



The Quail Runner

For and By the Residents
Of Quail Run



March - April 2017

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts



UPCOMING EVENTS

Pizza and Social Night

Date: April 29th

Time: 6:00 P.M.

Where: The Community Center

BYOB

Pizza and Social Night is \$5.00 per person. Come and enjoy a night with your neighbors, all the "snow birds" who are returning to Hudson, and our new residents who have recently moved to the Quail Run Community.

Pancake Breakfast

Date: May 20th

Time: 9:15 A.M., come and greet your friends and neighbors.

9:30 -11:30 A.M., breakfast will be served .

Where: The Community Center

Cost: \$5.00 per person. More details will be forthcoming.



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Senior Conference

Senator Eldridge's office is sponsoring a Senior Conference on Thursday, April 20th, from 9:00-2:00 P.M. at Assabet Valley Regional Technical High School. The conference will feature a variety of services, workshops, food and entertainment. There will be free coffee and donuts in the morning and a free hot catered lunch. There are health screenings, classes and material from a variety of vendors that will be offered.

- Thanks to **Barbara Champine** for this information.

SAVE THE DATE

APRIL 13th, 10-11 A.M.
Who wants to exercise and have a good time at the same time?

There will be an "Exercise Information Session" at the Community Center. See page 12 for more details!!



Intel Page 11



Board of Governors (BOG) News Page 10

The Quail Runner Staff

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 5 Strawberry Lee Rouse
 6/8 Strawberry Clare Moschella
 7/12 Strawberry Joyce Blank
 1/4 Rotherham Kevin Fitzgerald
 6 Rotherham Harry Morgan

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Healthy Living - Peggy Rittenhouse

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 August, October, December.

Deadline the 23rd of previous month.

Copies of the *Quail Runner* can be emailed to a friend,
 relative, or yourself. Contact the editor if interested.

**Back issues of the *Quail Runner* are available from
 the editor.**

Vacation Delivery

Give your reporter or the editor a long envelope
with two first class stamps and your vacation
 address. Or you can get issues emailed to you, or
 view the current issue on
www.QuailRunHudson.com.

Editor's Desk

Kareen Shaw, editor



Thanks to all residents who participated
 in replying to the "Technology Corner
 Questionnaire" email. You can find
 the survey results on pages 8.

The Social Committee would ask that if you are using
 the Community Center library, when returning any
 books, that you please place the books back in the book
 shelves, by author, in alphabetical order. Reminder -
 after using the Community Center, please remember to
 shut off inside and outside lights, lock the door and upon
 returning the key to the lockbox, turn the number
 tumblers so that our pass code is no longer displayed to
 the viewer.

Many thanks to our residents who left the porch and
 garage lights on at night during our last snowstorm for
 the safety of people shoveling and snow plow workers.

Social Committee Request for New Members

The Social Committee will soon be starting a new season
 of activities and events. The first event will be the
 Strawberry Social on Friday, June 16th, 7:00 P.M. at the
 Community Center.

The Social Committee is responsible for planning and
 setting up monthly activities and/or events such as
 breakfasts, dinners, coffee hours, Juliets and much more.

They are also responsible for private rentals at the
 Community Center, welcoming new residents and
 purchasing of supplies for the Community Center.

They meet once a month, usually the first Wednesday of
 each month. If you would like to hear more about the
 Committee or if you would like to become a member,
 please call **Marlie Stott, Chairperson**, at 978-567-5912.

Our Board of Governors

Les Malecki lmalecki@comcast.net 978-212-5697

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Also appears on page 2 in the *Quail Run Directory*.

