

GLASTONBURY

Neighbors



*Glastonbury Man Makes
Every Moment Count*



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CONTENT DUE:

November 25
December 25
January 25
February 25
March 25
April 25
May 25
June 25
July 25
August 25
September 25
October 25

EDITION DATE:

January
February
March
April
May
June
July
August
September
October
November
December



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Hello July!

Dear Glastonbury Residents,

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer." - F. Scott Fitzgerald

As the words of F. Scott Fitzgerald help guide us into the easy days of summer, we can embrace the sunshine, summer breezes and spend time exploring everything the community has to offer. Gone are the harsh winter storms and short days. In its place come boundless opportunities to spend time in the community. Let us know what you find and submit your favorite places to visit. The Glastonbury community is filled with awesome places and people. We are always on the lookout for people interested in sharing their story. If you are interested, please email ckasteler@bestversionmedia.com!

In this month's issue you find an one man's inspirational story about facing a life-threatening illness and making the most out of every moment in life. There is also some excellent information about the implications of gift giving to reduce your taxable estate and avoid estate tax by expert contributor by Attorney Thomas B. Kane of Kane, Hartley & Kane.

If you are hosting an upcoming community event, please email us so we can share your event!

Best,

Jon D'Arpino

Content Coordinator
Glastonbury Neighbors





Living Life to Its Fullest

By Jon D'Arpino • Photo Credit: Amy Lyn Sundgren, amylyndesign.com

When it comes to getting the most out of every moment, few people exhibit the same zest for life as Chris Gathers. A financial services professional, his first thought, when he learned of his diagnosis of brain cancer were of his wife Nancy, and their two daughters, Brooke and Ella. "I assumed that I had two years to live and I asked myself, 'How am I going to live those two years regret-free? How can I make the most of whatever time I have?' " Chris said about his feelings at the time. "Before being diagnosed, I was on auto-pilot, driven by work deadlines and the need to be successful. Ninety percent of what we do is habitual, which can be detrimental to growth if you're not aware of it. I like to think of it as a state of comfortable complacency."

Ironically, enduring the physical and mental challenges of cancer surgery and treatment caused Chris to slow down and

learn to let the release the past and drop the worries of the the future. He emphasizes how precious life is and thinks about how it took a life-changing event for him to change his outlook. "We all tend to put off the uncomfortable, the unfamiliar," he said. "It may sound strange, but going through cancer is a gift that I would never get back. I gained 20 years of wisdom overnight."

Anyone who spends more than a few minutes talking with Chris gets a real sense of how important family and friends are to him. "It's so important to be present and not be trapped in our head. Sometimes it's simply a matter of enjoying time spent having conversations with family and friends."

He and his family live with their two "PomSki" (Pomeranian/Husky mix) dogs, Asher and Bodie, in the Balmoral neighborhood. "It's a great neighborhood. We love the quiet,



the people, and enjoy the chance to walk our dogs in the Diamond Lake area." An upcoming sophomore at Glastonbury High School, Brooke is an avid soccer player, plays lacrosse, is a great skier, and plays the piano. Ella plays lacrosse, basketball, and soccer through the Hartwell Travel Soccer program. Chris serves as an assistant coach for the soccer team.

When asked about one of his fondest memories, Chris answered without hesitation. "We took a family trip to Maui, Hawaii. It was very special, as my wife Nancy and I got engaged there. It was very special as our daughters got a chance to go to the same luau I had asked Nancy to marry me 17 years earlier. It was also the one-year anniversary of my brain cancer surgery, so the stars were aligned to make this one of the greatest memories of my life. A truly beautiful trip."

Both Chris and Nancy play golf and the whole family are skiers, enjoying time at their rental property in Ludlow, VT. "When I had brain surgery to treat cancer, there was an overwhelming pull to stay active. I find walking to be very cathartic. I read a book called "Breath: The New Science of a Lost Art" by James Nestor, which deals with the impact that breathing has on physical and mental wellbeing. Working out and exercising was always my go to. When I couldn't do that, I took to walking, taking slow deep breaths, and meditating. The walks progressed to longer walks. Having brain surgery made me feel very vulnerable, weak, and anxious, so being able to get out, meditate and be at peace was vital to me. I recommend slowing down and being at peace in nature."

Chris credits the love and support of his family and friends with getting him through his health challenges. "What really matters is the community, family, friends and just helping one another. I now have the fortitude to try to help others." Chris also attributes his healthy mindset and physical recovery to weekly classes he attends at Glastonbury Hot Yoga and having his nutritional needs met by Liquid Nirvana.

The long-term outlook is good as his doctors believe that he can expect to have average life expectancy with treatment, which is nothing short of miraculous, given the dire prognosis he originally received. His Instagram site – Culmination Point – has been a cathartic exercise; he has more than 11,700 followers from across the country and around the world. "The people who follow Culmination Point are incredibly interactive, not afraid to show their vulnerability. They give me a lot of purpose; making me feel like what I'm doing is worthwhile. It is vitally important for this type of personal challenge for me to be out there on social media. My purpose came through my pain."