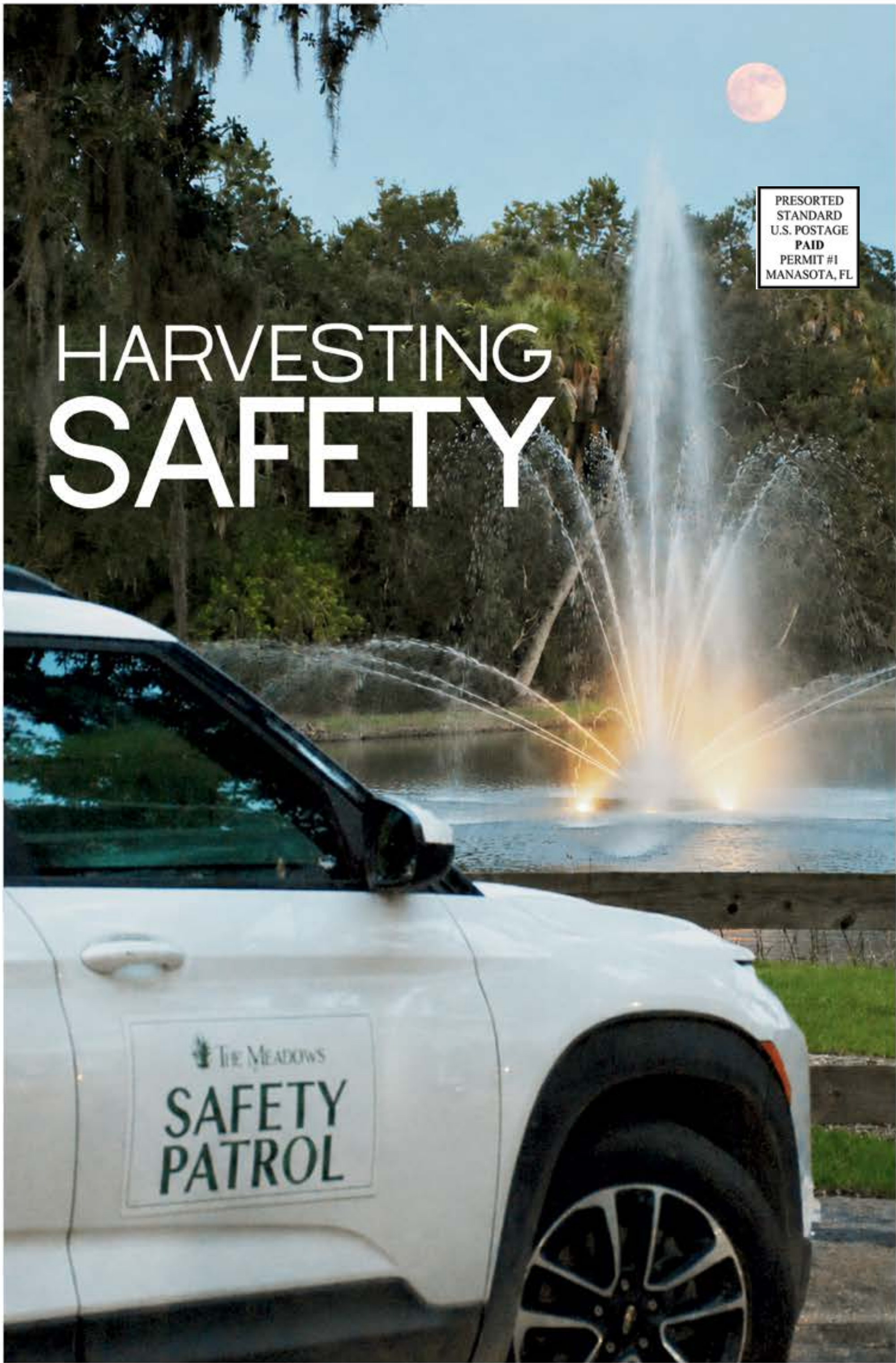


Meadowword

The Meadows Community News and Lifestyle



PRESORTED
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HARVESTING SAFETY

COMMUNITY
NEWS
2-5

MEADOWS
FINANCES
5

OUR
LIFESTYLE
6-19

THE WRITE
STUFF
20-21

SERVICES & SALES
CLASSIFIEDS
22-23

SEPTEMBER IN
THE MEADOWS



Chris Perone —
MCA Board President

IT HAS BEEN A BUSY AND
PRODUCTIVE SUMMER
THROUGHOUT THE
MEADOWS. WHILE THINGS
MAY SEEM A LITTLE QUIETER
DURING THESE MONTHS,
THERE HAS BEEN PLENTY
HAPPENING BEHIND THE
SCENES AND THROUGHOUT
OUR COMMON AREAS AS
WE CONTINUE INVESTING
IN THE APPEARANCE,
AMENITIES, AND OVERALL
EXPERIENCE OF OUR
COMMUNITY.

September marks the shift from summer to autumn, bringing the promise of cooler weather, the autumn equinox, and one of the season’s most beautiful traditions, the Harvest Moon. Historically, this was the time when farmers gathered their crops, finished tending their gardens, and celebrated the rewards of a season’s work.

Here in The Meadows, we have our own reason to celebrate the season.

This Harvest Moon, I hope you’ll join General Manager Frances Rippcondi and me for our **2nd Harvest Moon Ice Cream Social**. It’s always a wonderful evening to reconnect with neighbors, welcome the changing season, and simply enjoy being together. These gatherings are part of what makes The Meadows special, and I hope to see many familiar faces, along with some new ones.

And this year, we certainly have a lot to celebrate.

It has been a busy and productive summer throughout The Meadows. While things may seem a little quieter during these months, there has been plenty happening behind the scenes and throughout our common areas as we continue investing in the appearance, amenities, and overall experience of our community.

New trees, shrubs, and landscaping have been added in many locations, continuing our commitment to keeping The Meadows beautiful, welcoming, and vibrant. You may still see a few pink or purple flags around the community. Those flags mark locations where additional trees and shrubs are waiting to be planted, so there is still more to come.

We have also been looking at ways to make The Meadows even more enjoyable for our youngest residents and visiting grandchildren. MCA has been researching new playground equipment and exploring opportunities to create an updated, inviting space where children can play, explore, and

enjoy the outdoors. Our amenities serve residents of all ages, and this is another opportunity to enhance the experience of living in The Meadows.

Inside our Lifestyle Building, we have heard from residents who have expressed concerns about the lighting. We appreciate your feedback, and improvements are being investigated and will be addressed shortly. Sometimes enhancing our community means taking on major projects, and sometimes it means paying attention to the everyday details that make our facilities more comfortable and enjoyable.

Another improvement is coming to the Taywater entrance. A new entrance sign is currently being designed, similar in character to the sign at our 17th Street entrance and appropriately scaled for the Taywater location. New landscaping will complement the sign and give this important gateway a fresh, attractive appearance.

All these projects are part of our continuing commitment to invest in The Meadows and move our community forward. Whether it is landscaping, signage, recreational amenities, facilities, or the many smaller improvements happening throughout our common areas, each project contributes to the community we all call home.

As summer begins to wind down, I hope you’ll take a moment to look around and see the progress being made. **We made a commitment to continue investing in our community, and I am proud to see that commitment taking shape throughout The Meadows.**

September gives us an opportunity to celebrate what we have accomplished, so come enjoy the fall flavors of some delicious ice cream and celebrate the Harvest Moon with us.

I hope to see you there!



OUR MISSION
Our mission is to preserve the property values, green space, ambiance and vitality of our community.

OUR VISION
To be known as a well-maintained, welcoming, safe community with up-to-date housing, activities and services designed to meet the needs of all residents.

September is Safety Awareness Month



Frances Rippcondi —
MCA General Manager

As September's Harvest Moon lights up the evening sky, it offers a fitting reminder of what makes a community strong: gathering together, preparing for the season ahead, and creating a safer, stronger community together.

At The Meadows Community Association, safety is a shared responsibility that we cultivate throughout the year. Behind the scenes, the MCA Safety Committee works year-round to monitor safety concerns, review incidents, and identify ways to strengthen community awareness and preparedness. Led by Chair Michelle Johnston, the committee meets monthly with the Sheriff's Office Community Liaison to discuss

trends, address concerns, and identify opportunities to enhance safety throughout The Meadows.

September provides an opportunity to refresh our everyday safety habits, learn something new, and look out for one another. Throughout the month, MCA will offer educational presentations designed to help residents stay informed, prepared, and safe.

This year's Safety Awareness Month presentations include:

- Active Shooter: Why Having a Plan Matters
- Identity Theft Prevention
- Phone and Internet Scam/Cyber Crime Awareness
- Fall Risk Assessment
- Bicycle Safety

Watch The Meadoword and community emails for registration information.

Your Role in Community Safety

Creating a safer community starts with everyday actions. Simple reminders can make a big difference:

- Lock your home, garage, and vehicle doors—even when you're home.
- Never leave valuables visible inside your vehicle.

September provides an opportunity to refresh our everyday safety habits, learn something new, and look out for one another.

