



# **HADLEIGH WOODS GAZETTE**

February 2023

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

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## **Hello All -**

Just a reminder that if we get any measurable snow (6"+) in the next few months, it is our (owner) responsibility to assure that the furnace (and generator, if equipped) vents are clear of snow or blockage that would prevent them from working efficiently.

Save the date – we are awaiting approval to have our March Board meeting, which will be open to all owners, at the Nesmith Library on Thursday, March 23, 2023 at 4:00 pm. This will be an informative meeting, as there will be a few improvement projects to be discussed in more detail.

Details to follow in the March newsletter.

**John**



Property Management of New England

Dear Homeowners,

We have been fortunate to have minimal snowfall so far which results in less wear and tear of the driveways, roads and lawn damage. The new crew has been in the ready for the storms that did hit the region and so far so good. We have four short weeks in February and can start thinking about spring.

The Board and volunteers will be exploring solar panel options for owners. This spring/summer, another round of septic tank cleaning will happen on its regular cycle. The manager and Board are seeking quotes for affordable window replacement options at a group discount if multiple owners participate.

We will keep you posted. Stay warm out there!

Sincerely,  
Ken Foley  
NextGen

## **Food for Thought**



### **Smart Snacking Strategies**

In the November 2022 “Food for Thought” issue, I provided a list of healthy snacks. This issue will offer you the reasons for some of the pairings or suggested snacks. The snacks offered a variety of combinations of proteins, fats and carbohydrates, also known as macronutrients.

Protein foods will satisfy your appetite, control your glucose levels, are essential for muscle and bone formation and needed for enzyme and hormone production. The more common proteins for snacking are cheese (regular, reduced fat, plant based), cottage cheese, nut butters, hummus, Greek style yogurt and nuts.

Fats will also help your brain feel satisfied and control your glucose levels and are needed for the absorption of certain nutrients and vitamins (A, D, E, & K). Ideally, the more unsaturated fats you consume, the healthier for your heart and brain. These unsaturated fats are found most in nuts, nut butters, seeds and especially avocados.


















Carbohydrates are broken down to glucose which is the main fuel for the brain and the body. Many carbohydrate-containing foods are very good sources for fiber. Carbohydrate rich foods are grains, legumes, fruits, and vegetables. All of these foods do have some level of fiber.

When planning a snack try to include two of the three macronutrients. An example of this: one small apple and 1 Tablespoon of peanut butter. The apple is a good source of glucose and fiber. The peanut butter has a few grams of protein, but more calories are from unsaturated fats. Adding the peanut butter will help control your appetite better than just having the apple. The apple alone will cause a spike in your blood glucose, needing your body to release insulin to lower your glucose. This can cause a spiraling effect with your hunger. Adding the protein and fat can control that spiral effect. Alternatives to the peanut butter is 1 oz. of cheese, ½ cup reduced fat cottage cheese, ¼ cup of hummus, or 3 oz. Keto-style yogurt.

A few goals of snacking should include that the snack is nutritious, tasty, easy to prepare, satisfying and about 150-200 calories. The less “empty” calories you consume the better for you.

**Claudette**

## February 2023 Holidays, Observances & Events

<b>February 2023</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
			1	2 Ground Hog Day 	3	4 Homemade Soup Day 
5 Pro Bowl 2023 	6	7 Ballet Day 	8	9 Pizza Pie Day 	10	11 Make a Friend Day 
12 Lincoln's B-Day  Super Bowl Sunday 	13	14 Valentine's Day 	15	16	17 Café au Lait Day 	18
19 NBA All Star Game 	20 President's Day 	21 Mardi Gras Shrove Tuesday 	22 Washington's B-Day  Ash Wednesday 	23	24	25 National Clam Chowder Day 
26	27 National Strawberry Day 	28			2/27-3/3 – NH Public School Break 2/20-24 MA and ME Public School Break	

### **Programs at the Windham Senior Center hosted by the Windham Recreation Department**

Thursday 2/9 @ 1pm – Property Tax Relief Info Sessions

Did you know that seniors may receive relief from property taxed? Representatives from the Town of Windham Assessing Office will provide information and guidance regarding property tax relief programs that grant partial or complete exemption from property taxes for qualified homeowners. Many exemption programs specify eligibility criteria, e.g., older adults, people with disabilities, widows, veterans and disabled veterans who have permanent service-connected disability of a specified percent. In others, income is a factor. Stay tuned for more programs in the March Gazette!



**FIND the WORDS**

heart – Valentine – ashes – Shrove – Mardi Gras – Washington – Lincoln –  
 football – basketball – groundhog – shadow – snow – chowder – Super Bowl  
 – winter – cold – ice – plow – presidents

W	A	B	T	E	K	S	A	B	F	W	R	T
I	H	Q	G	O	H	D	N	U	O	R	G	P
N	Q	E	U	L	L	A	B	T	O	O	F	L
T	A	W	A	S	H	I	N	G	T	O	N	O
E	B	S	H	R	O	V	E	C	B	D	E	W
R	F	H	G	H	T	I	J	O	L	M	S	Z
A	M	A	R	D	I	G	R	A	S	F	U	C
V	L	D	C	H	O	W	D	E	R	B	P	B
E	I	E	N	I	T	N	E	L	A	V	E	A
C	N	K	L	B	R	M	T	Y	S	U	R	L
I	C	C	V	X	B	A	L	L	H	Y	B	L
O	O	S	U	P	E	R	B	Z	E	C	O	D
L	L	N	Q	W	O	D	A	H	S	X	W	A
M	N	O	R	E	K	I	W	L	C	O	L	D
B	P	W	O	L	B	T	E	K	S	A	B	M
L	L	A	B	T	E	K	S	A	B	H	J	N
P	R	E	S	I	D	E	N	T	S	K	W	O

**If anyone is interested in contributing to the Hadleigh Woods Gazette, feel free to contact Suzanne**

## Spinach and Strawberry Salad



### **Ingredients** (add chicken or salmon if desired)

- 10 ounces fresh baby spinach
- 1 quart strawberries quartered
- 1/2 red onion sliced thin
- 4 ounces feta cheese

### **For Balsamic Poppyseed Dressing**

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1/2 cup white sugar
- 1 tablespoon poppyseeds
- 1 tablespoon minced red onion

### **Directions**

Combine all of the ingredients for the dressing in a mason jar. Shake well until the sugar is dissolved and the dressing is combined.

Combine all the ingredients for the salad in a large bowl. Very lightly dress the salad right before serving, reserving the rest of the dressing on the side for people to add more.