monthly or Seasonal. By owner. Email Achim_Albert@T-online.de

Vacation Rental, Lakewood Ranch, 2B/2W, w/den, luxury condo, fully furnished, garage, washer and dryer, first floor, gated community, club house, pool, jacuzzi, fitness center. Off season, includes all utilities. Call Bill @ 941-915-9212

FOR RENT


2813 Taywood ground floor corner 2b/2b. WD, pool, golf course, lake view. Walk to restaurants and shopping. Available 07/1/19 to 12/1/2019 $1700 month includes utilities. Furnished. No smoking or pets please 941-545-7460

Willow Links Condo. 2 BR/2BA, 2nd floor, glassed in lanai, lovely water view, updated kitchen, close to village. Incl W/D. Monthly rental as of August 1, 2019. 508-241-0233, or gpperetz1@gmail.com

Classified Ads are due
MONDAY, AUGUST 5
for the Sept 2019
issue of The Meadoword

For more information, call the MCA Office, 377-2300 or email mcaaccounting@meadowsca.com

ITEMS FOR SALE

EZ-Go golf cart with charger and lots of extras, 2 owners, all papers $1,400.00 941-379-9691

WANTED

Looking for longterm annual lease. Unfurnished, 2/2 or 3/2. Live in Heronmere I for last 20 years….owner selling. Karen R. Thomas, RN Home # (941) 706-1917 Cell # (941) 350-0296. Look forward to meeting you!

Condo for 1-3 month, Jan/Feb/March. Very flexible. No pets, Non-Smokers, 2 people. Call 330-233-0367

Are you interested in being a Meadows Volunteer Writer or Photographer?

*If you leave home for more than a weekend, Meadows Safety Patrol 809-0084 and let them know how to reach you in case of an emergency Safe Travels!*

Contact Tia Calomeris – Director, Marketing and Communications at The Meadows 377-2300 ext 230 or marketing@meadowsca.com

**The Meadows Memorial Garden**

with its serene, natural setting...

is the perfect place to memorialize your loved ones

Any Meadows’ resident, past or present, can have an engraved, granite plaque placed on the Memorial Wall

To find out more about the Garden or to order a plaque, contact The Meadows Community Association, 941.377.2300, or email mca@meadowsca.com
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tr>
<td>MAHJONG 9 am</td>
<td>WATER AEROBICS 8:00 am (S)</td>
<td>MAHJONG 9 am</td>
<td>WATER AEROBICS 8:00 am (S)</td>
<td>MAHJONG 9 am</td>
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<td>MAHJONG 9 am</td>
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<tr>
<td>BEGINNER/RELAXED YOGA 8 am (S)</td>
<td>WATER AEROBICS 11:30 am (S)</td>
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<tr>
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<td>MEN'S BRIDGE 1 pm (S)</td>
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**The Meadows Community Events**

**JULY 2019**

No Membership Rqrd, MCA Office, 2004 Longmeadow

No Membership Rqrd, Centre Court Lounge, 3100 Longmeadow

No Membership Rqrd, Clubhouse, 3101 Longmeadow

No Membership Rqrd, Country Club Pool, 3100 Longmeadow

Membership Rqrd, Dickens Fitness Center, 3400 Longmeadow

MCA=Meadows Community Association, 941-377-2300

TMCC=The Meadows Country Club, 941-371-6000

(P)=Payment Rqrd  (RP)=RSVP & Payment Rqrd  (S) = Sign-up Rqrd