

Meadoword

The Meadows Community News and Lifestyle

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Healthy Living

Photos by Sue Lytle

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WHY THE COUNTRY CLUB IS IMPORTANT TO THE MEADOWS



Bob Clark — MCA Board President

Beautiful green space, community standards and the people who live here have made the Meadows a great place to live.

About five years ago the country club was facing a financial crisis that threatened its existence. There were several possible outcomes to this situation including the purchase by a developer. A request by one of the developers for 562 dwelling units as part of a purchase agreement left little doubt as to the intentions of any purchase by a developer.

When all of the offers from the developers were withdrawn so that the land could be purchased out of a possible bankruptcy, the MCA Board knew that some other solution had to be found. The members of the Board met with hundreds and hundreds of residents of The Meadows, the vast majority of whom sent a uniform and strong message, “save the green space.”

As a result of these meetings the board did what it was asked to do. Through the leadership of successive Board Presidents **Claire Coyle, Marilyn Maleckas** and **Jan Lazar**, a plan was formulated to purchase the assets of the country club. This placed the control of the green space in the hands of the MCA Board fulfilling the desire expressed by the community.

This action also allowed the country club to chart a path to profitability and contribute to the overall financial stability of the community. Since the purchase of its assets, the country club has contributed millions of dollars by paying taxes, insurance, assessments and upkeep of the green space. Without the club’s contribution, all of this money would have had to come from the MCA, meaning out of the residents pockets.

So where are we today? There is strong statistical evidence that homes in communities that had a failed country club lost 20 to 30 percent of their property value. By contrast, since the preservation of the green space, property values in the Meadows have soared. We are living in one of the most desirable locations in Sarasota and new home buyers often credit our abundant green space as a significant reason to buy a home here.

Since its reorganization, the country club managed a turnaround and today is a profitable operation which will continue to contribute to the stability of The Meadows in the future. It has also extended its reach into the community through the Renaissance Access Program which has made facilities such as the swimming pool, the fitness facility, dining, golfing, and many other programs available to our residents.

Beautiful green space, community standards and the people who live here have made The Meadows a great place to live. Recently, many houses for sale have stayed on the market for only a few days and the real estate values are strong and stable.

And to all of our residents who volunteer their time on Meadows committees and as officers and board members in their own HOA’s or Condo associations, I salute you for taking on the not always easy task of leadership. Volunteers and our own fantastic MCA staff help make for an great future for all of us who live here.

Thank You.

TOM BONDUR JOINS THE MCA BOARD OF DIRECTORS



The Meadows since 2017. His

family has lived in the Sarasota area for over 25 years. He is a veteran application developer, product manager, technical writer, and trainer. He is a published author/editor of multiple books and articles on

database administration and Java/SQL programming. Tom has served as a volunteer on the Maintenance, Standards, and Long-Range Planning Committees. Special projects include working on the 2022 resident survey and compiling

an infrastructure catalog with inspection notes for tracking maintenance tasks. For Tom’s full bio, visit themeadowssarasota.org/leadership/ Welcome to the board, Tom!

Board member Susan Gaynor resigned from the Board of Directors. The Board of Directors, in accordance with the MCA Articles of Incorporation, has appointed Tom Bondur to serve the balance of Susan’s term which expires at the close of the 2024 Annual Meeting.

HEALTH lives in the heart of our COMMUNITY



Frances Rippondi — MCA General Manager

Mayo Clinic reports that staying social can stave off loneliness, sharpen your memory and increase your happiness.

MARK YOUR CALENDARS FOR THESE EXCITING EVENTS. MORE DETAILS ON PAGE 12. SIGN UP FOR EMAIL UPDATES ON COMMUNITY NEWS & NEWLY RELEASED EVENTS.

The new Meadows Community Lifestyle and Wellness Facility is located at the heart of the community where activity and lifestyle are abundant. Nestled in between the Centre Court Lounge and the Highlands Pro Shop and across Longmeadow from the The Meadows Country Club makes this centralized hub of activity essential to the health of our community. If you want to be involved in your community, socialize or become physically fit, The Meadows Community Lifestyle and Wellness Facility and The Meadows Country Club are great places to start.

The Meadows Community Lifestyle and Wellness Facility

With over 14,000 sq. ft (under truss) our new building is designed to serve both your social and physical needs. The social side of our facility is home to over 6,900+/- sq. ft. offering a variety of multi-functional rooms with retractable walls that can accommodate both large and small homeowners & condominium associations, Board and committee meetings. These meetings are the life blood of the community that keep The Meadows functioning according to state and community regulations.

Be Involved and Stay Engaged

Being involved in your community keeps your brain active and your mind sharp while making a difference. Engaging in community activities and social interaction is also key to your overall well-being. Mayo Clinic reports that staying social can stave off loneliness, sharpen your memory and increase your happiness. Therefore, if your spirit needs sparking, attend one of our upcoming events in our new social hall, The Nest. Engage and learn at our 2022 Health & Wellness Fair, participate in the intrigue, mystery and enchantment at our

.....

INTERACTIVE

Health FAIR





MCA HALLOWEEN
Masquerade Ball



THE MCA
Shoppportunity



.....

upcoming Halloween Masquerade Ball, and purchase gifts at the MCA Shoppportunity Extravaganza, or celebrate at our Emerald City Holiday Event (see details on page 12.) We look forward seeing you there!

If you're looking to stay in shape, you don't have to look too far as our new fitness center is conveniently located in the lifestyle and wellness building. A generous 5,800 sq. ft. +/- of workout opportunity awaits you. The Meadows Country Club leases the fitness center from The Meadows and the Country Club runs the fitness operations. With their expertise in physical fitness, training and instruction who could be better to oversee The Meadows fitness programs? So, no more excuses. Choose from cardio, weights, muscle activation, activated isolated stretching or classes but whatever you decide, The Meadows Country Club fitness team is there for you. If your desire

is to relax (which can be equally as healthy as a strenuous workout), the new massage room will provide the perfect setting to relax and rejuvenate your soul.

The Meadows Country Club (TMCC)

Less is not always more. If you want even more recreational and social opportunities, join the Club. The Club offers three fun and challenging golf courses for you to master your skills. Having three golf courses spanning 330 acres makes golfing more than just a game to us. This green footprint that winds through The Meadows provides picturesque views, beautiful open space, and is home to a variety of wildlife, reminding us why the preservation of this green space is so important. We all benefit from the beauty.

While golf is the prevailing sport at the Club, it's far from the only thing to do. Tennis anyone? Having 17 Har-Tru courts makes The Meadows tennis complex outshine its local competition. Where else can you play surrounded by mature trees that provide relief from the hot summer sun? If you're still hot after a round of tennis, the junior-sized Olympic pool is right there to cool you off.

In addition to golfing, tennis, fitness and swimming there is something we all like to do — dine and socialize. Enjoy chef's weekly specials, mix and mingle at the club's social events or enjoy live music and dancing. It's not all about the game, it's about having fun too.

Together the MCA and the TMCC offer the perfect platform for a vibrant and active lifestyle. The Meadows is a golf course community, designed and delivered by Frank Taylor, whose intent was to have an active lifestyle for all. Today, more than ever, he would be proud of the changes that support his vision.

Standards Contribute to a Healthy Meadows

A NATURAL ENVIRONMENT HELPS ALL OF US TO RELAX



.....
The original developers of The Meadows knew the importance of maintaining the balance between development and nature, so they established rules to preserve the natural beauty of the area.

Bob Clark — Standards Committee

The pandemic highlighted how important it is to get out of the house and enjoy the trees and green space we have in the Meadows. A recent European study found that even people who live on tree lined streets feel better about themselves both physically and mentally. Research has consistently found that people who are more connected to nature usually feel happier in life.