- Observe posted speed limits and always come to a complete stop at stop signs.
- Stay alert while walking, biking, or driving, and avoid distractions.
- Report suspicious activity promptly.
- Keep your dog on the leash, it protects your pet and people passing by.

Home & Garden Safety Tips

Protect your property by taking a few preventative measures:

- Keep shrubs and landscaping

trimmed so windows and entryways remain visible.

- Install motion-sensor lighting around entrances and walkways. Architectural Application required.
- Keep pathways clear to reduce trip hazards.
- Secure ladders, tools, and outdoor equipment when not in use.
- Test smoke and carbon monoxide detectors regularly and replace batteries as needed.
- Clearly display your house numbers so emergency responders can locate your home quickly.
- Remove standing water to discourage mosquitoes and inspect your irrigation system for leaks.

Need Help?

The Sarasota County Sheriff's Office continues to provide valuable safety education and neighborhood assessments for residents and associations. Association presidents interested in scheduling a neighborhood safety assessment may contact **SCSO Neighborhood Watch** at **941-861-4084**. If you experience an emergency, **call 911 immediately**, then notify MCA Safety at **941-809-0084**.

As Sheriff Hoffman has emphasized, safe communities are built by neighbors looking out for one another. By staying aware, reporting suspicious activity, and practicing everyday safety habits, we all help make The Meadows a safer place to live.



Around the Community

Clubhouse Demolition

The demolition of The Meadows Clubhouse is now complete. What was once a 23,000-square-foot community landmark has been transformed into open green space that gently slopes toward the pond that had previously flooded the building. The demolition process was completed in just over two months.



Before demolition began, the remaining contents of the clubhouse were secured by the trustee. All remaining usable items we donated to a local charity, while any leftover materials were responsibly recycled.

While the clubhouse represented a meaningful chapter in The Meadows' history and holds many cherished memories, this marks the beginning of a new era. Residents can now look forward to creating new memories while enjoying the ongoing enhancements and improvements across The Meadows' golf courses managed by Century/Arnold Palmer Golf. Please feel free to contact the **Pro Shop at 941-415-7807** to your golfing needs.

Lifestyle Program Update

Over the summer planning for the upcoming lifestyle activities have been underway and putting the finishing touches on an exciting lineup of events and activities that will carry us through the remainder of the summer and into the end of the year.

Here's a sneak preview of what's ahead:

- **Welcome Back Movie Night** – Enjoy your favorite films with friends.
- **Wine & Cheese Socials** – Savor specialty wines paired with delicious light bites.
- **Food Truck Nights** – Sample a variety of great local cuisine.
- **Meet & Greets** – A perfect opportunity to get to know your neighbors and make new friends.
- **Specialty Events** – Comedy Night, Mystery Show, Car Show, Craft Show & Bake Sale, Community Art Show, Cinco De Mayo and more.



- **Presentations** - Cyber Safety, Active Shooter, Financial Planning, Florida Wildlife, Blue Zone Living and more.
- **Holiday Masquerade Party** – Celebrate the season with an elegant evening of music, dancing, and festive fun.
- **Speaker Series** – Hear from engaging and informative guest speakers on a variety of topics.
- **Cultural & Musical Events** – Experience outstanding



performances with the sounds of Jazz, Classical and Acoustical musicians throughout the season.

We're excited to kick off another season filled with opportunities to connect with neighbors, learn something new, celebrate together, and enjoy all that our community has to offer. With a wide variety of programs, presentations, social events, and activities planned, there is something for everyone.

At the MCA, we're committed to providing a vibrant and engaging Lifestyle Program that enriches our community. Your participation is what makes these events successful, and we're always delighted to see residents taking advantage of the many opportunities available.

If you've registered for a presentation or event, please mark it on your calendar to help ensure you don't miss it. If your plans change and you're unable to attend, we kindly ask that you cancel your reservation as soon as possible. Doing so allows another resident the opportunity to participate and helps us make the best use of available space.

Thank you for your continued support of the MCA Lifestyle Program. We look forward to seeing you at our events throughout the season!

Landscape & Tree Maintenance Update

As part of our hurricane season preparations, Clean Cut Tree Services has completed preventative tree maintenance throughout the community. This work included removing dead limbs and trees that posed potential safety concerns along roadways and pedestrian pathways.

Over the coming week, you may notice palm trees marked with pink tape. These markings identify the palms scheduled for annual trimming. Each year, we trim palms located in common areas that are visible to residents or require maintenance due to safety or appearance.

You may also see **pink flags** placed throughout the landscape. These flags mark the locations where new trees will be planted.



With the arrival of the rainy season, conditions are ideal for establishing new trees. A variety of species—including oaks, pines, palms, Royal Poincianas, Hong Kong Orchids, and other specimen trees—will be added to further enhance the beauty and character of The Meadows.

We remain committed to making thoughtful improvements that enhance both our beautiful natural surroundings and the overall quality of life for everyone in The Meadows.



Jan Lazar —
MCA Treasurer

As I have reported previously, MCA's financial position is on track and strong. The recently completed independent audit for the Fiscal Year (FY) ended 2/28/2026 showed that we weathered last year's club bankruptcy and its unexpected deluge of new costs and administrative responsibilities with careful and effective management and cost controls. While the "Sports Complex" added over \$1,000,000 in new costs above new revenue, we were able to adjust priorities to keep the community moving forward.

It was a "Clean audit," in other words, the audit reported no

adverse findings. The Auditor indicated that the financial records were completed in accordance with all Generally Accepted Accounting Principles (GAAP), and legal financial reporting requirements. The audit did include detailed reporting on the Sports Complex although that detail was not required and did result in an additional cost in preparing the audit. Since the Sports Complex was officially dissolved in May, there will be some close out reporting for the current fiscal year—but it will be minor.

The annual audit, the year ending budget status reports and the current FY through July 31 reports are available on the MCA website.

We are continuing the efforts to integrate into our budgetary plans going forward those programs previously run and funded by the former club which are now being run directly by MCA. At the same time, the lease with Benderson has removed

more than a million dollars in cost the Sports Complex added last year from this year's budget and even greater cost avoidance going forward. It gives us time to evaluate what, how and who pays for services which are not core community responsibilities. We will be looking throughout the year at revenues, usage and feasibility for a variety of services and programs not previously offered directly by MCA.

There has already been a survey on food service options and there will undoubtedly be surveys on other topics as well. Community input is very crucial on service interest as is community input on willingness to pay for various programs and services. The goal of finding the optimum balance is a work in progress so we ask that everyone be patient and understanding while the new normal is being determined.

We are also changing our banking relationship and our financial software to make comprehensive financial and

operational reporting easier. We recently moved our banking to Bank OZK and are in the process of implementing the new CINC community management and accounting software. Bank OZK has a strong group providing services specifically for HOAs. We know a number of the condo associations already use, or are moving to, CINC for their financial services. We are confident that this will be a great aid to our ongoing efforts for timely and transparent financial reporting. It will, however, require some changes and new sign ups as we move our banking services, so be on the lookout for notices that you will need to change your existing auto-pay and auto-debit arrangements. You'll have plenty of time and assistance as we implement these changes.

We'll keep you informed as these changes are being implemented.

Here's hoping everyone is having a great summer and enjoying all the things going on in The Meadows.

APPROVED ARCHITECTURAL REVIEWS

JUNE 2026

- Villa Majorca Condo Assn
- Villa Majorca Condo Assn
- Windrush Bourne Condo Assn
- 5221 Marsh Field Ln
- 3029 Taywood Meadow
- 5127 Everwood Run
- 5312 Everwood Run
- 4772 Greencroft Rd
- 3091 Highlands Bridge Rd
- 5314 Huntingwood Ct
- 4767 Ringwood Meadow
- 4584 Arborfield Rd
- 2843 Wrenwood Ct
- 5716 Sheffield Greene Cir
- 4626 Hadfield Dr
- 4865 Greywood Ln
- 4865 Greywood Ln
- 5150 Marsh Field Ln

- 3008 Highlands Bridge Rd
- 3786 Surrey Ln
- Meadowlake Condo Assn
- 4543 Chandlers Forde
- 4713 Greencroft Rd
- 5041 Ringwood Meadow
- Oakley Greene Condo Assn
- 5268 Everwood Run
- 4905 Marsh Field Rd

JULY 2026

- Heronmere Condo Assn
- 4626 Hadfield Dr
- 4519 Highland Oaks Cir
- 3409 Highlands Bridge Rd
- 3409 Highlands Bridge Rd
- 5313 Huntingwood Ct
- 5042 Marsh Field Rd
- 5645 Sheffield Greene Cir

- 5648 Sheffield Greene Cir
- 5695 Sheffield Greene Cir
- 4651 Chandlers Forde
- 4441 Highland Oaks Cir
- 4441 Highland Oaks Cir
- 2359 Lakeside Mews
- 2319 Lakeside Mews
- 5643 Sheffield Greene Cir
- Longwater Chase Condo Assn
- 1903 Dalecroft
- 3400 Hadfield Greene
- 5608 Sheffield Greene Cir
- 4400 Highland Park
- Stratfield Park HOA
- 5150 Marsh Field Ln
- 4709 Ringwood Meadow
- 3834 Surrey Ct

ARCHITECTURAL DESIGN



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SPOTLIGHT ON SAFETY



Rick Gorman - Director of Safety Operations



What first sparked your interest in safety, and what path eventually brought you to The Meadows?