HEALTHY LIVING

by Peggy Rittenhouse



Fruits and Vegetables add zip to your step

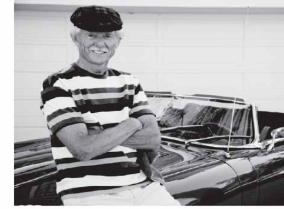
We've been told for some time that we need to eat our fruits and vegetables because they are good for us. But it appears researchers recently uncovered some more specific benefits in a study of older adult participants in Western Europe. The researchers were concerned with how well fruit and vegetable consumption might protect against age-related frailty. They looked at specific measures such as exhaustion, low physical activity and slow walking speed. Researchers wanted to see how the number of servings of fruits and vegetables consumed each day would affect levels of frailty. Analysis of the data confirmed that the more fruits and vegetables eaten a day, the lower a person's risk of tiredness, inactivity and slow walking speed. The strongest associations with reduced risk of frailty were found with three servings of fruit and two servings of vegetables a day. Five or more daily servings of fruits and vegetables equaled approximately a 70 percent reduction in risk of frailty compared with those who consumed less than one serving a day.



It's not exactly clear what in fruits and vegetables is responsible for the findings. However, fruits and vegetables are naturally rich sources of antioxidants (such as vitamin C, vitamin E and beta carotene), phytochemicals, dietary fiber and other nutrients. They help fight the effects of aging and keep cells functioning properly, and have anti-inflammatory properties. Dietary fiber protects against cardiovascular disease and obesity, and nutrients such as potassium help reserve muscle mass and bone density. So keep those fruits and veggies coming—not just for a healthier and longer life, but for a quicker step as well.

(From Mayo Clinic Health Letter, December 2016)

Come visit us at:
42 Main St.
221 Washington St.
Hudson



Working together to make a stronger community.

Avidia Bank
800-508-2265 | avidiabank.com
Member FDIC | Member DIF | NMLS# 422902



ROMEO's

Retired Old Men Eating Out (and having fun!)

Pete Recklet is checking out the options for the next lunch. He will send out an email with the details.

Please contact **Pete** at 978-562-2721 or precklet@live.com if you plan to attend.

The group is open to all men at Quail Run



Transitions

Frank Monte, of Strawberry Lane, husband of **Marcella**, recently passed away on March 15th. They have lived at QR for 14 yrs. Frank will be missed by all and Marcella is so thankful for all the support everyone has given to her and her family.

Condolences to **Marlie Stott**, whose husband, **Peter**, passed away on February 8th. They have been living here for 12 years on Rotherham Way. Marlie would like to thank you for all the get well cards, visits to Peter while he was hospitalized and your expressions of sympathy to her during this sad time. Your kindness will always be fondly remembered by Marlie.

Hugo Guidotti, husband of **Sally** of Autumn Drive, passed away February 28th. Sally and Hugo have been living at QR for over 10 years and they loved to join in on all the activities in the Community. Hugo always had a smile and a kind word for everyone.

Condolences to **Jeff Nesbit** of Rotherham Way, whose wife, **Pam**, passed away in February.

The Quail Run Community collects for the **Hudson Food Pantry**.
Items can be dropped off at the Community Center.

Condo Care

"Deluxe Hi-Reach Cleaning Kit"

Ever try to dust those fans, get rid of cobwebs that are just out of reach, or change a light bulb in the kitchen ceiling? Bed & Bath has a kit that gives you the tools that you need: an 8 foot telescopic pole that reaches up to 14 feet, dusters, bulb changers, and 6 more gadgets to help you clean around the house. Approximate cost is \$40.00 for the "Deluxe Hi-Reach Cleaning Kit".

- Submitted by **George Shaw**



HELP, My gas fireplace pilot light went out!

We were able to get it lit again. In the meantime contacted **Matthew McDonald**, Owner & Service Technician of Massachusetts Gas Fireplace Repair in Hopkinton. (Cell: 774-245-2414 / Office: 508-603-1633). He determined what caused the pilot light to go out and repaired it. He also cleaned the glass, checked the logs and burner, serviced the pilot assembly and did some vacuuming. Normal service call charge is \$195.00. I



know of two other unit owners who have had the same issue and have used Matthew.

Two things - first, if the pilot light goes out, the gas shuts off immediately and second, per Matthew, the fireplaces should be serviced every five years or so.