Many individuals who move to The Meadows cite the green space and trees as an important factor in their choice to live here. I know as I drive into the Meadows it is impossible to ignore the beautiful setting that has been preserved for us to enjoy.

The original developers of The Meadows knew the importance of maintaining the balance between development and nature, so they established rules to preserve the natural beauty of the area. Those rules have evolved into the standards that we follow today. These standards are administered by residents who have volunteered to serve on the Standards Committee.

Part of this process requires that any tree that is removed in The Meadows first be approved through the submission of a request for Architectural Review. If the removal is approved, it is required that a new tree be planted for every tree removed. This assures that future residents of The Meadows will have the pleasure of living in the tree healthy environment that we enjoy today.

Our individual lawns and landscaping are also part of this healthy green environment that we all enjoy. That is why it is important that we each do what we can to see that our lawns and landscaping have a positive effect on our community and neighborhoods. The Best Kept Committee selects particularly outstanding homes and associations for recognition several times a year.

A hearty thank you to all of our residents who do such a splendid job of maintaining their properties that contributes to the beauty of The Meadows. And as always, thank you to our volunteers and hard working staff for all that they do to keep this a premiere place to live in Sarasota.

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Architectural Review

July Approved Architectural Reviews

4725 Greencroft Rd
3017 Rosemead
4752 Ringwood Meadow
5070 Vivienda Way
4769 Harvest Bend
3529 Trebor Ln
4770 Ringwood Meadow
Oakley Greene Condo Assn

Hadfield Greene Condo Assn
2993 Heather Bow
3417 Highlands Bridge Rd
Long Common Condo Assn
4779 Ringwood Meadow
4948 Taywater Dell
4948 Taywater Dell
4959 Greencroft Rd

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This Summer's HEALTH Challenge:

THE HEAT

RAINFALL & TEMPERATURE DATA		
	June	July
Rainfall for month:	9.0 in.	10.5 in.
Rainfall year-to-date:	19.8 in.	30.3 in.
23 yr. monthly rainfall average:	8.8 in.	8.2 in.
Average high temperature:	93.4 F (normal: 91.0 F)	94.7 (normal: 92.0 F)
Above normal temperature days:	24	28
Record high temperature days:	7	9

Roy Wysnewski — Meadow's Weather/Hurricane Analysis: June & July 2022 Report

Weather Summary

Maintaining our good HEALTH during this summer's record heat has been challenging, to say the least! While we avoided the 100 F + temperatures that many in the nation faced, the high moisture content in the atmosphere made our mid to high nineties feel like 110 F+ — dangerous heat indices! Florida now has a yearly average of twenty-five life-threatening 'heat days' with a heat index of 105 degrees. Scientists at Climate Central project that there will be 130 such days each year by 2050!

The record high daytime temperatures in June and July were accompanied by above normal rainfall, assuring a good start to the five-month 2022 'rainy season.' The explanation

for this is that for each degree (F) rise in temperature, there is a corresponding 7% increase in atmospheric water vapor. Also, on a positive note, year-to-date rainfall totals exceed expectations

Rainfall Analysis

As reported in the June Meadoword column, the rainy season began early this year when rainfall was above normal in both April and May. Once the official season began on June 1st, the April-May pattern persisted resulting in four consecutive months (April-July) of above normal rainfall. This continues to be good news for our lawns and lakes.

Although no rainfall records were broken during June and July, several abnormalities were observed. The first had to do with a general sense that it rained every day in July. That certainly

is understandable because there were nineteen days when rainfall was recorded — that is abnormal — fifteen days is normal. The second abnormality relates to July's rainfall distribution across Sarasota County in which it varied significantly between The Meadows (10.5 inches) and the Sarasota-Bradenton International Airport (5.8 inches). During the rainy season, the Meadow's rainfall typically exceeds that at the airport – but rarely to this extent.

Temperature Analysis

Just how many daytime temperature records were broken in June and July? Sixteen! Records started falling in mid-June when they fell for six consecutive days. Then, beginning on July 18th, they fell for seven consecutive days. That is unprecedented! When all the monthly data is in, July 2022 will likely be the warmest on record.

Other temperature statistics included: 1) Monthly daytime temperatures averaged 4 degrees above normal in both June and July; and 2) There were fifty-two above normal temperature-days.

Monthly rainfall and temperature data are presented in the two graphs below.

Hurricane Season Analysis

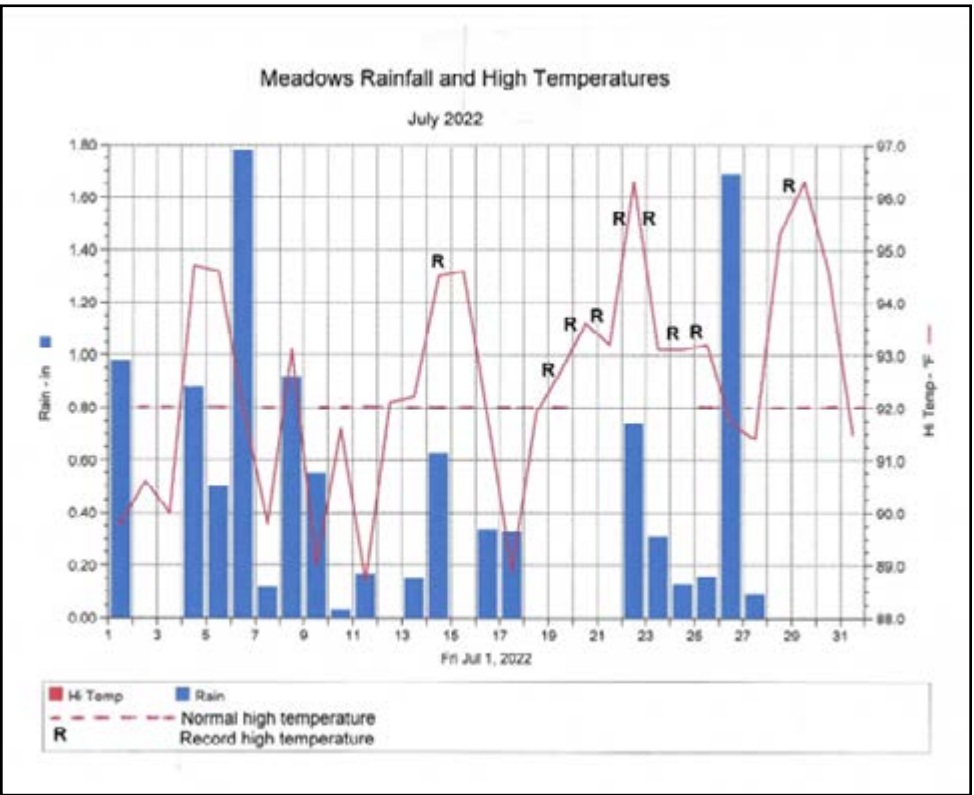
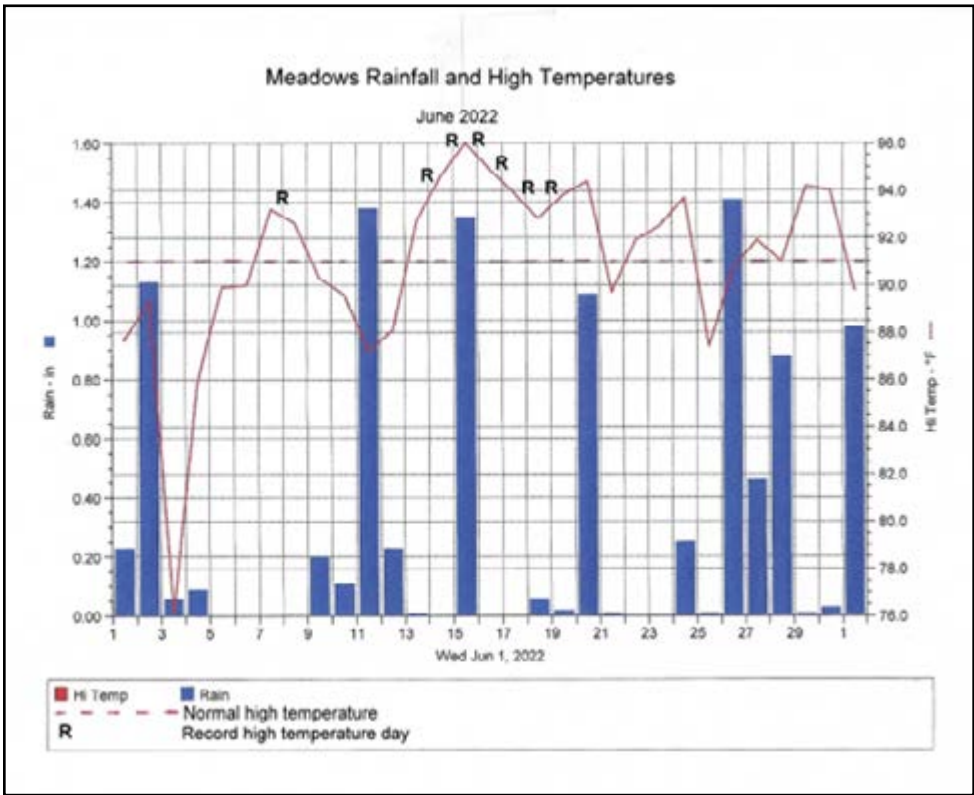
The 2022 hurricane season is off to a slow start. Based on historical