I served for six years as a military police officer with the New York Army National Guard before beginning a 37-year career with the Albany County Sheriff’s Department in New York, where I worked in the Corrections Division. I moved to The Meadows in January 2021 while waiting for my retirement home to be built. During my time living here, I became interested in the idea of working within the community I lived in, which eventually led me to join Allied Universal, the company contracted to provide safety services for The Meadows.

What is something about the work of the Safety team that residents may not realize happens behind the scenes?

Our Safety team has developed a strong rapport with the Sarasota County Sheriff’s Office. Every member of our Safety staff also brings experience in law enforcement, the military, or both.

Over your time at The Meadows, how has your approach to keeping the community safe evolved?

Although I no longer live in The Meadows, I still strongly believe in the concept of “policing where you live.” Having lived here for two years, I developed a real connection to the community and the people who call it home.

Is there one safety habit or piece of advice you wish every resident would keep in mind?

One safety habit I would especially like to remind residents about is the importance of following all traffic signs and regulations throughout The Meadows.

What has been one of the most rewarding or memorable parts of working with The Meadows community?

What I enjoy most is the community itself and the daily interactions I have with its members. Residents are always welcoming, whether it is through a friendly wave or smile. It is incredibly rewarding to know that even the smallest task or interaction can help give someone greater peace of mind.

Michelle Johnston - MCA Board Secretary and Safety Liaison



What inspired you to take on the role of Safety Liaison for the MCA Board?

What inspired me? When the MCA Board President, Marilyn Malekas, asked me to be the Safety Liaison, I felt that it was something that I could do because as a dean I was responsible for the Department of Criminal Justice at my university. Consequently, I attended a lot of meetings and lectures about community safety. I looked at the experience as an honor to serve and use my knowledge.

What does your role as Safety Liaison involve, and how do you work with the Safety team and the Board?

I work closely with Frances Rippcondi, Sandy Truman, Officer Rick Gorman, Deputy Duff of the Sarasota County Sheriff’s Office, and other members of the Safety Committee on safety issues that emerge in our meetings or that residents report. For example, Deputy Duff discussed financial scams, which I reported to the community during an MCA Board meeting and in an article for the Meadoword. Recently, the Safety Committee started a series of Meadowood articles entitled Scam of the Month.

What safety concerns or topics do you feel are especially important for residents to stay aware of?

Overall The Meadows is one of the safest communities in the Sarasota

region. However, there are concerns about speeding cars, e-bikes, dogs off-leash, and scams. Information about speeders, e-bikes, and scams was shared in The Meadoword and Meadows Living. Additionally, the Safety Patrol writes incident reports, which we can use to see if there are trends, and I monitor the trends in the Meadows traffic as recorded by the radar signs. Meadows residents need to follow the speed limits and follow the rules about using e-bikes and having dogs on leashes. However, Meadows residents also must be aware of scams which are reported monthly in the Meadoword.

How can residents help support the Board and Safety team in keeping The Meadows a safe community?

Meadows residents can support the Safety Committee by reporting anything that seems unusual and watch out for their neighbors because sometimes our neighbors need help. Specifically, when neighbors are away from The Meadows, keep an eye on their homes or if a neighbor is in distress, make a call for assistance. The Meadows Safety patrol can assist the Sarasota County Sheriff Deputies in making wellness checks. Lastly, while driving within the speed limit, residents can be on alert to protect the Meadows wildlife.

What do you enjoy most about serving The Meadows and being an advocate for resident safety?

Serving as liaison to the Safety Committee is a joy because the members of the Safety Committee represent all quarters of The Meadows from east of Honore to west of Longmeadow and are residents of condominiums, villas, and homes. The committee members are positive and report their observations and concerns and find workable solutions to the concerns. Occasionally, members of the community attend the meetings to express their concerns which the committee members discuss.

Al Ballantyne - Head of Maintenance Team



What first brought you to The Meadows, and how did you get started in your role with the Maintenance team?

About 10 years ago, I was brought on under another employee who was training to become the Maintenance Supervisor. I started as a helper, watering plants, trimming trees, and assisting wherever I was needed. When Kirby retired and the supervisor later decided to move on, I found myself taking on much more responsibility. I was never truly on my own, though. I had the support of Sandy, Frances, and continued to rely on Kirby’s knowledge and guidance a great deal along the way. Through it all, I’ve learned to take things in stride and not let myself get overwhelmed.

What is something residents might be surprised to learn about the work that goes into maintaining The Meadows?

I think people would be surprised by how much agriculture and environmental care goes on around here, from the aquatic plantings around the lakes to the tree planting throughout The Meadows. We definitely like to preserve the environment and let nature take its course. And they might also be surprised to know that I’m a nice guy.

Preventative maintenance is a big part of your work. What are some of the things your team does behind the scenes to help prevent larger problems?

Preventative maintenance routines are an important part of our job. Our goal is to repair something before it has the chance to cause injury or harm, while also taking care of the smaller details, like trimming a hedge to help with the overall beautification of The Meadows. A big part of our everyday work is simply staying aware of potential hazards, picking up branches, checking sidewalks for trip hazards, watching for hanging limbs, keeping an eye out for wildlife, and being aware of anything suspicious. Maintenance is also responsible for the sidewalks throughout The Meadows. We walk them regularly to check for hazards and, in most cases outside of single-family homes, we pressure wash them as well. We’re also responsible for the signs throughout the community, which are important for helping people know where they are and where they’re going.

What types of repairs or safety-related issues do you most often encounter around The Meadows?

The most common safety related issues we have around here for the most part is a bird crossing the road or a turtle nest that needs to be marked out, maybe a gator being spotted.

What do you find most rewarding about being able to see a problem, solve it, and help keep The Meadows safe and beautiful?

It’s rewarding to me to do a beautiful job and to be able to help someone. It gives me a sense of self-esteem and also does a lot for my self-respect. There’s something rewarding about being a productive member of society and knowing that I’m able to help within the community.



I’m sure that you know that all the streets, sidewalks and cart paths in the Meadows are private property and are governed by our documents and regulations. We have paths and streets that are used by pedestrians, bikes and golf carts. We have streets that are utilized by cars, trucks, bikes, e-bikes and pedestrians. Our documents and rules are in place to help us all live together safely while using these paths, sidewalks and streets.

The Meadows, like many communities, allows private golf carts to use paths and streets to

move easily around the community and have increased access to our natural open spaces. We also restrict the minimum age of golf cart drivers to 16. Carts are fun and convenient but they can be a hazard if used carelessly or recklessly. We ask everyone’s cooperation to help use all to be safe.

In order to have this privilege, we require that all private golf carts provide proof of insurance provided annually to MCA. This coverage must explicitly cover the golf cart and provide liability coverage if there should

be an injury or property damage. You need to provide proof of insurance to MCA and get a sticker for your cart, just as you do for your car. If you do not have an umbrella policy or a special cart policy, you may not have coverage under your homeowner’s policy. Many of them do not cover the golf carts for damage or liability. Please be sure to have a policy declaration that verifies coverage when you register your cart with MCA. If you do not register your cart, you are subject to restrictions and fines. We need to know that carts, like cars, are registered and insured.

Carts are fun and convenient but they can be a hazard if used carelessly or recklessly. We ask everyone’s cooperation to help use all to be safe.

If you have a cart, registration and proof of insurance is due by September 15. Bring the policy declaration or registration card with VIN number to the MCA office. Thank you for your cooperation.

SAFETY REPORT

Throughout June and July, The Meadows Safety remained active across the community, responding to resident concerns, providing assistance and working alongside the Sarasota County Sheriff’s Office when needed. June included 27 reported incidents and 83 citations, while July also recorded 27 reported incidents with 67 citations issued.

During the two-month period, Safety conducted several health and welfare checks for residents and assisted with a variety of situations throughout the community. These included helping a resident with a locked vehicle ignition, freeing a wheelchair that had become stuck, safely relocating a snake from a lanai and assisting an individual who appeared confused. Safety also responded to medical concerns and coordinated with EMS and law enforcement when additional assistance was necessary. Several suspicious circumstances were also reported, including unfamiliar individuals approaching homes, concerns captured through residential security cameras and late-night activity at a residence. Safety investigated these reports

and worked with SCSO when appropriate. In July, the team also assisted law enforcement with the search for a missing child in the area, who was later safely located outside of The Meadows.

Residents are also reminded to keep vehicles secured and valuables out of sight following reports in July of several vehicles being rummaged through. Additionally, Safety responded to a number of animal-related concerns, including loose dogs, unattended pets and improper use of the dog park. In each situation, efforts were made to address the concern and reunite or connect animals with their owners when needed.

