



HADLEIGH WOODS GAZETTE

January 2023

www.hadleighwoods.com

Volume 171



Dear Neighbors -

I want to thank prior Board members for their service, also to the members who are serving another term, and to the new members who are stepping up to fill the vacancies this year.

I agree with Gene and Ken when they stated recently that the cooperation exhibited by volunteers of this Association is a tribute to the success of allowing us to maintain a low condo fee over the years. I hope that this spirit will continue and that we are blessed with healthy volunteers!

We welcome all new neighbors and hope to tap into your skills and expertise to keep our operations running smoothly.

During the potential covid and flu season, the Hadleigh Woods BOD Meeting location is restricted to the Board and Manager only. You will be notified if there is a change. Thanks for your consideration.

John



Property Management of New England

Dear Homeowners,

Happy New Year to all! As I type, we are looking forward to 50-degree weather in the last week of December. All the snowbirds have been getting chilly weather down south. Seems a little backwards but no need to plow is kind of nice at the moment. The new Board members are in place and ready to go. We are in a nice holding pattern bracing for the real winter. I hope you all continue to have great holidays.

Sincerely,
Ken Foley
NextGen

Food for Thought

Want to Decrease Your Potential for Developing Dementia???

Some of the latest research is indicating that you need to decrease your intake of "Ultra-Processed Foods". "Ultra-Processed Foods" are industrial formulations of food substances (oils, fats, sugars, starch or protein isolates) that contain little or no whole or real food. These foods typically introduce flavorings, colorings, emulsifiers, or cosmetic additives to enhance a taste or texture. Plus, these "UPFs" are cheap to produce and have a very long shelf life.

Examples of "Ultra-Processed Foods" are potato chips (pringles), frozen meals (Swanson, Lean Cuisine, etc), sugared beverages (Coke, Pepsi, 7-Up, etc), store bought cookies & desserts (Oreos, Mrs. Pauls Pies, etc), commercial breads (Wonder), and the list is endless.

The average adult should consume about 2000 calories per day. If 400 of these calories were from "UPFs" this could accelerate the potential for dementia to happen. These foods deliver empty calories from refined sugars and highly processed grains and minimal nutrient value. These foods negatively impact the areas of the brain that are related to cognitive function and can increase brain cell inflammation.

Changes to consider:

1. Add color to your intake. Add deep, rich colored fruits and vegetables daily, multiple servings.
2. Increase your fiber intake.
3. Eat less processed proteins (deli meats, frozen or pre-processed entrees)
4. Eat more fresh, wild caught or plant-based proteins
5. Stop smoking
6. Consume less alcohol, daily max: 5 oz of wine, 12 oz of beer, 1.5 oz of 80 proof beverages
7. Exercise more
8. Improve your sleep habits. 7 hours is best

















The occasional indulgence of an "UPF" as we all did through the holidays will not accelerate the potential for dementia but if 20% of your daily calories are nutritionally worthless then it is a factor that you can change for a better cognitive status as we all age.

Info compiled by Kirsten Kirkpatrick, RDN, MS, former RD @Cleveland Clinic, now President of KAK Consulting, LLC

Best to you in 2023

Claudette

January 2023 Holidays, Observances & Events

January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 	2	3 Festival of Sleep Day 	4	5 National Bird Day 	6	7 Play Outside Day 
8	9 Law Enforcement Appreciation Day 	10	11 Hot Toddy Day 	12	13 Rubber Ducky Day 	14
15 Martin Luther King Jr.'s Birthday 	16 Martin Luther King Day 	17	18 Winnie the Pooh Day 	19	20 National Penguin Day 	21
22 Celebration of Life Day 	23	24 Beer Can Appreciation Day 	25	26 National Spouses Day 	27	28 National Daisy Day 
29	30 National Croissant Day 	31				

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

Thursday 1/12/23 @ 10:30 a.m. – Vertigo and Balance

- Dr Woods will be giving an overview of balance disorders and what the root causes are in the inner-ear. She will also describe the types of testing available and how testing can help facilitate much better treatment outcomes.
- If time allows Dr. Woods will complete a quick two-minute individual balance assessment. She will be open for questions throughout the presentation. Pre-register by January 3, 2023.

Stay tuned for more programs in the February Gazette!



FIND the WORDS

winter – snow – Martin – Luther – King – dream – cold – ski – sledding – snowman – new – year – ice – penguin – skate – hot - chocolate

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

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



Dear Neighbors and Friends,

I want to thank all of you who sent me best wishes, gifts, homemade pastries, and candy after I was home from the hospital. You know who you are! I really appreciate what you have done for me!

Best wishes and Happy New Year –

Lillian

HADLEIGH WOODS DECORATES COMMUNITY WITH HOLIDAY SPIRIT!

Throughout the Hadleigh Woods community, the sights of holiday spirit can be found! The Christmas Decorating Committee and a group of guys joined together to take on the mission of adorning their complex with holiday cheer for all to enjoy! A Tree Decorating Party, for the entire neighborhood, was held on Saturday, November 26, 2022.

President of Hadleigh Woods Gene Goodwin explained, "We have 62 units and each of the mailboxes have been decorated. The ladies also decorated the entrance, gazebos, benches and trees." The mailboxes are adorned in bells, bows and greenery. The guys picked up the tree from Delahunty's, secured it and put on the lights. Ornaments were saved for the gathering on the 26th where everyone pitched in to hang decorations.

The Christmas Decorating Committee put out a call for donations of any amount, from the residents, for this endeavor, and it was explained the community was more than generous! With their holiday enthusiasm in gear, the group made the magic transformation happen! The folks marveled at how beautiful the tree looks lit up at night.

Hadleigh Woods is a 55+ community that takes pride in their neighborhood and their friendships! Happy Holidays!

Photos/story Mary Ann Horaj
(Courtesy of the Windham Independent)