- Submitted and recommended by **Pat Ritter Waldrup**



Passover Begins with the First Seder on April 10th

Residential * Commercial * Auto



978-562-2332

78 Cherry Street Hudson, MA 01749

Monday - Friday 8:00 - 5:00 Saturday (9:00 - 1:00)

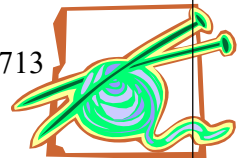
www.countryglass.com

Stitch & Knit

Wanted new or rusty knitters!

The Stitch & Knit group is trying something new. We are meeting at the Community Center on the 4th Tuesday afternoon each month from 2:00-4:00. Come join us. We have people ready and willing to help with your project.

Contact **Marie Kapsalis**, 978-568-0713 for additional information.



It's that time again.

BATTER UP!

2017 Red Sox Schedule -

MLB.com.redsox.schedule

Tradespeople / Services

Matthew McDonald, Owner & Service Technician of Massachusetts Gas Fireplace Repair in Hopkinton. (Cell: 774-245-2414 / Office: 508-603-1633).

Just plain neat information, did you know.....

The moon moves about two inches away from the Earth each year.


Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

- Submitted by **Kevin Fitzgerald**

April 18th Tax Day





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Quail Run Birthdays

April

- Gary Hegan - 3
- Barbara Champine - 7
- Joe Fallon - 11
- Sharon Berthiaume - 12
- Cheryl Presley Baker - 19
- Charlie Bosio - 20
- Marsha Strauss - 21
- Pam Thompkins - 21
- Helena Cabral - 23
- Edward Abellera - 23
- Tony Nefzger - 24
- Leonard Norvick - 27



To include a birthday, contact your reporter or the editor

May

- Arnold (Arnie) Johnson - 4
- Janice Hornberg - 7
- Roger Montgomery - 9
- Sue O'Keefe - 22
- Patricia Ruest - 23
- Kevin Wentzell - 26
- Marc Karloff - 26
- Kareen Shaw - 27
- Mary Hennessey - 27
- MJ Ebens - 28
- Marie T. Mangan - 31

*Happy Easter,
April 16th*



Astrology - What's Up by Beverly Beylouné



TAURUS April 20 - May 20

In many ways, 2017 is made for you, dear Taurus. So many of the planets are lining up to help you to be happy, especially in matters of love and friendship. This won't be any year, but an important, productive one that will reward your efforts and will push you to continually move forward. Mars will enter your sign during March and stay until Summer, marking this as a special time of the year for you. Mars is the warrior planet that is fearless, assertive, and powerful. You only get a shot at Mars in Taurus every two years, so this planet won't come again in Taurus until February 2019. Use Mars to your advantage by thinking big. Let's look at the recent new moon solar eclipse that affected your house of friends and your hopes and wishes for the future. A solar eclipse is very powerful, worthy of three new moons rolled into one, and it appeared in your eleventh house of friendship and social events. An eclipse has a much longer range of influence than a typical new moon – it can affect you for six months or more. You may have been invited to a special event on or just after February 26, or if not, you will be invited this Spring. You may decide to join a club or you may be re-thinking your hopes and wishes - your goals for the future.

GEMINI May 21 - June 20

This full moon will bring to fruition a home-related project or move, or the crystallization of a plan for a family member. A full moon in the home sector seems to point to a female you might think of as a close relation to you. Saturn will be in hard angle to that moon, so something may come up that will require you take on more responsibility there, or to solve an obstacle. Saturn is speaking clearly here – you will have to be realistic and practical about what comes up this Spring. Happily, if you need money to settle a family or home-related situation, the bank or other sources of funds will be standing by to help you. On another note, Venus will go retrograde this month, which is a fairly rare event, for Venus only goes retrograde every two years. Venus is in your house of friendship and social groups, so you may now see old friends you have not seen in a long time to reconnect. Your friends will energize you and dare you to do something different. Communities of people may play a role, or it may be that you will be with many friends. If you are interested in politics, you may be attending meetings or rallies. Or, you may decide to attend a trade show or industry seminar. Or if you love sports, you may be a participant or spectator in a good game, but either way, you will be amid many others.