Another important reminder comes following a June phone scam involving a fraudulent Apple Pay message. The caller convinced a resident to allow remote access to their phone, potentially exposing banking information. Residents should never provide unfamiliar callers with access to a phone, computer, passwords or financial accounts and should contact their financial institution or law

enforcement directly when suspicious activity occurs.

Safety also addressed traffic concerns, unauthorized solicitation and other community matters throughout both months. These incidents serve as a good reminder to remain observant, secure homes and vehicles, and report unusual or concerning activity. The Meadows Safety team continues to work throughout the community to assist residents and help maintain a safe and welcoming environment for everyone.

EMERGENCY NUMBERS

For Emergency, call 911. After calling 911 please report the incident to the MCA Safety Patrol.

The non-emergency Sarasota County Sheriff’s Office: 941-316-1201

**MCA Safety Patrol:
941-809-0084**

Scam of the Month

Michelle Johnston – Safety Committee Liaison

According to *Scam Spotter*, scams are on the rise. Therefore, we need to be alert and not become victims of scams, especially scams involving the internet and email.

How often do you receive emails telling you that your payment was denied or your account was closed and asking for you to take immediate action? Probably, if you are like the rest of us in The Meadows, you receive a lot of that type of email. Most, if not all, emails denying payments and closing accounts are scams. A rule of thumb is never open such emails. Delete them and go to your account whether it is a bank, phone, or cable account. You will find out that the email information was false, and you were being scammed. If you had answered any of those email notices, the scammers could easily acquire your personal information.

Another way that the scammers can get your personal

information is by sending you an email alleging that they are from the IRS or your bank and informing you that you have a problem. The email suggests that you can solve the problem by taking a photo of the QR code embedded in your email. When you do that, the scammers can acquire your personal information through your phone or iPad. Again, do not respond to such emails; go to the source. Contact your bank, for example, and remember that the IRS does not send emails.

To avoid being victims of email scams, be alert and suspicious. If the emails are requesting something that does not seem logical or are a little off, delete the email. For example, several people in The Meadows received emails from “Amaz@n,” thinking the source of the email was actually Amazon. As a customer service representative at Chase said, “The scammers are creative.”

To find out more about scams and how to avoid them, look at www.aarp.org for the five most common scams.



SAFETY ORANGE: THIS DISTINCT COLOR IS OFFICIALLY A SHADE CALLED PANTONE 152, CHOSEN BECAUSE IT CONTRASTS SHARPLY WITH NATURAL OUTDOOR ENVIRONMENTS.

CONCERNED ABOUT FOOD SAFETY?

UCF HEALTH FACULTY PHYSICIAN PRACTICE



Each year, 1 in 6 Americans gets sick from eating contaminated foods and beverages and the latest E. coli outbreak linked to a chain restaurant on the West Coast has people questioning the safety of their food. While the American food supply is among the safest in the world, the Centers for Disease Control estimate that 48 million cases of foodborne illness occur annually, resulting in about 3,000 deaths.

Thanks to new epidemiology and gene sequencing tools, when there is a foodborne illness outbreak we are able to quickly track down the source. You can get sick from eating food you prepare yourself, or from eating at a restaurant. You can get sick from animal and plant products, as well as chemicals or toxins in your food. Most infections are caused by bacteria, viruses and parasites. There are many different microbes and pathogens that cause sickness, so there is no one set of symptoms to diagnose foodborne illness – but common symptoms include nausea, vomiting, abdominal cramps and diarrhea. These symptoms can range from mild discomfort to very serious, life-threatening illness and can occur anywhere from a few hours after eating the food to a few days later.

To protect yourself, keep these tips in mind when preparing food at home:

- Always wash your hands before handling food.
- Cook food thoroughly. Since most microbes are killed by heat, make sure to cook your food to an internal temperature above 160° F.
- Wash all your produce. While you can't eliminate bacteria without cooking, you can reduce it, which might prevent you from ever getting sick.
- Say no to raw animal products. Raw foods of animal origins – such as raw eggs, meat and shellfish – are most likely to be contaminated.

If you suspect you have a foodborne illness, see your doctor. He or she can test to confirm if an infection is present. If so, the information gets reported to local health department officials who aid in tracking the source of the contamination so others do not get sick.

When dining out, it's the responsibility of the cooks and food handlers to ensure the safety of your food. You can check the restaurant's health inspection score online at <https://www.myfloridalicense.com>

If you take home leftovers, make sure they are refrigerated within an hour. Leftovers should be eaten within 3 to 4 days.



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Reminders



The MCA Office will be closed Monday, September 7th, in observance of Labor Day



HEARING CLINIC
Tuesday, September 8 from 9-11 AM
Call for an appointment
941-677-2660
Held at MCA 2004 Longmeadow



ELECTRONIC TUTOR
THURSDAY, SEPTEMBER 7
1 PM @ MCA
Call David Stoltie
941-404-5585
the Patient Trainer,
to schedule an appointment.

GENERAL ELECTION FOR SARASOTA COUNTY IS TUESDAY, NOVEMBER 3RD
Voter Registration deadline is Monday October 5th

Grandparents Day

September 13



Celebrate the grandparents and grandfriends who bring so much love, wisdom, and joy into our lives!



FLU VACCINE REMINDER
Flu vaccines are typically available by September. Consider getting your annual flu shot to help protect yourself and those around you this season.

National Fall Prevention Awareness Month

Take a quick look around your home for loose rugs, poor lighting, or other common trip hazards.



NATIONAL PREPAREDNESS MONTH

September is National Preparedness Month! Take a moment to review your emergency supplies, update your plans, and make sure you're ready for unexpected situations.



Fitness Reminder

Stretch & Tone and Yoga classes with Karen Ockner will return in October.





Activities

SEPTEMBER
HARVEST MOON
WITH CHRIS AND
FRANCES

ICE CREAM SOCIAL

Thursday September 3 • 6:30-7:30 PM
Meadows Community Lifestyle & Wellness Facility
Register online at themeadowssarasota.org

YMCA WATER SAFETY PRESENTATION

Tuesday, September 15
11 AM – 12 PM
Meadows Community
Lifestyle &
Wellness Facility

Wednesday,
September 2
6:30 – 7:30 PM

Meadows
Community Lifestyle
& Wellness Facility

Register online at
themeadowssarasota.org

CRIME STOPPERS OF SARASOTA COUNTY PRESENTATION

Wednesday, September 16
11 AM – 12 PM
Meadows Community
Lifestyle & Wellness Facility

Line Dancing

Wednesday, September 9 • 2 – 3 PM
The Meadows Lifestyle & Wellness Facility

No experience required! Have fun, learn some dance steps, and get some exercise.
Get your feet moving from the Electric Slide to Fireball!
Please wear closed-toe shoes.

Register online at themeadowssarasota.org

FOOD TRUCK FRIDAY: *Pizza Night*

FEATURING VESUVIO
SRQ PIZZA TRUCK

September 18 | 5:30 - 7:30 PM
Centre Court Lounge Deck

FLORIDA BLUE Produce Bus

Monday,
September 14
10 – 11 AM
MCA Parking Lot

The Med Way: Mediterranean Lifestyle and Food Demo Presentation

Monday, September 21 • 12 – 1:30 PM
Meadows Community Lifestyle & Wellness Facility

Events



MEET THOSE
WHO KEEP OUR
COMMUNITY SAFE

Tuesday, September 22
12 – 1 PM

Meadows Community Lifestyle & Wellness Facility

CLARK'S SELF
DEFENSE CLASS

Tuesday, September 29
11 AM – 12 PM

Meadows Community
Lifestyle &
Wellness Facility

REGIONS BANK PRESENTATION

UNDERSTANDING
FINANCIAL FRAUD

Friday, September 25
12 – 1 PM

Meadows Community
Lifestyle &
Wellness Facility

SAVE THE DATE

Comedy Night

FEATURING
BOBBY GOLDSMITH

Wednesday, September 30
Time and location TBD

MOVIE NIGHT

THE
PINK
PANTHER

Thursday,
September 24
7 – 9 PM

MCA Lakeside

MAH JONGG

Every Monday | 9 AM | MCA

For more information, contact the MCA at
941-377-2300

SAMBA

Fridays, 1:30 – 3:30 PM

MCA 2004 Longmeadow

Contact the MCA for more
information - 941-377-2300

MEADOWS
GOLF CLUB

Perfect Pairings

MIXED TEAM SHAMBLE

2 male, 2 female (4-person team)
Saturday September 12
8:30AM shotgun

Call 941-415-7807 to register or for more information

If you reserve space for an association meeting, activity or event and are unable to come, please call and let us know, so someone else may enjoy using the space.

Making the Home Environment Safe

John Hopkins Medicine

What's involved in making the home environment safe?

When caring at home for an ill or aging person of any age, it's important to think about home safety. Read this helpful checklist, and use it to check for safety issues around the home.

Bathroom and bedroom

Install smoke alarms inside each bedroom and in hallways outside bedrooms. Install them on every level of the home, including the basement. On levels without bedrooms, install smoke alarms in living room areas and near stairs to upper levels. Check batteries monthly. Change batteries yearly or as advised.