records, a few Atlantic Ocean hurricanes begin forming in June and July, then formation gets into high gear by mid-August. And it is not until September and October that Southwest Florida gets in the act. The slow start this year is attributed primarily to a persistent stream of high-level Saharan dust that inhibits tropical storm development. The dust which exits Africa's west coast and extends westward to the Gulf of Mexico has been in play throughout June and July.

To date, tropical activity has been limited to three short-lived tropical storms, none of which had any impact on Florida: Alex (early June) and Bonnie & Colin (early July).

Historically, the Gulf of Mexico has been the 'incubator' for numerous late summer-early fall tropical storms and hurricanes. Based on National Weather Service records, near-surface Gulf water temperatures at Sarasota were above normal most days in both June and July. The differences were as much as 4 to 6 degrees F on many days in July! Acknowledging these alarming statistics, residents should remain extra vigilant for the next three months.

Send comments and questions about this month's report to: roywys9@gmail.com.



MEADOWS NEIGHBOR HELPING TO FIGHT RED TIDE

Dick Bragaw — Water and Wildlife Committee

The Meadows is home to many prominent, interesting people with diverse backgrounds, and among them is **Sandy Gilbert**. Sandy and his wife, **Emmy Lou**, retired to Longboat Key in 2000,



and moved to Chanteclair here in The Meadows three years ago. A Cornell University graduate with a BA in Economics, his career spanned 35 years on the advertising side of the publishing business, with executive positions at TIME and Smithsonian Magazines.

When he went sailing on Sarasota Bay one day in 2005, Sandy had his first experience with a red tide bloom and its staggering odor. His inquiries about the troubling phenomenon led him to **Ed Chiles**, son of former Florida governor **Lawton Chiles**, proprietor of the Chiles Restaurant Group, and the acting President of START, an acronym for Solutions To Avoid Red Tide. Sandy joined START and has been with the organization ever since, serving as its CEO since 2008.

START's mission is to work to reduce the excess nutrients in our waterways that feed red tide and other Harmful Algal Blooms (HABs). It does this in three ways:

1. By informing the public through presentations, a website and a monthly e-newsletter on how we can reduce the nutrient footprint in our waterways;
2. By coordinating with state and local policymakers to promote

- programs and legislation that improve the water quality of our coastal waters; and
3. By developing projects that reduce the excess nutrients flowing into the Sarasota Bay watershed.

Some years ago, START and local scientists recognized that oysters play a critical role in improving water quality by filtering algae



from the water column. One mature oyster can filter from 9 to 50 gallons of seawater every day, helping to remove nitrogen and phosphorus that can feed red tide. Back in the 1800s, the Manatee River was called the Oyster River because of the many oyster reefs lining its shores. Unfortunately, these vital mollusks had almost disappeared from the Sarasota Bay area.

Under Sandy's leadership, START implemented an oyster recycling and renewal program, saving discarded oyster shells from restaurant diners to put back in the Bay, creating the structure for new oyster reefs to develop and grow. Eight Manatee County restaurants are now participating in this "Shuck 'N Save" program.

START also helps fund the Sarasota Bay Watch's clam seeding program. Like oysters, the clams' presence in our waters has been decimated by urban growth and declining water quality. Clams can filter from 8 to 12 gallons of seawater every day. Since the initial seeding project with the Sarasota Bay Watch in 2016, over a million clams have been seeded into the Bay. With extra funding this year, START will help support the seeding of another one million clams throughout the Bay.

Another important tool START uses to help improve the quality of our waterways is the introduction of microforests

to replace grass turf where land meets water bodies. Used extensively in Europe and Asia for more effective erosion control, microforests are small half-acre areas of tightly planted trees, shrubs and herbaceous plants that help control stormwater, filter out excess nutrients, provide habitat for wildlife displaced by urbanization, and sequester carbon as a hedge against climate change. START has initiated microforest techniques in Sarasota County at the Celery Fields, the Stoneybrook community in Palmer Ranch, the Venice Audubon Society's bird rookery, with a fourth in Ellenton near the outlet mall. Currently, the MCA is studying the possibility of installing a microforest

demonstration project in The Meadows.

Despite these and other important efforts to help improve the water quality in Sarasota Bay, continued population growth and urbanization have doubled the amount of nitrogen in the Bay since 2000. Recognizing that 65% of the added nitrogen is coming from stormwater runoff, START created a program in 2020, with funding from the Gulf Coast Community Foundation, to help local communities with grants to reduce bank erosion and fertilizer runoff that contributes to nitrogen loading downstream and into Sarasota Bay.

Many Meadows residents first became aware of START last year when it gave our Water and Wildlife Committee (WWC) a \$1,000 grant from its pond program to help cover the cost of planting aquatic plants on the littoral shelves in several of our ponds. START has recognized the importance of reducing nutrient flow out of our freshwater ponds to reduce the potential fueling of red tide in Sarasota Bay and coastal waters.

This year, Sandy and START are leading a new Healthy Pond Collaborative funded by a substantial grant from the Barancik Foundation contributing \$1,400 to advance the MCA's pond planting initiative. Aquatic planting has been a major activity for the WWC. In fact, Sandy was so impressed with the exemplary pond enhancement work of the WWC that he has joined the committee to help continue its great mission. "The WWC has been a community leader in enhancing our ponds to reduce nutrient outflow into our watershed, and as a Meadows resident I'm proud to serve as a member of this vital committee."

Sandy and Emmy Lou have found The Meadows to be a welcoming community. They like the size of the grounds, its convenient location to town and the University Town Center, and our dedication to preserving our natural areas and open space.



The man many Meadows residents may know only as “the guy in the boat” is retiring after more than 20 years tending our 85 ponds and nearly 25 miles of shoreline. **Al Semago** and his wife Suzanne have sold their business, Sunwest Waterway Management, Inc., Palmetto, to **Gil** and **Charisse Wilson**, who will take over management of our ponds and other water features.

“We have been very fortunate to be able to rely on Al Semago’s depth of knowledge in aquatic systems along with his historical knowledge of the conditions and diversity of our ponds and how they have changed over the years,” says MCA General Manager **Frances Rippcondi**. “Our working relationship created an open dialogue to establish a pond maintenance program that includes introduction of beneficial aquatic vegetation that filters excess nutrients out of the water and reduces the amount of chemicals needed to control algae in our ponds,” she adds.

