



# HADLEIGH WOODS GAZETTE

August 2023

[www.hadleighwoods.com](http://www.hadleighwoods.com)

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Hello –

We have finalized the location and date of the Annual Meeting of the HWACCA. The date is Saturday, November 4, 2023 @ 1:00 pm. The location is Saint Matthew's Parish meeting hall, 2 Searles Road, Windham, NH 03087. If you cannot make the meeting, please fill out a **Proxy To Vote** form and give it to someone who is attending the meeting, or a Board member. We will make the proxy forms available before the meeting.

There will be vacancies on the Board and various committee positions opening up, please consider volunteering for a position. There are many new faces in our neighborhood and they possess various levels of valuable expertise to share with us. Our volunteers are a hard-working group and are valuable to the community. Even though we have a conscientious property manager, Ken has always been thankful to have volunteers assist him in his efforts to maintain our area. We will announce the above referenced openings soon.

The fall version of the septic system pumping has been scheduled to start the week of July 31<sup>st</sup>. E-mails were sent out, and some were hand delivered to those that do not have an e-mail on file.

John



**Property Management of New England**

Dear Homeowners,

July was a busy month. Many thanks to Gene for his efforts to resolve some of the issues that have affected the pump house and irrigation system. To all those assisting Gene, your efforts are also appreciated. The Board reviewed estimates for areas with erosion concerns and the work will begin in August to correct some areas. As noted above, irrigation heads have been replaced as well as the use of pest services to control the rodents that get into the control boxes. Great progress has been made. The septic tanks will be pumped in August as confirmed with Pete's Septic Service. Total Deck Company has provided quotes for staining the decks. You will see information on this process soon. Enjoy the great weather.

Sincerely,  
Ken Foley  
NextGen

## Food for Thought



### **New Findings on Cognitive Health**

*Emerging research is adding to our knowledge of how lifestyle can help protect brain health*

There is a growing understanding of the role lifestyle choices play in preventing and slowing progression of cognitive decline. While we await new treatments for Alzheimer’s Disease and other age-related dementias, emerging research can offer some advice for keeping our brains sharp and healthy.

#### **1. Eat Minimally Processed Plants**

“We know that a Mediterranean-style dietary pattern (which is high in minimally processed plant foods) may help delay age-associated cognitive dysfunction and probably prevent or delay the onset of Alzheimer’s Disease” says Richard Dupee, MD Chief of Geriatrics at Tufts Medical Center. Researchers are working at getting more detail on what role different nutrients play in this relationship.

The new study: Researchers studied the association between dietary pattern rich in magnesium-containing foods and markers of brain health in just over 6,000 participants aged 4- to 73 years at baseline. On average, consuming more magnesium-rich foods was associated with larger brain volumes, especially in women.

**What it means** – While this study does not prove cause and effect, it suggests that increasing your intake of magnesium-rich foods may be good for brain health, by extension, cognitive health. Magnesium-rich foods like leafy green vegetables, legumes, nuts, seeds and whole grains are also packed with other beneficial nutrients. Whether is the magnesium itself or (more likely) a combination of factors that is responsible for the observed association with brain health, choosing these foods in place of less healthy options is always a good idea.

**What to do** – Increase your intake of whole and minimally processed plant foods: Have a salad with leafy green vegetables daily; choose whole grains and whole grain foods over refined; snack on a handful of nuts once a day, or sprinkle them on salads, whole grain low-sugar cereals, or grain dishes; and look for simple bean-based main courses or add beans to soups, stews, salads, and dips.

#### **2. Avoid Ultra-Processed Foods**

Ultra-Processed foods generally bear little resemblance to whole foods, either in appearance or nutrient makeup. They are manufactured composites of extracted ingredients. More and more research is tying dietary intake high in ultra-processed foods to healthy problems.

The new study: Researchers looked at the dietary intake of over 10, 700 individuals (average age, 51-and-a-half years) living in Brazil. Higher consumption of ultra-processed foods (including breads, crackers, cookies, candy, cereal bars, sodas, mayonnaise, sausages, ham, pizza, instant noodles and soups, deli meats, chips, and other baked and fried snacks and juices) was associated with a higher rate of cognitive decline in 6 to 10 years of follow-up.

**What it means** – Eating highly processed offerings may increase your risk for cognitive decline.

**What to do** – Focus on eating whole or minimally processed foods. This means filling your plate with plenty of fruits, vegetables, legumes, nuts/seeds, whole grains, seafood, lean meat, dairy, and healthy plant oils.