Carbon monoxide detectors should be placed at every level of the home and near sleeping areas. Combination smoke alarms and carbon monoxide detectors are also available.

- ☐ Place a nonskid bathmat on the floor and a nonskid mat in the tub.
- ☐ Store all prescription and over-the-counter medicines in original containers and in a safe place.
- ☐ To prevent scalding, make sure the tap water temperature is set no higher than 120°F (48.8°C).
- ☐ Be sure you can move safely in the bathroom and in and out of the tub or shower.
- ☐ Mount grab bars at the toilet, bath, and shower on walls with secure reinforcements.
- ☐ Make sure lighting in hallways is adequate.
- ☐ Place a lamp and telephone near the bed.
- ☐ Remove or nail down rugs or carpeting to reduce the risk of falls.

Kitchen, main living area, and stairs

- ☐ Store all cleaning supplies in their original containers.
- ☐ Always turn pot handles inward when cooking on the stove. This can help prevent spills. Use back burners whenever possible.



- ☐ Keep a working fire extinguisher in the kitchen.
- ☐ Secure area rugs to prevent falls and slips.
- ☐ Make sure furniture is securely placed and in good repair.
- ☐ Install light switches at the top and bottom of the stairs.
- ☐ Make sure lighting on stairs is adequate.
- ☐ Both sides of the steps should have handrails.

Outdoors

- ☐ Keep stairs and walkways clear of snow, wet leaves, or other debris.
- ☐ Repair cracks or chips in cement sidewalks and stairs.
- ☐ Make certain railings, gates, and fences are secure and in good repair.
- ☐ Place barriers around a fireplace, wood burning stove, or other heat source. This can help prevent accidental burns.
- ☐ Have chimneys and stovepipes inspected and cleaned regularly.
- ☐ Make sure that hazardous items are secured and in their original containers in the garage, utility room, or basement. This includes items, such as bug sprays, cleaners, auto care products, and weed killers.

Other safety steps

- ☐ Enter emergency numbers into your cell phone. Also write emergency numbers in large print and post them on the refrigerator and near the land line phone.
- ☐ Make sure that bathrooms and bedrooms can be unlocked from the outside.
- ☐ Keep matches and lighters out of reach.
- ☐ Make sure the home has at least two unblocked exits in case of fire or other emergency.
- ☐ Check all electrical cords to make sure they are not cracked or frayed.
- ☐ Make sure outlets or extension cords are not overloaded.
- ☐ If possible, don't use space heaters. If they must be used, make sure they are in safe condition. Never plug them into an extension cord. Place them at least 3 feet from any drapes, bedding, or furnishings. Turn them off when you leave the room.
- ☐ Know where the gas, electricity, and water cut-off valves are located in the home in case of emergency.

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- 4060 PENSURST PARK**
Unrivaled luxury, breathtaking pond and lake views, maintenance-free\$850K
- 4004 PENSURST PARK**
Warm contemporary design, impact-windows, tranquil golf course views \$749K
- 4322 HIGHLAND OAKS CIR**
A Jewel in the Highlands! Spotless, beautifully updated, impact windows ... PENDING
- 3331 HADFIELD GREENE**
Soul-nurturing pond views framed by a peaceful Old Florida preserve \$425K
- 3978 CHATSWORTH GREENE**
Serene golf course views, updated plus impact lanai windows SOLD!
- 3864 CHATSWORTH GREENE CT**
Sweeping golf course views with ideal southeastern exposure \$375K
- 4429 OAKLEY GREENE**
Serene, easy-living villa with lush views and tray ceiling SOLD!

FOR SALE ELSEWHERE IN THE MEADOWS

- 2929 SANDRINGHAM PL**
Enchanting opportunity! Very private pool home cocooned in a lush preserve ... \$525K
- 5475 CHANTECLAIRE**
One of a kind! Beautifully updated villa, impact windows, on the 14th fairway ... \$499K
- 2869 SANDRINGHAM PL**
Easy living, no pool, with sweeping pond and golf course views SOLD!
- 4777 RINGWOOD MEADOW**
Gorgeous golf views, beautiful updates and hurricane-rated windows PENDING
- 3522 FERNDILL**
Villa alternative! No-pool home, pocketing sliders for ideal Florida living\$449K
- PAPILLION - 3038 RINGWOOD MEADOW**
Luxuriously renovated end-unit villa, a must see SOLD!
- 3131 HEATHERWOOD LN**
Updated, stylish and easy-living with gorgeous golf course views SOLD!
- 3374 W CHELMSFORD CT**
Spectacular golf and lake views, plus hurricane glass for peace of mind \$329K
- 4396 WOODMANS CHART**
Move right in! Updated, light-filled end-unit with no shared walls SOLD!
- 4557 KINGSMERE**
Fabulous golf course views, high ceilings and furnished \$277K
- 5456 HAMPSTEAD HEATH**
Tranquil pond and golf course views from this bright end-unit \$278K
- WOODLAND GROVE - 4489 LONGMEADOW**
Enchanting views, quality upgrades and hurricane windows \$275K
- 4983 GREENCROFT RD**
Charming 2-story townhouse with atrium and serene, lush views \$264K
- BUNKER OAKS - 3569 LONGMEADOW**
Fabulous golf course views from this easy-living 1/1 villa PENDING

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- MOTE RANCH**
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FEATURED PROPERTIES

SOLD **4582 Longwater Chase** – 2/2 condo with carport and storage. Unbelievable view from 2-sided lanai. Priced right at..... **\$249,000**

PENDING **5218 Marsh Field Rd** – Fantastic oversized 2/2 with fabulous water/ golf view. Ceramic tile and Granite countertops throughout. Priced right at **\$249,000**

3386 W Chelmsford Ct – **REDUCED PRICE** 2 large bedrooms with fabulous golf/water view in a super well-maintained community. Large country kitchen offers plenty of flexible multi-use space. **\$334,500**

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FALL IS TUESDAY,
SEPTEMBER 22,
2026

Our Lifestyle



By Martha A. Lopez

My relationship with tennis is what I'd hoped my marriage would be—a love that grows stronger year after year, sharing joys and overcoming trials.

When I was nine, my parents signed me up for two weeks of tennis camp. I wasn't a fan of early mornings, but for tennis camp I catapulted out of bed. That's where the seed was planted. In high school, I spent countless hours rallying against my own personal “wall” on the back of my parents' house. That's where I suffered my first tennis injury, spraining my ankle while chasing a forehand.

Six weeks on crutches felt ridiculous for an injury sustained while hitting by myself!



In 2013, I enrolled in an Adult Beginner tennis class taught by Meadows resident and tennis matriarch, Ann Moore. At my first class, I wore a pink shirt, denim shorts, the wrong shoes and a Walmart racquet. Ann kindly suggested I buy proper tennis shoes before the second class. The denim shorts were one thing, but the shoes were non-negotiable! This advice probably prevented another ankle sprain!

I didn't own athletic clothes because my identity was wrapped up in music. I'd studied piano since age six, then classical singing and opera, building a career as a professional musician and educator. Behind the scenes, I was navigating a challenging chapter in my marriage, coping by overeating. I weighed ninety pounds more than I do today.

My marriage ended in divorce in 2015. I needed a new place to live, a peaceful sanctuary. I landed in The Meadows. By 2016, I was back in Ann's class and began meeting people who became *my people*.

Tennis has built-in accountability. People are counting on you to show up and sometimes that commitment is enough to get you out of bed and out of the house. I found myself on the court several days a week until the pandemic hit and our tennis group scattered.

I joined The Meadows Country Club in March 2021. A friend had invited me to play tennis there years earlier. Stepping

onto the grounds for the first time, I thought—I've found my version of heaven. After a great introductory lesson with one of the pros, I was angry with myself, tired of hiding a more athletic me underneath extra weight. Driven by productive anger, I made significant changes to my eating habits. I'd lost forty pounds in the time leading up to the divorce. Joining Meadows Tennis became another turning point. I've maintained an additional fifty-pound weight loss since. The work continues.

Meadows Tennis is a vibrant community where we exercise, learn, laugh, compete, volunteer and build lasting friendships. We're a family.

Round robins, social events and clinics introduced me to wonderful people. Curt Reimer, our Racquets Director, became my private coach and major catalyst in my tennis journey. Our lessons became my favorite hour of the week. Curt is a masterful technician, helping his students build a rock-solid foundation from the ground up. He strikes a perfect balance: he is exacting in his instruction, yet profoundly encouraging.

Curt coaxed me to sign up for the club's singles and doubles championships, as well as the Tri-Cities League—conveniently omitting



that there'd be an audience! Playing well under pressure was a challenge. As a singer, I loved the stage, but tennis demanded a different kind of

performance—relying on a skill set I was still learning to trust.

Tennis opened doors I never expected—not just opportunities to compete, but opportunities to serve. I worked for two years at the Meadows Summer Camp as a



counselor. I loved teaching kids tennis, but was decidedly less useful at golf and pickleball, save for the role of sensible adult!