Semago noticed a heightened emphasis on environmental quality at the MCA shortly after Rippcondi became general manager and Meadows resident **Dr. Robert Hueter** led the creation of an active Water and Wildlife Committee (WWC). Semago has served as an ex officio member of the Committee that includes Hueter, Rippcondi, MCA Board Liaison **Mark Pienkos**, eight other resident members, and Mollie Holland, environmental manager with Sarasota County. Semago has graciously agreed to continue attending WWC meetings and advising the group for the time being, along with Gil Wilson as a new committee member.

One of Semago’s key contributions to the WWC has been using his boat to collect monthly water samples to assist our participation in the

Florida LAKEWATCH program. This program monitors water depth and clarity and levels of nitrogen, phosphorus, and chlorophyll levels within selected ponds as a way of tracking the health of our water resources and comparing them to water bodies throughout the state.

Our “guy in the boat” didn’t know he was heading for a career in waterway management when he took his degree in etymology (study of insects) from the University of Florida, Gainesville. He started working for a pest control company in the Miami area, where he spotted an intriguing newspaper ad about a brand new company called The Lake Doctors. In 1980, he signed on with The Lake Doctors and had risen to vice president, managing offices in Fort Lauderdale, Tampa, Fort Myers, and Sarasota, when he and Suzanne decided to start Sunwest Waterway Management in 1994.

He enjoys working with local government agencies and homeowners associations and appreciates their ability to withstand ups and downs in the economy and destabilizing events like the COVID pandemic. Sunwest now has around 100 clients, of which The Meadows is the largest. More a doer than a manager, Semago didn’t want a large staff, and Sunwest hasn’t had more than six employees.

“It’s been a joy to watch the technology change,” he says. When he started tending Florida lakes, not much attention was paid to the environmental safety of many chemicals used to control invasive plants, excessive nutrients in the water, and other problems. “Now we have a lot of new treatments coming on the market that are much more environmentally friendly,” he adds. He’s just started treating some of The Meadows’ ponds with enzymes that are proving superior to herbicides for controlling algae. “The most rewarding part of the

job is doing something for the environment here in Florida, which has so many exotic plant and animal species,” he says.

In some ways, Semago may not be ideally suited for working outdoors maintaining water quality. He’s allergic to wasps and bees and must carry an epipen to administer an emergency dose of epinephrine in case he’s stung.

After retirement, the Semagos plan to move to north Georgia, where they own a home in the low mountains. They look forward to enjoying the change of seasons. He’s thinking about developing his interest in photography and possibly trying some gold prospecting.

The Meadows is blessed with an abundance of waterscapes

“The most rewarding part of the job is doing something for the environment here in Florida, which has so many exotic plant and animal species.”

“When I’m bitten by a wasp or a bee, I have to make a beeline for the truck to get a shot right away,” he says (no pun intended.)

Maintaining ponds can be physically demanding, and Semago’s often working in hot, humid Florida weather that requires drinking fluids constantly (he can go through two gallons of water in a day). Also, one must be wary of alligators and snakes.

Semago will never forget the time some years ago when he was down in a ditch servicing a large orange grove in Arcadia. He stumbled upon a brood of baby alligators about 6 to 12 inches in size and immediately knew it could be trouble. He looked up to see a very large alligator come flying out of the bushes. He turned and ran 15 to 20 feet to his truck and jumped in. The angry momma gator protecting its young slammed into the truck, hissing and chomping its teeth. Semago has also learned to be wary of swans. “I’ve been attacked by swans. They’ll come right at your boat.

— 85 ponds and other water features with nearly 25 miles of shoreline! These aquatic habitats are not only attractive and environmentally friendly, but they also enhance property values within the community. Maintaining these water and wildlife features is a major priority to both the MCA board and the WWC.

The ponds serve their purpose best when their shorelines and littoral shelves support the growth of native plants, which help to maintain each pond’s clarity and water quality, enhancing its ability to serve as habitat for birds, fish, turtles, and other aquatic wildlife. For this reason the WWC and other volunteers plus MCA staff have planted more than 3,000 native aquatic plants in seven ponds around the community, supported in part by a grant of \$3,000 from the Sarasota Bay Estuary Program and \$2,400 from the Solutions To Avoid Red Tide (START) Collaborative. Some neighborhood associations, such as Windrush Bourne, have followed suit.

Benefits of Trees in the Meadows

Michelle Johnston — President, MHOA

The Meadows is beautiful right now with its green foliage and colorful flowers blooming everywhere. We are lucky to call The Meadows home, even if it's only for part of the year or seasonally.

One aspect that makes The Meadows such a beautiful and rich environment is the abundance of trees. A long-time Sarasota resident said, "I like The Meadows. When I think of The Meadows, I think of trees." According to one source, trees help create healthier, safer, and more beautiful communities. Trees function as air cleaners and water filters. They can also hopefully reduce the impact of storm surges and flooding while standing in the yard, providing shade.

Regarding shade, try an experiment. Find the temperature in the direct sunlight and compare it to the temperature in the shade. In some cases, there might be 10-degree differences. Hence, the shaded temperature is lower. Relating the experiment to real life makes it easy to see shade possibly reducing heat-related health issues.

The Nature Conservancy scientists found that trees reduce stress and boost our mental health. When we are feeling less stress, our physical health often improves. A quick trip outdoors anywhere in The Meadows gives us access to trees and a moment in nature, making trees partners in our health.

Trees provide homes to various forms of wildlife abundant in The Meadows. In addition to rabbits, birds, and many other species, the flowering trees act as magnets for humming birds, butterflies, and bees. To often, the news reports problems with the depletion of bee colonies, for example. Bee colony depletion is a concern because we need them to pollinate. However, with its abundance of trees, The Meadows has a resilient habitat that supports biodiversity and makes our lives healthier.

Therefore, it is incumbent upon the single-family homeowners to ensure our trees thrive to keep us healthy, stress-free, and just a little cooler. First, to keep trees healthy, arborists suggest we plant the correct type of tree in the right area because they need to create a canopy and thrive in the sun. Next, we can keep our trees healthy by properly pruning them when they are dormant and watering them, especially during the dry season when they are under stress. Further, mulch, rather than grass, helps insulate the roots and forms a circle of protection against lawn mowers scarring trees. Lastly, since we rake and consequently remove natural nutrients, some arborists suggest using slow-release fertilizers, which Sarasota County bans at certain times. Again, think about having an arborist assess the health of your trees.

Finally, because September and October are in the hurricane season, single-family homeowners must remove dead palm fronds, fallen branches, and other debris from their trees. Such debris easily become projectiles during high-velocity wind storms.



Photo: Sue Lytle

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Earl E. Bakken — University of Minnesota

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And regardless of age or culture, humans find nature pleasing. In one study cited in the book *Healing Gardens*, researchers found that more than two-thirds of people choose a natural setting to retreat to when stressed.

Nature HEALS

Being in nature, or even viewing scenes of natures, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only make you feel better emotionally, it contributes to our physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. It may event reduce mortality, according to scientists such as public health researchers

Stamatakis and Mitchell. Research done in Hospitals, officers and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.

Nature SOOTHES

In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

This is nicely demonstrated in a now classic study of patients who underwent gallbladder surgery; half had a view of trees and half had a view of a wall. According to the physician who conducted the study, Robert Ulrich, the patients with the view of trees tolerated pain better, appeared to nurses to have fewer negative effects, and spent less time in a hospital. More recent studies have shown similar results with scenes from nature and plants in hospital rooms.