Interesting Places to Visit

that are free of charge!

- Submitted by **Barbara Champine**

Did you know that the Hudson Public Library has free passes to local places to visit? These free passes **MUST** be reserved either at the Hudson Library or on their website at www.hudsonpubliclibrary.com.

- Boston Children's Museum
- Davis Farmland
- Discovery Museum
- Drumlin Farm
- EcoTarium
- Historic New England
- J.F.K. Library and Museum
- Larz Anderson Auto Museum
- Mass. State Parking Pass
- Museum of Fine Arts
- Museum of Russian Icons
- Museum of Science
- New England Aquarium
- PawSox
- Roger Williams Zoo
- Tower Hill Botanical Garden
- Worcester Art Museum



Food For Thought

IF YOU TRY TO FAIL, AND SUCCEED, WHICH HAVE YOU DONE?

- Submitted by **Kevin Fitzgerald**

Book Club

Meetings are at the Community Center, from 7:00-9:00 P.M., generally the last Wednesday of each month.

April - Pegasus by Danielle Steel (Ginny Fullam will be leading this discussion.)

May - My Name is Lucy Barton by Elizabeth Strout

June - Major Pettigrew's Last Stand by Helen Simonso

For more information, contact **Carole Perla**, 978-568-9979



Weight & Nutrition Support Group

Our meetings will resume on Wednesday, April 5th at 9:30 A.M. at the Community Center.

The group is open to all ladies at Quail Run and we welcome new members with different ideas and suggestions on healthy eating as well as watching their weight. Please consider dropping in. There are no fees and no sharing of actual weight.



Feel free to contact me if you have any questions.

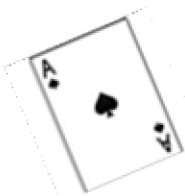
Sally Mauro, sallymauro10@gmail.com, 978-568-0821

Tell our advertisers you saw their ad in the *Quail Runner*

POKER PLAYERS WANTED

First and Third Monday of each month, 4:00-6:00 P.M., at the Community Center. Contact

Lenny Suslowicz at 978-212-5141



James J. Morais, GRI-CRS
Realtor Emeritus

Village Real Estate, Inc.
56 Main Street
Hudson, Massachusetts 01749

Office 978. 568. 8746
Facsimile 978. 568. 8748



Email village-re@verizon.net

Mother's Day,
May 14th



JULIETS NEWS

Quail Run women are invited to Lunch

April 12th, Wednesday, 12:30, at The Red Ginger, 117 Great Road, Stow, Ma. (in the Stow Shopping Center), separate checks and choice of menu, luncheon specials available. Contacts: Ginny Fullam, 978-562-2787, Barbara Champine, 978-567-5982.



May 10th, Wednesday, 12:30 at Kennedy's Pub, Rt. 85, Marlboro. Seating will be upstairs, checks by table and choice of menu. Contacts: Barbara Morgan, 978-568-1929, Sherry Lupien, 978-562-5825.

Sign up with these ladies or on the list at the Community Center.

Great Lengths
Hair & Nails
Specializing in all phases of hair & nail care for men and women
508-481-8086
176 Maple Street, Marlborough.

Curtain Call



"Fiddler on the Roof" at Theater III, West Acton, April 23rd at 2:00 P.M.- \$22.00
Set in Tzarist Russia in 1905, this beloved, award winning musical is based on stories by Sholem Aleichem. It centers on Tevye, the father of five daughters, and his attempts to maintain his family and Jewish religious traditions while outside influences encroach upon their lives. He must cope with both the strong-willed actions of his three older daughters as each one's choice of husband moves further away from the customs of her faith, and with the edict of the Tsar that evicts the Jews from their village

"The Mikado" presented by the Sudbury Savoyards, Maynard High School, April 29th at 2:00 P.M. - \$20.00.
A year before the action of this opera begins, Nanki-Poo, son of the Mikado of Japan, fled his father's imperial court to escape marriage with Katisha, an elderly lady. Disguised as a traveling musician, he met and fell in love with Yum-Yum, the young ward of Ko-Ko, a cheap tailor in the town of Titipu. Yum-Yum, however, was already betrothed to her guardian, and Nanki-Poo left Titipu in despair. (Gilbert and Sullivan)

Please let **Lorraine** know by April 6th if you are interested in either or both of these performances. She will need payment for these by April 12th (but please, no sooner than April 7th).