Curt also introduced me to Buddy Up Tennis, serving athletes with Down syndrome. The Meadows' tennis and pickleball communities volunteer alongside others from the area to provide tennis and fitness sessions to our athletes. While we certainly help them develop their tennis skills, our



athletes have a remarkable gift for opening hearts and bringing out the best in everyone they meet. When one of the program's coaches stepped away, Curt invited me to fill the role, which also

led to earning my coaching certification through the Professional Tennis Registry.



Beyond my weekly tennis, I now captain and play on the 3.5 Tri-Cities League team, proudly serving as their loudest cheerleader! My teammates inspire me with their determination, kindness and sportsmanship, alongside our fantastic pro, Russell Schutzman.

Meadows Tennis is a vibrant community where we exercise, learn, laugh, compete, volunteer and build lasting friendships. We're a family.

It's easy to put off new experiences or revisit past passions by telling ourselves, “*I'll try that after I lose ten pounds,*” or “*I'll do that when life settles down.*” My experience has taught me something different.

Your curiosity may lead to your joy. Come as you are. Sometimes all it takes is the courage to step onto the court.





PROTECT YOUR PERSONAL INFORMATION FROM HACKERS AND SCAMMERS

FEDERAL TRADE COMMISSION CONSUMER ADVICE

Your personal information is valuable. That's why hackers and scammers try to steal it. Follow this advice to protect the personal information on your devices and in your online accounts.

KEEP YOUR SOFTWARE UP TO DATE

Criminals look for weak points to exploit before software companies can fix them. So, update the software programs on your computer, tablet, and mobile phone as soon as possible when a newer version comes out. Software updates often contain critical patches and protections against security threats.

Turn on automatic updates to automatically update your

- security software
- internet browser
- operating system
- mobile apps

SECURE YOUR HOME WI-FI NETWORK

Your router is the access point between your devices and the internet. If malware gets onto any device connected to your home network, it can spread to other devices connected to the same network. Read [How To Secure Your Home Wi-Fi Network \(https://consumer.ftc.gov/articles/how-secure-your-home-wi-fi-network\)](https://consumer.ftc.gov/articles/how-secure-your-home-wi-fi-network) to learn how to make your router and your network more secure.

PROTECT YOUR ONLINE ACCOUNTS WITH STRONG PASSWORDS AND TWO-FACTOR AUTHENTICATION

Your online accounts may contain a lot of your personal

information. Protect them with a strong password that's hard to guess and turn on two-factor authentication.

Passwords

When it comes to passwords, you have a few options:

- create your own password
- choose an automatically generated password
- use a password manager

Create your own password. If you create your own password, make it long. Aim for at least 15 characters. Use a combination of uppercase and lowercase letters, numbers, and symbols.

Since a long password can be hard to remember, you may find it easier to use a passphrase. A passphrase is a series of words separated by spaces. If you use a passphrase

- make sure it consists of random words
- avoid using common phrases, song lyrics, or movie quotes that are easy for a hacking program to guess

Choose an automatically generated password. Studies show that people aren't good at creating and remembering strong passwords. You can have your browser or device create a password for you. Here's more info on how that works:

- Google Chrome
- Mac
- Microsoft Edge
- Firefox
- iPhone iOS
- Android

Use a password manager. A third-party password manager also can create a strong password. To find a reputable password manager, read expert

reviews. Make sure the password for your password manager is strong. And protect it like you do your other passwords.

Strong passwords can be hard to remember. But your browser and device can save your password. So can your password manager. And they can auto-populate your password the next time you log in to a website or app.

USE TWO-FACTOR AUTHENTICATION

Using a strong password is an important step in protecting your account from hackers. But even strong passwords are vulnerable to cyberattacks. Using two-factor authentication adds an extra layer of security to your account. A hacker who steals your password can't log in to your account without the second authentication factor.

The most common type of two-factor authentication is a verification passcode you get by text message or email. This one-time passcode is typically six digits or longer and expires automatically.

The more secure types of two-factor authentication are an authenticator app or a security key. Choose one of these methods for more protection if you have the option.

PICK SECURITY QUESTIONS ONLY YOU CAN ANSWER

When you create an account, you may have to give answers to a few security questions. Some sites may periodically ask you to answer these questions as a security measure to confirm your identity. You also may have to answer them if you need to reset your password.

Hackers could try to guess your answers to get into your account, so pick security questions only you can answer.

- Avoid questions with a limited number of responses that hackers can guess — like the color of your first car.
- Avoid questions with answers that someone could find online or in public records — like your zip code, birthplace, or mother's maiden name.

If you can't avoid those questions, treat them like a password and use random and long answers. Make sure the question and answer are unique, not one that you use on other sites. And be sure you can remember your answers.

PROTECT YOURSELF FROM ATTEMPTS TO STEAL YOUR INFORMATION

It's also important to know when someone is trying to trick you into giving them your personal information. Scammers send phishing emails or text messages to trick you into clicking on a link or opening an attachment that downloads malware. Don't click on a link in an unexpected email or text. Instead, contact the company using a phone number or website you know is real.

KNOW WHAT TO DO IF SOMETHING GOES WRONG

If you discover an issue, it's important to act quickly. Find out what to do if someone hacked your email or social media account or if you think you may have installed malware.

If you think someone is using your personal information, go to [IdentityTheft.gov](https://www.identitytheft.gov) to report it and get a personalized recovery plan.

MEADOWS COMMUNITY ASSOCIATION SAFETY COMMITTEE

Michelle Johnston, MCA Board Liaison to the Safety Committee

The Meadows has a strong commitment to maintaining a safe and welcoming environment for everyone in our community. Supporting that commitment is our Safety Committee, which has a very important mission.

The Meadows Community Association (MCA) Safety Committee, one of the many active community committees supporting the MCA administration, has, as its mission, to ensure that community members know about safety in The Meadows and have a voice in ensuring their own safety. In total, the Safety Committee has seven (7) members representing the community at large plus the Meadows Manager, Meadows Senior Operations Specialist, Meadows Safety Patrol Officer, a Sarasota County Sheriff’s Department deputy, and an MCA Board liaison. During the monthly Safety Committee meetings, which are on the first Monday of the month except for July and August at 2:00 PM, the Safety Patrol Officer and a deputy discuss incidents that occurred during the previous month and emerging issues. Members of the Safety Committee also contribute their concerns from their observations and conversations with neighbors. Additionally, during the meeting, community members can express their concerns regarding safety issues such as bicyclists weaving around traffic on Longmeadow or dogs running loose and chasing pedestrians. Lastly, I share the data gathered by the radar signs, and the Manager

presents relevant safety information.

After sharing the data and observations, the Safety Committee members discuss the various situations and possible solutions or action steps. For example, a resident told the committee that speeding cars on Highlands Bridge made it impossible for residents to safely backout of their driveways. After a discussion followed by observations, radar signs were temporarily moved to Highlands Bridge.

At one meeting, Deputy Duff, representing the Sheriff, spoke about scams involving cryptocurrency and social media that were perpetrated against Meadows residents. As liaison, I spoke about those scams during an MCA Board Meeting and authored an article about the scams and their victims. There was another scam through which Meadows residents received bogus invitations in their email accounts. If opened, those invitations would gather all the victims contact information. In that case, the Manager and I alerted our constituents through Meadows Living (Constant Contact). Because there are so many scams, the Safety Committee suggested that the Meadoword have a “Scam of the Month” column.

The Safety Committee also discussed protocols for keeping our residents safe and healthy using wellness visits when necessary. The Safety Patrol officers can do cursory checks, but only a sheriff’s deputy can enter a home, and only EMS can transport people to the hospital. Our safety officers, however, can remain at the scene to make sure that

everyone is calm, and inform emergency contacts. For example, a person became dizzy and fell at the Lifestyles Building. The Safety Patrol Officer stayed with the person’s relatives and friends and made sure that their car was secure while locating a neighbor to drive it home.

Every day, the Safety Patrol Officer receives reports of incidents from strangers soliciting to people fishing in restricted ponds, or from suspicious people approaching residences to dogs chasing bicyclists. The patrol officers take these reports seriously, investigate them, and follow-up to ensure the problems are resolved. The Safety Committee also discusses these incidents and takes action where appropriate. Further, Meadows residents can read about the reports in the Meadoword and find ways to assist the patrol officers by doing simple things like keeping their dogs on leashes, following traffic rules, and watching out for their neighbors.

To ensure that you are safe and in contact with the Sarasota County Sheriff’s Office and the Meadows Safety Patrol, put these numbers in your contact list and on your refrigerator.

Meadows Safety Patrol:
941-809-0084

Sarasota County Sheriff:
911 or 941-316-1201

Back-to-School Supply Drive Success

A heartfelt thank you to everyone in The Meadows community who contributed to our Back-to-School Supply Drive! Thanks to the incredible generosity of our residents, we collected an amazing assortment of school supplies for the All Star Children’s Foundation as they prepared for the new school year.

From backpacks and notebooks to pencils, folders and other classroom essentials, every donation helped provide these children with

the tools they need to begin the school year feeling prepared and supported.

We are so grateful to everyone who helped make this drive such a success. Your generosity not only supported All Star Children’s Foundation but also showed what can happen when The Meadows community comes together to make a meaningful difference for local children and families.