Nature RESTORES

One of the most intriguing areas of current research is the impact of nature on general wellbeing. In one study in Mind, 95% of those interviewed said their mood improved after spending time outside, changing from depressed, stressed,

and anxious to more clam and balanced. Other studies by Ulrich, Kim and Cervinka show that time in nature are associated with a positive mood, and a psychological wellbeing, meaningfulness, and vitality.

Furthermore, time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks.

In another interesting area, *Andrea Taylor's research* on children with ADHD shows that time spent in nature increases their attention span later.

Nature CONNECTS

According to a series of field studies conducted by Kuo and Coley at the Human-Environment Research Lab, time spent in nature connects us to each other and the larger world. Another study at the University of Illinois suggests that residents in Chicago public housing who had trees and green space around their building reported knowing more people, having stronger feelings of unity with neighbors, being more concerned with helping and supporting each other, and having stronger feelings of belonging than tenants in buildings without

trees. In addition to this greater sense of community, they had a reduced risk of street crime, lower levels of violence and aggression between domestic partners, and a better capacity to cope with life's demands, especially the stresses of living in poverty.

This experience of connection may be explained by studies that used Functional Magnetic Resonance Imaging (fMRI) to measure brain activity. When participants viewed nature scenes, the parts of the brain associated with empathy and love lit up, but when they viewed urban scenes, the parts of the brain associated with fear and anxiety were activated. It appears as though nature inspires feelings that connect us to each other and our environment.

Too much time in front of the screens is deadly

"Nature deprivation," a lack of time in the natural world, largely due to hours spent in front of the TV or computer screens, has been associated, unsurprisingly, with depression. More unexpected are studies by Weinstein and others that associate screen time with loss of empathy and lack of altruism.

And the risks are even higher than depression and isolation. In a 2011 study published in the *Journal of the American College of Cardiology*, time in front of a screen was associated with higher risk of death, and that was independent of physical activity!

Composting Arrives at The Meadows!



Melanie Babineau — Garden Club

On July 21, Sunshine Community Compost founder **Tracie Troxler** met with 25 community members to launch a pilot composting program sponsored by The Meadows Garden Club. The Non-Profit organization has already diverted more than 100,000 lbs of food scraps that would have otherwise languished in Sarasota County's landfill for decades. We're excited to be working together...for the health of our community and planet.

COMPOSTING BENEFITS

- Reduce landfill solid waste and impact of GHG emissions and pollution.
- Reduced volume of food scraps potentially clogging up residential kitchen sink disposals.
- Community building through education and participation.
- Increased opportunity for local soil building, fresh food production and more.

Participation is voluntary. There is a monthly fee of \$14.50 per household. You can pause and start service as many times as you wish during anytime of the year.

YOU WILL RECEIVE

- A compost bucket with lid and sticker indicating what can be composted.
- Training on how to compost and access to monthly online Q & A sessions.
- Maintenance of collection bins and replenishing of “browns” (they help microbes do their magic) as needed.
- Turning and sifting of scraps/browns mix as it's transformed into nutrient rich compost for our gardens twice per week.
- Distributing finished compost 2-3x/year and more.

To participate and learn more visit sunshinecommunitycompost.org/copy-ofcompost-now, call 650-743-3104, or email meadowsgarden334@gmail.com

“I’m making a donation to the earth by participating. My food scraps are being turned into compost that enhances our soil and I’m contributing to zero-waste initiatives.”

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Thursday, October 6
10 AM - 1 PM
Meadows Community Lifestyle & Wellness Facility

Engage, Learn and Grow at our 2022 Health & Wellness Fair featuring over 30 vendors offering education, and health services for a happy, healthy life. Watch a cooking demo, enjoy healthy food samples, get your flu vaccine, participate in presentations, health screenings & more!

SAVE THE DATE | MCA HALLOWEEN



Masquerade Ball

PREPARE FOR A HAUNTINGLY GOOD TIME.
FORMAL EVENT / COSTUMES

Friday, October 28 | 6 - 9 PM
The Meadows Community Lifestyle and Wellness Facility

Experience the glamour, the mystery, the excitement on the dance floor and the fun of guessing . . . The guest, behind the mask.

SAVE THE DATE | NOVEMBER 3

Interested in a little retail therapy? Or how about convenient shopping without braving the mall scene. Mark your calendar and join us for

THE MCA Shoppportunity



Amazing vendors showcasing unique products, services, and fashion accessories. Forget London, Paris and Milan....we will bring you the latest in fashion, fun gifts and new product at our 2022 MCA Shoppportunity. If you would like to participate as a vendor, please email Sue Lytle at lifestyle@meadowscs.com.

COMING SOON IN DECEMBER

THE SPARKLE OF THE EVENING WILL SHINE IN

the Emerald City

MCA Holiday Party | Formal Attire
Entertainment, dancing and the enchantment of the holiday season.

REMINDERS

NEED A RIDE? SEE PAGES 22-23
FOR CONCIERGE SERVICES.

The MCA Offices
will be closed in
observance of
Labor Day Monday
September 5. The
public side and
library will remain
open.

PLATELET
DRIVE

September 8
8 AM – 2 PM
MCA Parking Lot
Call 1-866-972-5663
to register.



ADEPT AUDIOLOGY

September 16
9 -11 AM • Lakeside
Call 941-312-4781 to schedule
your appointment today.

ONSPOT
DERMATOLOGY

September 29
8 – 4 PM
MCA Parking Lot
Call 941-444-0011 to schedule
your appointment today!

13th Annual

VETERANS DAY CELEBRATION

HONORING ALL MEADOWS VETERANS

WHERE: **The Meadows Country Club**

WHEN: **Friday, November 11**

LUNCH: **Complimentary**

RSVP to Country Club 941-371-6000

Veterans Day Committee Chairs
Saul Feldman & Joe Gleason

All Meadows Veterans, their guests & friends are welcome.

CONTINUED EDUCATION

MEADOWS U

HEALTHY EATING & HYDRATION

September 28

Meadows Community Lifestyle and Wellness Facility

Maria J. Portelos-Rometo, Ed.D., M.A.Ed.
Family and Consumer Sciences
University of Florida/IFAS Extension
Sarasota County & Sustainability

Register online at themeadowssarasota.org

Bingo

September 7 • 6:30 – 7:30 PM • MCA

Email RSVPBingo@Yahoo.com to register.
\$5 for 3 cards

Game Nights

September 1, 8, 15 & 22 • 6:30 – 8:30 PM

MCA Lakeside Room

Email Pat Webster at Mi2tall4u@gmail.com
No Reservations Necessary

Ice Cream Social

September 20
6:30 – 7:30 PM
MCA

Register online at themeadowssarasota.org

Electronic Tutor

September 1 • 1 – 4 PM

MCA Garden Room

Call David at 941-404-5585
to book today!

**Emergency Preparedness
& Personal Safety:**

Next in our Safety Series

September 21 • 10 AM

Meadows Community Lifestyle and Wellness Facility

Presented by Dr. Maria Portelos | Register On-line

ALL ARE WELCOME

Shalom Club

Sunday, October 16 • 4 PM

MCA Lakeside Room

Email Helene at heleuri@gmail.com or Joni at joni.cohen2@gmail.com for more information.

TRIVIA NIGHT

September 29 • Regency Room

Doors Open 5:30 PM • Trivia starts at 7 PM

RSVP to Country Club 941-371-6000

\$30 + Cash Bar

Labor Day BBQ

September 5 • 11 AM – 3 PM

The Meadows Country Club | \$17 All Inclusive

No Reservations Necessary
Questions? Call 941-371-6000

Back To School
SUPPLY DRIVE

**Through
September 9**

Donation Box located
in MCA on public side.

NO TRESPASSING

PLEASE STAY OFF THE PENINSULA WHERE
THE NO TRESPASSING SIGN IS LOCATED
AT THE 13TH HOLE.

**SANDHILL CRANE
NESTING AREA**

NO fishing, golfing, or looking for golf balls
at the nest. Dogs should NEVER be on the
course or off leash.