Lorraine Cochran, lorrainecochran@comcast.net
978-568-0165

LOCAL EVENTS COMING SOON

Hudson High School's Drama Society Theatre Group conducts plays in the auditorium and in their Intel Mini Theatre. These plays are open to the public.
Almost, Maine, Intel Mini Theatre, April 28th, 29th, 7:00 P.M.
The Competitive Plays, Hudson High School Auditorium May 13th, 12:00 P.M.
The Drama Banquet, HHS Cafeteria and the Intel Mini Theatre, May 17th, 6:30 P.M.

Symphony Pro Musica
Debussy - Petite Suite
Schumann - Symphony No. 1 "Spring"
Tchalkovsky - Violin Concerto - Angelo Xiang Yu, violin
May 20th, 7:30 P.M., Hudson High School
Purchase tickets at www.SymphonyProMusica.org.

Heritage Chorale Pops Concert 2017 - "Musical Gems"
Music Man (medley), *One Day More* (from Les Misérables)
Under the Sea (from The Little Mermaid), *Coffee in a Cardboard Cup* (from And the World Goes 'Round musical), *When the Saints Go Marching In* (Dixieland)

NEW DATE ANNOUNCEMENT: April 2nd, 4:00 P.M., Temple Shir Tikva, 141 Boston Post Road, Wayland, MA.

Heritage Chorale Spring Concert 2017 - Mendelssohn's "Elijah", May 13th, 7:30 P.M., Keefe Tech High School, Framingham, MA.

Tickets available on the Chorale website - <http://heritagechorale.org/>

Social Committee Plan Ahead Schedule

April 8 - Coffee Hour 9:30
April 17- Ladies Coffee Hour 10:00
April 29 - Pizza and Social Night 6:00

May 6 - Coffee Hour 9:30
May 15 - Ladies Coffee Hour 10:00
May 20 - Pancake Breakfast 9:30



Technology Corner

Thanks to all QuailRunners who responded to our recent survey. The results are summarized as follows:

- Identity Theft - How do I freeze my credit to prevent identity theft? (20)
- What is NOMOROBO? How do I prevent robocalls and telemarketers? (20)
- What is two factor authentications? (14)
- Alexa vs Siri vs Google Assistant vs Cortana. Which is the best virtual assistant? (13)
- What is Ransomware? (12)?
- What is the "cloud"? (12)
- How do I use Face Time and/or Skype? (9)
- How do I use Public Wifi? When should I use it and when should I use cellular data? (8)
- Should I upgrade or replace my computer with one that has current standards (not the cheapest)? (8)
- What is encryption? (5)
- What is Fitbit and how does one use it? (4)
- How do I change my e-mail address when I change my internet Service Provider (ISP) and why? (4)

Starting with this issue, we will begin to address the most submitted inquires. We encourage your continued input, participation and feedback.

How do I freeze my credit to prevent Identity theft?

by Peter Recklet



Recent massive breaches of personal information stored by retailers, medical institutions, insurance companies and even the Federal government, have made identity theft a major concern.

Whether you experience the exposure of your personal information because of a major corporate data breach, you fall victim to a phishing or a mail redirect scam, or you mistakenly click on a bogus bank or retail website, the results can potentially be financially devastating.