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2937 TAYWOOD MDW
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Memoir Group

Mementos

Liz Barnett – Memoir Group

Did you travel this summer? Did you bring back anything besides your memories?

Well, most of us do bring back souvenirs. My refrigerator is adorned by magnets from 24 different countries. My husband bought a commemorative pin at many of the Olympic event we attended. They were easy to get and easy to transport. But that wasn't the case when we went to the Fuga del Bove (Festival of the Bull) in Montefalco, Italy.

I was entranced by the advertising posters. Who wouldn't want a poster showing a bull standing upright carrying a spear and holding a banner with a drawing of the Montefalco sky line. I

immediately issued a challenge to our friends. "Let's see who can be the first to get one of these posters. The losers will buy all the wine tonight."

When I went into a store with the poster in the window and asked to buy it, they were incredulous. "It's not for sale," they said. But when I explained the contest, they immediately took it down and gave it to me. It's framed and has hung in the living room for 17 years.

That's nothing compared to Bob Finlay's quest to bring home his "gotta haves" as you'll see when you read his story.

As much as we love the things we acquire, the real treasure might be the stories and memories that go with them. Treasures that will be lost if the stories aren't written down. We hope you'll join us to preserve and share your stories at the Memoir Group on the 1st and 3rd Friday of

the month from 10 to 12 at the MCA (2004 Longmeadow) or on-line on Zoom. For more information and the Zoom link, email us at meadowsmemoirs21@gmail.



GOTTA HAVES

BOB FINLAY

Sometimes there is something you just gotta have. It doesn't matter if it is a gotta have in a foreign country. Why would that stop you? It's a gotta have. Take, for instance, two rustic cane seat wooden chairs that became gotta haves in Cyprus. Probably because every outdoor cafe in that country had them. I sat in quite a few of them, drinking, while on vacation from the kingdom. The last day of our visit to that wonderful country was spent trying to find where they were made. There was no central factory. Each

community had a couple of artisans who supplied them. Then the local hardware stores sold them. It took a while to figure that out but I finally did. Having become the proud owner of two chairs, it then became the issue of what to do with them. Shipping them to the US cost more than I paid for them. Then I remembered something about airlines and accompanied baggage. In the early eighties one could ship large items on Saudia Airlines, if you were on that flight. It's hard to believe the stuff third country nationals shipped out

of the kingdom when returning home. The flights to Pakistan were classic examples. The suitcases coined "Paki suitcases" were sometimes larger than the people moving them. A roll of twine was purchased and the chairs were bound together seat to seat. They were accepted at the airport, tagged appropriately and then disappeared on the luggage belt. It was a direct flight between Limassol and Riyadh where they then appeared undamaged on the carousel. They graced our Riyadh apartment during our remaining time there. Then

they were packed in a big wardrobe box and air shipped to the US, courtesy of the King Faisal Specialist Hospital, where I had worked for the past two years. I remember picking up that big box at Boston airport customs and it hadn't even been opened. Not too much contraband was coming out of the kingdom. The chairs made several moves through rooms in the houses we lived in. I'm even looking at them now. They still hold the same appeal that originally made them a gotta have. There is another gotta have, a Nepalese

Continued on next page

Continued from previous page

brass water jug. These were in use throughout all the communities we saw on our trek through the foothills of the Himalayas in Nepal. These jugs were filled at the community water wells and were carried on the heads, backpacks or shoulders by the barefoot people. All hand fabricated, I consider the jug to be a work of art. The first time I saw one, I knew I had to have one. I figured it was too bulky to carry on the upcoming river raft trip though the rapids, or the canoe trip to Tiger Tops, so I waited till

we got to Kathmandu to own one. In a brass shop I had the choice of several, and I became the proud owner of one shiny new brass water jug. It just fit into my canvas duffel bag. We still had to go through customs in India as well as Saudi customs. It made it through without challenge. That's not what happened to our travel companions. Her peacock feathers got taken in India, something about the national bird of India. His brass Buddha got taken in Saudi, a strict Muslim country.

The Nepalese jug was packed in with the Cypriot chairs for their air trip to America. The water jug made it to Florida in 2020. It's not so shiny now because I, its lazy owner, can't put the effort to Brasso it. I call it a rich patina. That jug still is a gotta have.



The Reliable Narrator

by Grace Sammon

Joanne Simons —
The Meadows Book Club
September 2026 Preview

On Wednesday, September 9, author Grace Sammon will join the Meadows Book Club discussing her newest book, *The Reliable Narrator* (UpStream Press; May 1, 2026).

“A reliable narrator is a credible, consistent, and truthful storyteller whose account readers can trust, enhancing clarity, engagement, and understanding of the narrative.”¹ For example:

Dr. John Watson in *Sherlock Holme*” by Arthur Conan Doyle

Scout Finch in *To Kill a Mockingbird* by Harper Lee

Nick Carraway in *The Great Gatsby* by F. Scott Fitzgerald²



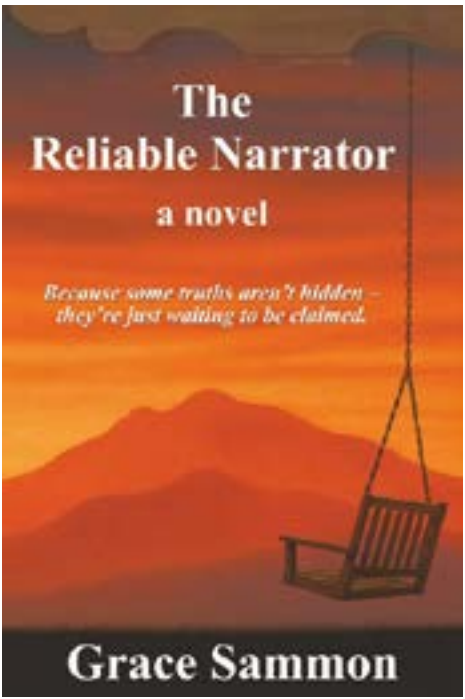
“The novel shines as a testament to the power of speaking one’s truth, no matter how long that may take. A compassionate, moving story of friendship, love, and letting go of the past.” ³

“Darby Small, a successful ghostwriter, lives with her elderly mother in a ramshackle house in the small town of Croton-on-Hudson, New York. Her quiet life is turned upside down when her recently estranged best friend, Phoebe Zaslove, contacts her with shattering news: She is losing her fight with cancer and would like Darby to help write her story before she dies. Darby flies to Phoebe’s home in Albuquerque, New Mexico, and the two spend their days reconnecting. As they talk, it becomes clear that Phoebe’s goal in putting her life on paper is to reconcile with her history and break the cycle of keeping silent in the face of trauma. Phoebe’s

bravery when she finally reveals a horrific secret from her past compels Darby to consider her own secrets and the ways in which they have shaped her relationship with her mother and influenced her choice of career. As Phoebe’s cancer battle draws to its devastating conclusion, Darby must decide once and for all just how much silence she’s willing to carry. Sammon has crafted a quietly devastating tale of sexual abuse and assault that explores the generational trauma that mothers can unwittingly pass down to their daughters. Darby proves to be an incredibly sympathetic narrator, waxing almost poetic as she reflects on her life and expresses sentiments that will likely ring universal for readers: “There are the places of invisibility that we carefully craft for ourselves and the ones where we get wholly sucked in by another.”⁴

As invisible as Darby is to readers of the books she is ghost-writing, she is learning her own “Lessons in Visibility.” Just because your name isn’t on the cover doesn’t mean your fingerprints aren’t all over the story. It takes compassion to give other people their voice; It takes courage to find your own.⁵

Grace Sammon lives on Florida’s west coast with her husband and a small herd of imaginary llamas ... because every storyteller needs a touch of magic.



“There are the places of invisibility that we carefully craft for ourselves and the ones where we get wholly sucked in by another.”

Please join the Meadows Book Club and Grace at 2:00 p.m. on September 9 in the MCA Building, 2004 Longmeadow. All are welcome.

1 What Is a Reliable Narrator? Defining Literary Trust
2 Ibid.
3 Kirkus Reviews Books | Grace Sammon
4 THE RELIABLE NARRATOR | Kirkus Reviews
5 www.gracesammon.net

Services & Classifieds

MEADOWORD SUBSCRIPTION OPTIONS

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

Annual Subscription - Begin in January and end in December of that same year. If you choose an annual subscription after January it will only include a Meadoword the next time it is published depending on when you make the payment. It may make more sense to consider a semiannual subscription depending on when you decide to subscribe. Your subscription will include Meadowords based on when you subscribed along with any special editions in June and August IF published. We do not do rolling subscriptions.

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 issues of the full *Meadoword* if you make payment by April 1, otherwise you will receive your first publication the next time it is published along with any special editions in June and August IF published.

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

MEADOWORD DEADLINES

The deadline for advertising and article insertions into *The Meadoword* is the first Friday, one month prior to the month of insertion.

The deadline for the October issue is Friday, September 4.