ANNUAL ASSESSMENTS

Annual Assessments are mailed
in January. If you have an
address change, please contact
MCA by email: mcaaccounting@meadowscs.com to ensure prompt
delivery of your assessment no
later than November 1st. Any
changes made after that date
will not take effect FOR THE 2023
Assessment cycle.

Our Lifestyle

MUSIC OF MOTOWN



PETTING ZOO



KIDS' CRAFT DAY



To see all the latest photos from our fun events, visit Lifestyle/photogallery on our website themeadowssarasota.org.

Photos by Sue Lytle

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Nicole Tisdale, DVM



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We focus on identifying and treating the root causes.

We are the leading brain health center providing patients, caregivers, and families with a comprehensive approach by treating the whole individual with primary and integrative care.

Join us on October 6th at the Meadows Health & Wellness Fair to learn more about our proven approach.



(941) 529-0077
contactus@greymattershealth.org
www.greymattershealth.org

CATCH & RELEASE



n June 28

The Meadows Safety patrol received a call from a resident regarding an injured red shoulder hawk. Through some investigative work of **Major Bob Martin**, a 15 year veteran of The Meadows Safety Patrol, the hawk was located.

Linda Gnass a volunteer from The Wildlife Center of Southwest Florida responded to the call, rescued the hawk and transported it to their rehabilitation center. The center rescues over 6,000 wildlife animals a year and is the only facility who responds around the clock to calls like this one. The Center works in collaboration with Sarasota County Animal Services which



Tia Calomeris —
Director, Marketing and
Communications

is a component of the Sarasota County Sheriff's Office on a variety of rescues.

Toxicology reports showed that the red shoulder hawk was poisoned by a rat poison box. Unintended consequences of these rat poison boxes results in our wildlife, (inclusive of squirrels) birds, (owls, eagles, other species) being killed by feeding on the poison boxes, or by eating other animals that have. It's best to not use these types of deterrents but rather make sure that fruit that has fallen on the ground is picked up and that trash is secured.

Happily Major Martin was part of the healed hawk's release back into its natural habitat—The Meadows—on July 12. A happy ending to this story.

If you see injured wildlife, report it to the Wildlife Center of Southwest Florida at 941-484-9657. Visit their website to learn more about this friend of our wildlife www.wildlifeswfl.org.

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FitMinds provides mental stimulation for seniors in groups, in individualized programs. Its curriculum exercises 5 key areas of cognition; language and music, visual and spacial orientation, memory, critical thinking and computation. This presentation will include a typical FitMinds session. You will learn the following:

- ✔ What is FitMinds?
- ✔ What are examples of the key 5 areas of cognition?
- ✔ What happens if you don't stimulate your brain?
- ✔ What is a typical FitMinds session like?

Call today for more information:
(941) 355-0303

Crafting Health.

Liz Barnett — Craft Group

At times I've been tempted to stop listening to health advisors. They always told me to stop doing something I love, like eating hot fudge sundaes. Or they told me to do something I would never do voluntarily, like eating tofu. What I wanted was health advice that told me to do something I would enjoy, like drinking margaritas for Vitamin C in the lime juice. But I never seemed to get that kind of advice and I wondered if anything I liked doing would ever be good for me.

Then I discovered the news that doing crafts has amazing health benefits for the mind and body. Numerous studies have shown that regularly making crafts improves fine motor movements, reduces anxiety, depression, insomnia, and irritability; lowers blood pressure as it reduces stress; and reduces the chance of developing dementia by 30% to 50%. I loved knitting so this was good news to me. Now that health advisors had told me to do something I wanted to do, I obeyed them.

I joined the Craft Group and began to understand how all these good effects occur. In making crafts, you have to pay attention to what you are doing and you become focused on the here and now instead of worrying about other matters. Jewelry-makers, knitters, crocheters, and quilters give their attention span and memory a work-out as they follow complex patterns and designs. Studies show that using your hands in a meaningful way triggers engagement of 60% of your brain and fine finger movements can help reduce stiffness and joint pain. We employ our creativity and visual-spatial processing skills each time we design and make a greeting card, an ornament, or a decorative accessory. Then we have the satisfaction of seeing our completed work and our self-esteem is enhanced by our accomplishments.

That sense of accomplishment is even greater for our creative crafters when they design something to solve a practical problem that we all face. Recently they created a number of problem solvers:

- No place to put your keys when you exercise outside? No problem. We made the oversized key rings pictured here that slip over your wrist or a bike's handle bars and can be hung on a door knob at home so you won't waste time searching for them.
- Are you frustrated every time you travel and the cords for all your chargers and electronic devices get into impossible tangles? No problem. We made the crocheted leaf-shaped Cord Tamers pictured here. Just fold the cord, wrap the stem of the cord tamer around it and hook the stem through the opening behind the leaf for freedom from tangles.
- Having a dilemma about whether to spatter your clothes as you cook or look dowdy in a 50's style apron? No problem. We've made aprons that are pretty enough to wear in today's open kitchens when guests gather.

Of course, you could make crafts alone at home but the health benefits and fun are multiplied when you make them in a group. Sharing ideas, working together, chatting, and laughing build friendships, and a sense of community grows. Then we feel as if we are part of something bigger than ourselves, especially here in the Craft Group where everything we make is sold at our craft sales and the proceeds are donated to local charities.

So, here's some health advice you'll enjoy following: Join the Craft Group at the MCA Community Building each Wednesday from 9 am to 11 am. If you can glue, they want you.





RENTALS & SALES

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FEATURED PROPERTIES

5520 Chanteclair —3Bed/2Bath—Many updates. SOLD	\$414,000
3625 Longmeadow —2Bed/2Bath—Villa with Garage. SOLD	\$329,000
5132 Harpers Croft —2Bed/2Bath—On the golf course! PENDING	\$274,000

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Tia Calomeris — MCA Director, Marketing and Communications

With September being identified as a high point in hurricane season and the most likely month for landfall hurricanes in the Sunshine State, it is also known to be filled with rain showers and strong storms, which is why it is referred to as the lightning capital of the world, not to mention the potential for tornadoes through September.

So when maneuvering your fun around mother nature, keep these severe weather tips in mind from the Disaster Resource Guide.

GENERAL INFORMATION FOR ALL EMERGENCIES

It is a good idea to sign up for ALERT SARASOTA COUNTY official notification system. You will be notified either by landline, cellphone, test message, email TDD/TTY or by the Alert Sarasota County app. for:

- County emergency alerts
- Weather alerts
- Air quality alerts and boil water advisories
- Hazardous materials incidents, sewage spill notices
- Evacuation alerts
- Mosquito spraying schedules
- Red Tide updates

Protect Your Documents

Store them in a water proof container and consider keeping a set off site in a safe place. The biggest danger to your documents besides water is mold. Visit The Department of State's website dos.myflorida.com to learn more.

Special Needs Assistance

If you need special assistance please register for Florida Special Needs Registry at <https://snr.flhealthresponse.com/>

Register to receive assistance during a disaster. The statewide registry provides first responders with valuable information to prepare for disasters/emergencies. Be prepared now to be safe later.

Know Your Nearby Shelters

Download all the information regarding shelters from our MCA website or scgov.net site, print it out and have it handy. During a storm or hurricane, you may lose power. Please keep in mind that MCA buildings are not shelters.

HURRICANES

Besides the obvious hurricane preparedness kit, stocking up on batteries and water, have important numbers available, download addresses of shelters, and prepare in

A Healthy Respect for MOTHER NATURE

- ADVANCE of the need. Expect that you may loose power.
- Make sure you have a battery radio if the power goes out.
 - Adjust the thermostat on refrigerators and freezers to coolest temperatures.
 - Make sure you have gas.
 - NEVER ignore an evacuation order. If you have pets have what you need ready to go.
 - Take photos in advance of your most valuable possessions. Keep a set of pictures in your home, store a duplicate set on a USB drive and store in a safe place other than your home. Make itemized list of other possessions.