Each time news of a major data breach breaks, the hacked organization hastily arranges free credit

monitoring for all customers potentially at risk from the intrusion. Credit monitoring however will not prevent identity theft. The best you can hope for from these services is that they will alert you when a thief opens or tries to open a new line of credit in your name and then help you through the difficult process of getting the credit bureaus and/or creditors to remove the fraudulent activity to fix your credit score. But with a "security freeze" on your credit file at the four major credit bureaus, creditors won't even be able to look at your file to grant that phony new line of credit to ID thieves.

There is shockingly little public knowledge or education about the benefits of a security freeze, also known as a "credit freeze." A security freeze essentially blocks any potential creditors from being able to view or "pull" your credit file, unless you affirmatively unfreeze or thaw your file beforehand. With a freeze in place on your credit file, ID thieves can apply for credit in your name all they want, but they will not succeed in getting new lines of credit in your name because few, if any, creditors will extend that credit without first being able to gauge how risky it is to loan to you by viewing your credit file. And because each credit inquiry caused by a creditor has the potential to lower your credit score, the freeze also helps protect your score, which is what most lenders use to decide whether to grant you credit when you truly do want it and apply for it.

Freezing your credit involves notifying each of the major credit bureaus that you wish to place a freeze on your credit file. This can usually be done online. Once you complete the application process, each bureau will provide a unique personal identification number (PIN) that you can use to unfreeze or "thaw" your credit file in the event that you need to apply for new lines of credit sometime in the future. Depending on your state of residence and your circumstances, you may also have to pay a small fee to place a freeze at each bureau. There are four consumer credit bureaus: Equifax, Experian, Innovis and Trans Union.

(continued on page 9)

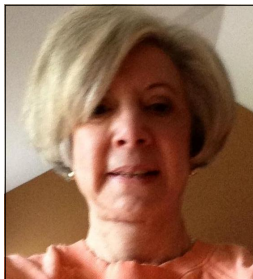
**Technology
Corner (continued)**

The fee ranges from \$0 to \$15 per bureau, meaning that it can cost upwards of \$60 to place a freeze at all four credit bureaus which is recommended. The fee covers a freeze for as long as the consumer keeps it in place.

If you need to unfreeze your file for the purposes of gaining new credit, first spend a few minutes on the phone with the company from which you hope to gain the line of credit to see which credit bureau they rely upon for credit checks. Once you know which bureau the creditor uses, contact that bureau either via phone or online and supply the PIN they gave you when you froze your credit file with them. The thawing process should not take more than 24 hours.

If you thaw your credit file after freezing it so that you can apply for new lines of credit, you must pay to re-freeze your file at the credit bureau unless you've previously qualified for a free freeze. However, even if you do this once or twice a year, the cost is less than paying for a year's worth of credit monitoring services.

In summary, credit monitoring services are helpful in digging you out of an identity theft ditch, but if you want true piece of mind, freeze your credit file. For more detailed information log onto the U.S. Public Interest Research Group (US-PIRG) (www.uspirg.org) and search for "security freeze".



What is Nomorobo?

by Carole Perla

Nomorobo is a service that can help block robocalls and telemarketers calls from calling your home phone number. This third-party service identifies known robocallers and telemarketers and stops your digital voice home phone from ringing more than once.

How does Nomorobo work?

(<https://nomorobo.zendesk.com/hc/en-us/articles/200536477-How-does-Nomorobo-work->)

"Nomorobo uses a feature known as "Simultaneous Ring". When simultaneous ring is enabled, your phone will ring on more than one number at the same time. The first device to pick it up gets the call and the other phones stop ringing.

So, when the Nomorobo number is enabled as a simultaneous ring number it is the first number to screen the call. If it's a legitimate call, the call goes through to your number. If the call is an illegal robocaller, Nomorobo intercepts the call and hangs up for you. Your phone will ring once letting you know that the robocall has been answered and stopped."

How to set up Nomorobo?

- Go to www.nomorobo.com and select Get Started Now.
- In pull down choose either Comcast XFINITY or Verizon FIOS Digital Voice.
- Enter your email address and select Next.
- You will receive an email confirming your request for Nomorobo service, which you must confirm if you wish to use the service.
- In the email you receive, select Click Here To Setup Nomorobo to be redirected back to the website in order to follow the remaining prompts for Phone.