### 3. Listen Up

“As we get older, our hearing gets worse (more for men than women, for whatever reason),” says Dupee, MD. “There is no question poor hearing increases risk for loss of cognition.”

The new study: A study analyzed information from over 430, 000 individuals aged 40 to 69 years. At baseline, participants were asked to report any hearing loss and use of hearing aids. Hospital records and death data were used to ascertain dementia diagnosis during the follow-up period. Compared to participants without hearing loss, hearing loss *without* use of hearing aids was associated with higher risk of developing dementia. This association was *not* found in people with hearing loss who wore hearing aids.

**What it means** – Even if you have hearing loss, correcting the problem may help preserve brain function.

**What to do** – If you suspect you have any hearing loss or a family member or close friend mentions they have noticed a problem, it is important to be tested. If it is determined a hearing aid will help, get one. “There is significant resistance to getting hearing aids,” says Dupee, MD, “perhaps because of appearance, or perhaps due to cost. If you can correct a hearing problem, do, not just for the sake of you hearing, but for your brain health as well.”

### 4. Get Moving

“Along with a healthy dietary pattern, regular physical activity is known to be important to preserving brain health,” says Dupee. “These are the same measures that protect cardiovascular health. We know being active helps keep veins and arteries clear, which decreases risk for vascular dementia and strokes. Researchers are trying to understand other ways physical activity may help the brain.”

The new study: It is suspected that physical activity causes long-term changes in the *hippocampus*, the part of the brain that controls the autonomic nervous system and is thought to be the center of emotion and memory. Working in a lab, researchers exposed hippocampal cells to chemicals release by contracting muscles. Neuronal activity increased and the number of cells increased rapidly.

**What it means** – In addition to aerobic activity (which increases heart rate and breathing) resistance training (which uses muscles against force like a weight or a band) may cause beneficial changes to the brain.

**What to do** – Get moving! Any kind of physical activity, in any amount, started at any age is beneficial to heart and brain health. “The current recommendation is to aim for 150 minutes a week of moderate

activity, like gardening or brisk walking, or 75 minutes of more vigorous activity every week, says Dupee. "Engaging in resistance training at least two days a week is also recommended."

## **5. Tame Stress**

"We do see that stress increases difficulty multitasking and adapting – especially in the aging brain, says Dupee. "We also know that life stress, like the death of a spouse, is associated with higher risk for cognitive decline."

The new study: A study assessed the level of perceived stress of nearly 25, 000 participants aged 45 and older at baseline and at one follow-up visit. Cognitive function was assessed at the start and annually throughout the study period. Higher levels of perceived stress were associated with 40 percent higher risk of poor cognitive function.

**What is means** – If you feel you are under a lot of stress, you may be at higher risk for cognitive decline.

**What to do** – It may not always be easy, but stress can be managed. Think about what life changes (a new job, more vacation or personal time) you might be willing and able to make that could reduce the stress in your life. If you are a caregiver, look for resources that can give you some time off. Physical activity is a great way to relieve stress (and boost health!). Research also supports meditation as a way to relieve stress – even if it's just setting aside a few minutes each day to close your eyes and breathe deeply. Laughter is another great choice, so find time to laugh with friends, go to a comedy show or watch a funny movie. Get social, regular interaction with family and friends can help reduce stress.

## **Putting it All Together**

These new studies reinforce our understanding of how lifestyle choices can help delay onset or slow progression of cognitive decline – even in people with genetic predisposition to dementias. In addition to the behaviors discussed above, there are other things you can do that have been shown to help.

What's good for the heart is good for the brain, so make sure you keep your blood pressure, blood sugar and cholesterol levels under control. If behavior change is not enough, medication may be necessary. Quality sleep is also essential. Work with a healthcare provider to address any issues interfering with your sleep. Research is clear that at least seven (but not more than nine) hours of sleep a night is ideal. Not smoking or vaping and being socially active are also important for cognitive health, as is learning new things. Doing the same types of puzzles you enjoy is not enough; make sure you are challenging your brain with new tasks to build new neural connections.

While there is currently no cure for Alzheimer's Disease or other forms of age-related dementia, we are no powerless. Research is clear that healthy lifestyle choices and addressing health problems can help.

Claudette



**FIND the WORDS**

have – you – ever – considered – serving – on – the – board – of – directors  
 – for – Hadleigh - Woods – if – not – this – may – be – a- great – time – to  
 – get – involved – talk – with – any – current- member - today

H	C	A	E	V	E	R	A	O	H	T	I	W
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**If anyone is interested in contributing to the Hadleigh Woods Gazette, feel free to contact Suzanne**