FLOODS

- Floods can happen anywhere, anytime, and they can happen fast.
- Check your flood insurance policy and understand what it covered.
 - DO NOT drive through a flooded area. As little as 2 ft of water can move vehicles of any size. More people drown in their cars than anywhere else during a flood.
 - Do NOT walk through a flooded area. A person can be knocked down by a little as 6 inches of moving water.
 - KEEP AWAY from downed power lines and any other electrical wires. A major cause of death in floods is by electrocution.

TORNADOES

Yes, we do get tornadoes. While the season for tornadoes in our area is usually June through September, it's always good to be aware, as some who may have just moved to our sunshine state may not realize what mother nature is capable of. in March of this year a line of strong storms

spawned a tornado reaching winds of 90 MPH in downtown Sarasota and caused structural damage on 10th Street. It was determined to be an EF-1, thankfully there were no injuries.

In Florida, measured in frequency of tornadoes for every 10,000 square miles, the coast between Tampa Bay and Fort Myers has a particularly high incidence, as do the western panhandle and parts of the Atlantic Coast.

A Tornado Watch is issued when tornadoes are possible in your area. A Tornado Warning is issued when a tornado has been sighted or indicated by weather radar.

- Develop a plan. Practice drills are always a good idea.
- Be informed with latest forecasts.

If a Warning is Issued What do you do

- Move to an interior room or hallway, or underground shelter if available.
- Stay away from window.
- Manufactured mobile homes, offer little protection, seek shelter elsewhere.

A car is one of the worst places to be during a tornado. Flying debris is what typically results in injuries. Drivers can try some of these alternatives to take cover.

- If you're driving during a nearby tornado, do not try to outrun it. Pull over, duck down below the windows in the vehicle, keep your seat belts fastened and cover your head with your hands or a blanket or cushion.
- Tornadoes off in the distance, drive away from the funnel cloud. Seek shelter. Banks and fast food restaurants often work well because they have fortified structures like a vault or a freezer.

IF YOU HAVE NOT ALREADY, PLEASE PICK UP YOUR SARASOTA COUNTY FLORIDA ALL-HAZARDS DISASTER PLANNING GUIDE AT MCA OUTSIDE OF THE LIBRARY.



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4012 Penshurst Park – Exquisitely renovated villa with fairway views	PENDING
4313 Highland Oaks Cir – Private pool home on a third of an acre	SOLD!
3449 Highlands Bridge Rd – Pool home with lake and distant golf views	PENDING
3436 Hadfield Greene – Renovated, open concept with garden views	PENDING

FOR SALE ELSEWHERE IN THE MEADOWS

4785 Chandlers Forde – Light and bright end-unit with tranquil golf views	\$424K
3978 Lyndhurst Ct – Maintenance-free home with golf course views	Pending
5446 Chanteclair – Secure villa with tranquil golf course views	SOLD!
5462 Chanteclair – Updated turnkey-furnished villa with garden views	SOLD!
3018 Ringwood Meadow – Papillon updated 2/2 villa with lake VIEWS	SOLD!

FOR SALE IN THE SARASOTA METRO AREA

Downtown – Exquisite finishes, health-centered upgrades in prime location	\$2.45M
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Longboat Harbour – Updated, top-floor, mesmerizing full bay views	SOLD!



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Tai Chi

Mike Murphy — TMCC Tai Chi Instructor

Tai Chi is a 700-year-old martial art that at one time was considered the ultimate fighting art. The emphasis has changed over the years to slow and gentle movements which promote health and wellness of the body, mind, and spirit. To this last point, it has often been called “meditation in motion.”

Tai Chi can, when learned correctly and with practiced regularly: decrease stress, anxiety, and depression; improve mood; increase aerobic capacity; increase energy and stamina; balance and flexibility; improve muscle strength and definition according to The Mayo Clinic (June 25, 2015, newsletter.)

Tai Chi has been credited with improving mental acuity, bone density and circulation to the extremities of its practitioners. And, it has been shown to be a wonderful complement to physical therapy both pre- and post-surgery. Further, Jane E. Brody, NYTimes Personal Health columnist, touted the benefits of Tai Chi in her article dated September 8, 2021.

My name is Mike Murphy, I am the class instructor of TMCC Tai Chi fitness class. As a practitioner of martial arts since 2000, weaving in my knowledge of Karate, Jujitsu, Tai Chi and Loh Kup Ba Fa provides the benefits of moving meditation.

The class incorporates the hard marital art origins of Tai Chi with the physiological benefits of the slow, and gentle choreography of the Yang 10, Yang 24 and Wushu 42 forms. Chi Gong exercises are integrated in the instruction.

Tai Chi, like Chi Gong is all about movement, breathing, and intention. It can be performed anywhere. The Yang 10 can be performed in a space as little as 4' x 6'.

Proper body alignment of the feet, hips, and shoulders honor the architecture of the body allowing your “Chi” or life force or bio-electric signals to flow, heal, and energize.

It is a weight bearing exercise with the weight being your own. Thus, no equipment necessary. The weight is born on either one leg or the other, with an emphasis on “time under tension” of the supporting muscles as you step mindfully through the postures using iso-kinetics.

Proper body alignment is even more important for those of us who have issues with our knees and/or shoulders. Mike can show you how to safely modify the movements if needed, to get maximum benefit.

Classes are held Monday, Wednesday, and Saturday in The Meadows Fitness Center



dance room from 8:45 to 9:45 am. It is best to confirm the location as changes may occur, contact Mike at 941-371-7545.

Beginners and seasoned practitioners are welcome. Wear comfortable clothing.

WHAT MEADOWS NEIGHBORS SAY:

Tai Chi helps me with my balance and ease of movement. It is strengthening my muscles without hurting. I would recommend it to anyone. — Kathy Easley

I love Tai Chi class because it combines strength and conditioning, balance, stress relief, memory enhancement, and Mike's fountain of knowledge about the martial arts. — Leslie Glass

Mike Murphy, has opened a world of opportunity for physical and emotional growth through Tai Chi. Tai Chi improves flexibility, stamina, muscle mass and tone. It helps deal with chronic pain, strengthens the immune system, improves heart health and blood pressure, and relieves stress. A great way to meet people and make good friends. — Dick Bragaw



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BAY ROAD ANIMAL HOSPITAL MEDICAL EXAMINATION



There is an old veterinary saying that “for every obvious problem, there are two to three other problems in a pet that need to be addressed.”

David J. Smith, VMD
Bay Road Animal Hospitals

What should you expect when you present your pet cat, dog, bird, or exotic for a physical examination? Whether your pet appears to be the picture of health or very sick, it is our job to discover any problems your pet has. Many times, even the most normal looking pet can have some serious problems that must be discovered and treated. There is an old veterinary saying that “for every obvious problem, there are two to three other problems in a pet that need to be addressed.” The following is our approach at Bay Road Animal Hospitals to discovering issues in your pets:

1. The history is the conversation that we have with you, the pet parent. You know your pet better than anyone else does. We want to know things that are abnormal and things your pet does on an average day. History taking is critical to understanding your pet and how it may vary from what we consider to be normal. As pet parents, we sometimes

misinterpret things that may seem to be normal, when in fact, they are not.