Make sure to follow exactly what the prompts tell you to do.

REMEMBER:

Once you set up Nomorobo wait until the 2nd ring before looking at your caller id.

March Board of Governors (BOG) News

Mark your calendars:

- The Villages of Quail Run Annual Meeting is scheduled for May 18, 2017 at 7:00 P. M. at the Community Center.



- The Meet the Candidates Night is scheduled for May 11, 2017 at the Community Center at 7:00 P. M.

- Two Board positions are up for election this year. Hope to see everyone at these two meetings.

A quorum (i.e., 51% of unit owners or greater) is required at the Annual Meeting, either in person or by proxy as this is when unit owners vote for prospective Board members. Further information along with Board nomination forms will be forthcoming from The Dartmouth Group.

The Dartmouth Group's emergency number is not to be used unless there is a real emergency (i.e. a tree falls on a roof or across a road, the basement flooded; there is significant water infiltration, etc.) Every call costs the Association \$15. A broadcast message was sent to all residents with an email address on December 16, 2016 indicating that non-emergency calls would be billed to the applicable unit owner. It's unfortunate that the Board had to implement this policy. There have been multiple calls since that broadcast message to the emergency number since that time and all were non-emergencies. The applicable unit owners will be billed for the non-emergency calls following the date of that broadcast message. **Before making a call, do make sure it's an actual emergency.**

Thank goodness the tall pine tree on Rotherham was removed before all the wind these past few weeks. The trunk was finally placed over the hillside. The strong wind took off several shingles on the shed roof and some siding on one unit came lose. They have been replaced/repared. All trim shingles with significant damage due to woodpeckers along with one unit front step riser have also been repaired.



The lamp post beside 11A Autumn was sheared off at the base during the March 15th snow plowing. A temporary repair has been made. A new pole has been ordered. Repair cost for this damage will be billed to Dave's Landscaping.

There was a leak at the water intake valve at 4A Strawberry that was repaired. Folks at 4 Strawberry lost water during this repair process. Let's hope this is the last of these needed repairs.

The Board is monitoring the damage to lawns and potentially trees due to the snow removal. These are being addressed with Dave's Landscaping who not only has the contract for snow removal, but also our landscaping.

Decks that have sections replaced with pressure treated wood will be addressed this spring. The process will coincide with power washing of the front porches and staining the porch ceilings. Front porches are to be power washed and porch ceilings stained this spring. The Town of Hudson has approved the pressure washing of the front porches.

It has been brought to the Board's attention that there are unit owners letting dogs out without leashes. This includes backyard areas. **Per the Rules and Regulations, dogs are to be leashed at all times when outside.**



Welcome New Residents



Let **Barbara Langley or Barbara Edelstein** know when someone moves into your neighborhood.

Marc and Sarah Karloff, 8A Strawberry Lane, 508-485-0238, marckarloff@yahoo.com. They have two cats, Oskar and Harry.

Mike and Susan Bleecker, 1E Autumn Drive, 978-212-5853, bleeckerstreet@comcast.net. They moved to Quail Run to be closer to their grandchildren, and have two cats named Bubba and Maggie.

Intel



The **Intel** project is still on track. There are no changes to the project timelines since the last QR newsletter article. Please do not hesitate to contact **Rachael Hamer** directly if you have any questions/ concerns throughout the **Intel** project at either 978-553-2158 or at Rachael.hamer@intel.com.

Villages of Quail Run / Dartmouth Notices

Master Insurance Policy

The following website link will bring you to the master insurance certificate of insurance. Unit owners can use this information to provide to their mortgage brokers if needed: quailrunhudson.com >Governance >Master Insurance >2017 Certificate of Insurance

IMPORTANT NOTICE

Verizon E-Mail Service Users

The following message was sent by Verizon to users of it's email service. Please make sure you have taken the necessary steps so that your email service will not be affected and you will continue to receive Quail Run emails.