Christine Hannafin, Ph.D.
Licensed Mental Health Counselor

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christinehannafin@gmail.com
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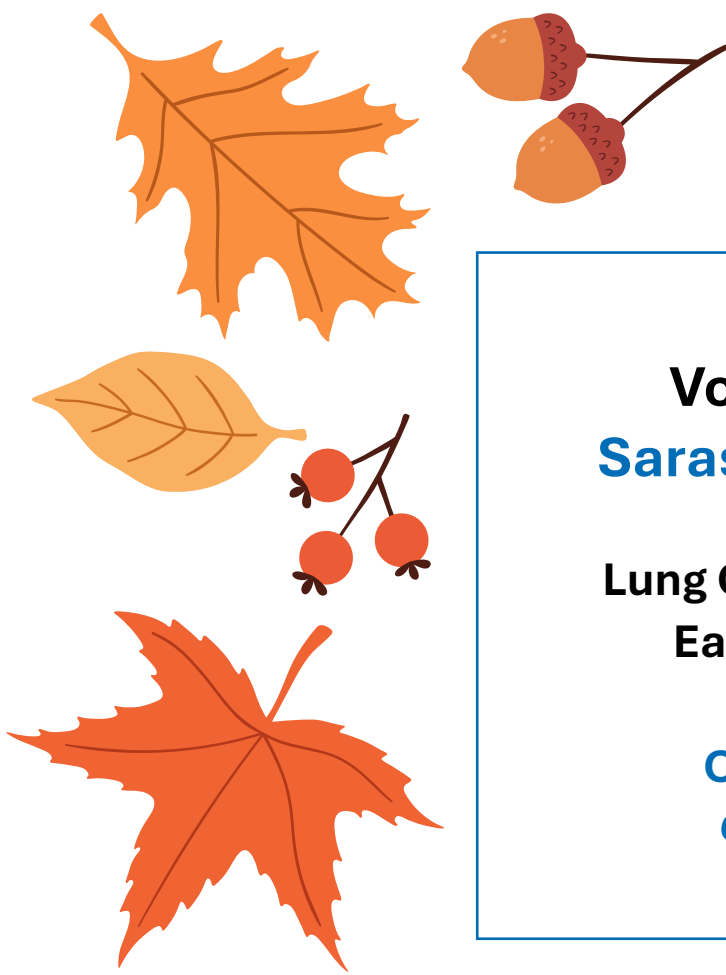
- PREVENTATIVE HEALTH SCREENINGS
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Sarasota Memorial Hospital

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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.

HOMES FOR RENT

The Meadows, Sun-filled upper-level 2-bedroom, 2 bath condo. Short/Long term stays. Perfect for professionals or visitors. Minutes to UTC Mall, Mote Aquarium, Pop Stroke, Nathan Benderson Park, Beaches, and Dining. Call Rita - 416-557-2990

Annual or seasonal rental. Briarfield 2B/2B. Furnished villa with garage. Board approval required. 732-966-4115

Bright and updated first floor condo in Village Lake. Current availability, August 2026 through January 2027 and April and after. 1 month minimum. Close to pool. Thndrball7@aol.com 847-630-2913.

Available starting June 20, 2026. TURNKEY FURNISHED condo 2/2. Annually, Seasonally, or Short term. Tastefully updated throughout. Professionally designed with your comfort in mind, you will truly enjoy this wonderful setting. Fabulous GOLF COURSE and LAKE VIEW. See a video here: <https://www.youtube.com/watch?v=XPI6JSxgiGg>
Carlos Perez 678-520-9523

2 Bed / 2 Bath ground floor unit in Weybridge Community. Fully furnished and updated. Near the pool with lake and golf course views. \$3,700/month. Requires 3-month lease minimum. Call Ellen 770-605-0415

HOMES FOR RENT

Willow Links, 2 BR / 2 BA, fully furnished, seasonal, cable and utilities included. NO PETS, ground floor. Walk-in shower, washer and dryer, enclosed lanai assigned parking spot. Andrea – 248-417-8657 / Bev – 248-210-2106

Winter in The Meadows! Beautiful turnkey furnished first-floor condominium in Willow Links, with renovated kitchen, bathrooms and closets. Screened lanai overlooking a peaceful, wooded setting and tranquil golf views. Seasonal or off-season rental, 4-month minimum. April is \$3,900, May – December is \$1,900.
Terri Lindsay 941-730-1459

Willow Links. Beautifully decorated and fully remodeled. 2/2 first floor end unit. Glassed Lanai. Available November and December 2026 and April and May 2027. michele.pouliot29@gmail.com or 418-683-0153.

HOMES FOR SALE

Condo for sale – Pinebrook Hollow Perfect for Snowbirds. First floor 2 BR/2 BR, furnished (or not), new kitchen, new bathrooms, new lanai flooring. Well maintained. Call or text Flo at 941-264-4411

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- It is posted on our website under News & Resources.
- It is archived on our website so our residents have all of our advertisers as a future reference.
- Advertising in the Meadoword is great exposure.

For more information on advertising your company or services, contact the MCA at 941-377-2300 or by email at marketing@meadowsca.com

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



Meadoword

The Meadows Community News and Lifestyle



SEPTEMBER 2026 CALENDAR

Sept 2	6:30 – 7:30 PM	Bingo	MCLWF
Sept 3	1 – 4 PM	Electronic Tutor	MCA
	6:30 – 7:30 PM	Ice Cream Social	MCLWF
Sept 7	8 AM – 4 PM	Closed for Labor Day	MCA
Sept 8	9 – 11 AM	Optimum Hearing Clinic	MCA
	10 AM – 12 PM	Emergency Prep	MCA
Sept 9	2 – 3 PM	Line Dancing Class	MCLWF
Sept 10	2 – 3:30 PM	MCA Board Meeting	MCLWF
Sept 14	10 – 11 AM	Florida Blue Bus	MCA Parking Lot
Sept 15	11 AM – 12 PM	YMCA Water Safety	MCLWF
Sept 16	11 AM – 12 PM	Crime Stoppers of Sarasota County	MCLWF
Sept 18	5:30 – 7:30 PM	Food Truck Friday: Pizza Night	CCL Deck
Sept 21	12 – 1:30 PM	UF/IFAS: The Med Way	MCLWF
Sept 22	12 – 1 PM	Meet Those Who Keep Our Community Safe	MCLWF
Sept 24	7 – 9 PM	Movie Night: Pink Panther	MCA
Sept 25	12 – 1 PM	Regions Bank: Understanding Fraud	MCLWF
Sept 29	1:30 – 2:30 PM	Clark's Self Defense	MCLWF

CLUBS & SOCIAL GROUPS

Ace in the Hole Card Club

Bob Monaghan
Tuesday 7 - 9 PM

Drop in Art Studio

Melinda Gordan
Every Thursday 10 AM – 12 PM

Bike Club

Janet Schmidt
Every Wednesday, 9 AM at
Meadows Pub

Bingo

Agnes Rutushni
1st Wednesday of the month
at 6:30 pm

Book Club

Lois Robinson
Monthly, 2nd Wednesday, 2 PM

Bridge-Wednesday

Kerrienne McMurdo
Every Wednesday 1:30 – 4 PM

Bridge-Friday

John Harwood
Every Friday 12:30 – 3 PM

Bridge Saturday Duplicate

Dot Boulia
Every Saturday 12:30 PM

Canasta: Hand & Foot

Sandy Maves
Every Tuesday 2 – 5 PM

Cornhole

Susan Weisse
Every Thursday 1:30 – 5 PM

Craft Group

Gayle Kroll
Every Wednesday 9 – 11 AM

Euchre Card Game

Paul Felten
2nd Tuesday of each month

Game Night

Pat Webster
Every Thursday
6:30 – 8:30 PM

Hot Stove League

Mark Pienkos
Monthly, 2nd Tuesday 8 – 11 AM

Knit Happens

Barb Wessel
Monthly, 1st Monday 1 – 3 PM

Mah Jongg

Elizabeth Williams
Every Monday 9 AM – 12 PM

Meadowlarks Poetry Writers

Michael Bruno
2nd & 4th Fridays of each month
10 AM – 12 PM

Meadows Chorus

Cindy Rubin
Every Thursday 7 – 9 PM

Meadows Sailing Assoc.

Adam Lawall
Every Tuesday 1 – 3 PM
Meets at MCA Pond

Memoirs

Liz Barnett
Meets 1st & 3rd Friday
10 AM – 12 PM

Pieceful Meadows Quilting & Needlework

Barb Thornquist & Betsy Lombard
Every Tuesday 1:30 - 5PM

Samba (Card Game)

Jeannie Alexander
Every Friday 1:30 - 3:30 PM

Shalom Club

Joni Cohen
Every Sunday at 3PM
Seasonal Oct - April

The Rainbow Connexion

Victor Aluise & Michael Barreiro
Meets quarterly

September Fitness Schedule



Balance Class:

Mondays 11 AM
at MCLWF



Water Aerobics:

Monday, Wednesday,
Friday 9:30 AM & 10 AM
at MCLWF



Qigong:

Wednesday 11:30 AM
at MCLWF