2. After the history, we must do a thorough physical examination. This means checking all areas from nose to tail, inside and out. It takes time to evaluate the heart and lungs, eyes, ears, teeth and gums, legs, paws, lymph nodes, and abdomen. All findings are listed in your pet’s medical record.
3. Once we have this information, we can decide on proper testing to further determine the disease that may be causing a problem, or just to see if this pet is as healthy as he or she appears. As the pet parent, you are kept informed of what we find, and you are involved throughout the process. We can do as much or as little testing as you would like. Our recommendations are based on our experience as veterinarians. We can make educated treatment plans without some testing when needed.
4. Now that we have gathered all of this information, we can

recommend a treatment plan and give you a good idea of prognosis, cost, and length of treatment. In other words, what you can expect and how successful we will be in eliminating problems either forever or, in some cases, our expectations for recurrence.

5. Follow up is critical to the successful treatment of any disease. We will set future appointments to evaluate how your pet’s case is progressing. There is always a chance the treatment will be modified depending on how well it is working.
6. This process is used on all of our cases. We never eliminate any steps because missed steps can lead to unsuccessful outcomes.

The Bay Road Animal Hospital staff and doctors pride ourselves in discovering all the problems that may be affecting your pet. This discovery leads to treatments that have the best chance of successful outcomes.


The Meadows, Hub of Sarasota

Resales ending the months of July 2022 and July 2021
In The Meadows & Sarasota County

SALES	THE MEADOWS	SARASOTA COUNTY
Sales 2022 & 2021	↓2022 (19) 2021 (21)	↓2022 (863) 2021 (1128)
Median Sale Price	↑\$440,000 \$270,000	↑\$465,000 \$375,000
Condominium Sales	↓2022 (15) 2021 (18)	↓2022 (276) 2021 (358)
Med Condo Sale Price	↑\$343,500 \$249,250	↑\$385,000 \$302,000
House Sales	↑2022 (04) 2021 (03)	↓2022 (587) 2021 (770)
Med House Sale Price	↑\$667,500 \$489,760	↑\$520,000 \$400,000
For sale on the 31st	↑2022 (19) 2021 (04)	↑2022 (1609) 2021 (740)
Property Pending	↓2022 (27) 2021 (34)	↓2022 (1066) 2021 1379)
Listing Supply	↑2022 (1.0) 2021(0.2)	↑2022 (1.9) 2021 (0.7)

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The Memoir Group

Liz Barnett — Memoir Group Chair

None of us joined the Memoir Group in order to improve our health. We just wanted to tell some of the stories of our lives and to preserve those memories for our families, for ourselves and sometimes for publication. Being in the Memoir Group made it more likely that those stories would get written and preserved. The meeting date provides a deadline — that’s a powerful motivator to get something written. Reading your story at the meeting provides a chance to see how people react to the story; this is only semi-scary because the listeners always begin by telling you what they liked. The meetings also provide instruction in techniques to help you tell your story better. That’s pretty much why most of us came.

The health benefits just happened while we were busy writing and listening to the insights and memories of others. We sharpened our memory as we dredged up details to recreate big events and everyday life. We boosted our moods as we relived happy times and recalled how we had met challenges. We experienced relief from stress and worry about the present as we focused on the past and became immersed in our work. We gained insights into who we are and how we got this way as we amassed a collection of stories. It’s not surprising that over 200 studies have shown that writing has a positive effect on mental health.

Even more benefits accrue if the stories are shared. The reactions of the Memoir Group provide an immediate reward to the writer. Hearing the stories of others often evokes memories our own experiences; we gain new ideas for writing as well as empathizing with the writer. Through their stories we get to know others in the group in a meaningful way. It’s a way of fulfilling our need to communicate and interact with others. And it’s just fun to listen to the stories of others.

The Memoir Group meets from 10 to 12 noon on the first, third and fifth Friday of each month. They will meet on Zoom during September. Beginning in October, you may also participate in-person at the MCA or by Zoom. To join the group, email meadowsmemoirs21@gmail.com.



We gained insights into who we are and how we got this way as we amassed a collection of stories. It’s not surprising that over 200 studies have shown that writing has a positive effect on mental health.



BEST KEPT AWARDS Fall 2022 Renew and Refresh

Lesley Totten — Best Kept Chair

Community Pride and Curb Appeal require planning and participation by all of us. Nominees are evaluated by the following criteria:

- **Renew** with Property Improvements
 - Consider pavers, new doors or windows, a new roof, new lights or mailbox, new landscaping, new sod or updated entrance signs. See the MCA regarding Architectural Review.
- **Refresh** with High Standards of Property Maintenance.

- Power wash driveways and roofs.
 - Keep lawns edged, mowed and without weeds or bare spots.
 - Trim trees and vegetation. Relace if needed.
 - Clean and paint entrance signs.
 - Repair and replace decayed wood on signs.
 - Clean your lights.
 - Plant flowers for color and mulch.
- Plan to do your part to be Best Kept.

NOMINATING AND JUDGING OCTOBER 3-6 | (3) First Place Winners \$100 | (3) Runner-Up Winners \$50

Services & Classifieds

NEW MEADOWWORD
SUBSCRIPTION
OPTIONS

If you spend several months of the year away from The Meadows, and would like to receive a print copy of The Meadowword, consider subscribing to The Meadowword or access it on themeadowssarasota.org. Forms for subscriptions may be found on the MCA website under News & Resources/ Meadowword Forms.

Annual Subscription - Begin in January and end in December of that same year. Your subscription will include all Meadowword issues and any special editions in June and August IF published.

USA	\$24.00
Canada	\$42.00
Foreign	\$75.00

Semiannual Subscription - Begin in May and end in December of that same year. You will receive 6 issues of the full Meadowword and any special editions in June and August IF published.

USA	\$14.40
Canada	\$25.20
Foreign	\$45.00

MEADOWWORD
DEADLINES

The deadline for advertising and article insertions into The Meadowword is the first Monday, one month prior to the month of insertion.

Due to the Labor Day holiday, the deadline for the October Meadowword is Friday, September 2.



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Publisher, MCA: Frances Rippondi,
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Editor-in Chief/Creative Director:
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marketing@meadowscsca.com

*Submissions are published at the
discretion of the editor and the MCA.*

Classified ads cost \$25 for up to 40 words. Classified copy must be submitted with payment on or before the first Monday of the month prior to publication. If the first Monday falls on a holiday, ads are due the previous business day. **Please practice due diligence when hiring service providers.**

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Meadoword

The Meadows Community News and Lifestyle



September Calendar

DATE	TIME	ACTIVITIES/EVENTS/MEETINGS
September 1	1 – 4 pm 6:30 – 8:30 pm	Electronic Tutor, MCA Game Night, MCA
September 5	11 am – 3 pm	Labor Day BBQ, TMCC
September 7	6:30 – 7:30 pm	Bingo, MCA
September 8	8 am – 2 pm 1 – 2 pm	Platelet Drive, MCA Parking Lot MCA Board Meeting
September 15	6:30 – 8:30 pm	Game Night, MCA
September 16	9 – 11 am	Adept Audiology, MCA
September 20	6:30 – 7:30 pm	Ice Cream Social, MCA
September 21	10 am	Emergency Preparedness & Personal Safety: Next in our Safety Series Meadows Lifestyle and Wellness Facility
September 22	6:30 – 8:30 pm	Game Night, MCA
September 28	10 am	Continued Education: Meadows U, Healthy Eating & Hydration, The Nest
September 29	8 – 4 pm 5:30 pm	OnSpot Dermatology, MCA Parking Lot Trivia Night, Regency Room

Back To School Supply Drive Through September 9
New Donations Box located in MCA on public side.

Save The Date: 13th Annual Veterans Day Celebration
Friday, November 11, The Meadows Country Club

★ ★ ★ ★ ★
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CANDIDATES**
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CONSIDER BEING A CANDIDATE FOR ELECTION TO THE 2023 MCA BOARD OF DIRECTORS

We are inviting any interested property owner to consider submitting yourself as a candidate for election no later than noon on October 7, 2022. All candidates will need to complete a Personal Information Questionnaire. For more information, call the MCA at 941-377-2300



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