“Effective April 05, 2017, Verizon will no longer be providing verizon.net email service. We don't want you to experience the inconvenience of losing access to your email. Other than this change, your Verizon service(s) won't be affected.

You need to take action soon. We have two options for you to consider. Please review both options and take action today to avoid losing access to your email”.

If you transfer your email to AOL (owned by Verizon), you get to keep your verizon.net address.

Go to www.verizon.com/email to learn more and make your necessary email provider changes before the April 5th deadline.

May 29th



Changing your email or phone number?

An updated Phone Directory is published twice a year. During the year, you may change your phone number or email and want to let the QR residents know of this change prior to the official release. If this is the case, let **Karen Shaw**, QR editor, and **Pete Recklet**, who updates the QR Telephone Directory know, and your updates will be published in the next release of the QR newsletter and also in the July 2017 Telephone Directory that will be sent out to all QR residents.

New updates as of this QR newsletter release:

- **Sally Mauro**, new email: sallymauro10@gmail.com
- **Barbara Kansky**, new email: bkansky@comcast.net
- **Beverly Beyloun**, new email: sagerbev888@gmail.com

Farmer's Market Coming to Hudson

The market will be open Tuesdays from 3:00 P.M. to 6:00 P.M., beginning June 6th and run through October 31st. There will be local vendors selling fresh fruit, vegetables, cheese, eggs, meat and granola. There will also be vendor booths featuring arts and crafts. The market will be in the drive-thru area of Avidia Bank behind Town Hall.



- Information submitted by **Kevin Fitzgerald**

Who wants to exercise and have a good time at the same time?



Mike Bleecker, a new resident to Quail Run, is a certified exercise instructor who was teaching five classes a week in Florida before he moved to Hud-

son so that he and his wife **Susan**, could be closer to his grandchildren.

The exercises that Mike teaches, were developed by the Parkinson's Network specifically for people with Parkinson's disease (PWP) and their caregivers and can be a lot of fun. ANYONE who wants to exercise can attend, if you are a resident of Quail Run. The classes typically last about an hour and the exercises are modified or tailored to meet the ranges of needs and capabilities of the attendees.



The first half of the class is conducted with participants in the seated position and work on optimizing flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques.

Mike has been attending or teaching these classes for three years and has seen and personally experienced amazing results in quality of life for those who are interested in making a positive difference in their lives.

Past class participants have ranged from wheelchair dependent to Olympic athletes. They all had one thing in common, they wanted to stay engaged and maintain or improve their quality of life.

Yes, Mike has Parkinson's Disease (PD). However, when you meet him you won't be able to tell he has PD.

If you are interested in getting some exercise and having a good time or just learning more about this activity, Mike will hold an "Exercise Information Session" so that you can meet him, hear more about this exercise activity class, observe some of the exercises that are offered and have Q&A time with Mike.

If you find that you would like to participate in this type of class, there will be a sign up sheet at this meeting. This will give Mike an indication of the level of interest from our QR residents. He would then be able to put a schedule together for when the exercise activity class would be offered.



Finally, to reemphasize, you DO NOT have to have PD to attend this activity and it is FREE and only for the residents of Quail Run.

SAVE THIS DATE FOR THE UPCOMING "EXERCISE INFORMATION SESSION".

It will be held at the Community Center on the morning of **Thursday, April 13th** from 10:00-11:00 A.M.

- Submitted by **Kareen Shaw** on behalf of **Mike Bleecker**

The Hudson Health Department is holding a Household Hazardous Waste Collection Event on Earth Day!

Date: 4/22/2017

Time: 9:00 A.M. to 1:00 P.M.

Location: Easterly Wastewater Treatment Facility, 860 Boston Post Road East, Marlborough, MA.

This collection event is for household hazardous wastes, and not for business/commercial entities. It is free of charge for Hudson residents. For more details, go to <http://www.townofhudson.org>.



Household Hazardous Waste Collection Event