



# **HADLEIGH WOODS GAZETTE**

July 2023

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

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Hello –

It has been brought to my attention, from a very alert neighbor, that there is a radon mitigation pipe within the walls of each unit, installed when built, which eliminates the need for an outside vent pipe from the basement to the attic. In the future, if anyone has the need to install this type of system, inform the installer to utilize this vent pipe rather than an outside vent pipe. The system will vent through the side of the building, closer to the roofline and is a more efficient and cosmetic method.

Just a reminder, if you have any maintenance problems, call our Property Manager, Ken Foley at 888-356-3984 and leave a message. It is a faster method of getting a problem solved by going directly to him, as there are times that I am not immediately available to transfer the message to Ken.

We are still waiting to hear from our condo insurance representative about the

policy renewal.

Some of the landscape projects are slow to get off the ground, Israel continues to be busy. Ken has been in contact with him to date and reminding him of our requests.

We received an estimate to repaint the defective bulkheads and the Board has voted to proceed with the project, now the start date is dependent on weather conditions.

John





Property Management of New England

Dear Homeowners,

We are gearing up for the decks to be stained as noted at the recent open meeting of owners. As with the past, the decks will be stained by a contractor approved by the Board and then reimbursed by each owner. If an owner already stained a deck on their own, it will not need staining and if decking was replaced with Azek or another composite those decks will also be skipped of course.

The grounds look great. The Landscape Committee deserves a round of applause.

In these outdoor months, please be aware of the rules of the association.

Thank you for your cooperation and enjoy the summer.

Sincerely,  
Ken Foley  
NextGen



## Food for Thought



### IS IT TIME FOR A DRINK?

Are your lips dry? Are you tired? Are you experiencing some “brain fog”? Are your having more muscle cramping (during the middle of the night or while exercising)? Are you having trouble with bowel movements? Are you more “cranky”? If you answer “YES” to any one of these questions, you need to drink or eat more. You need more water, coffee, tea, fruit juices, any no calorie or low calorie beverage, no calorie gelatin & popsicles or more foods that have a high percentage of water such as fruits and vegetables.

We all have heard that everyone should have 64 oz of water per day or drink one half your body weight in ounces/day (example: if you weigh in at 200lbs; then drink 100 oz of water/day). Neither suggestions are 100% true. You can obtain water from the foods you eat and metabolize. The notorious “carbohydrate” (bread, potato, rice, pasta, etc) is a conglomeration of carbon, hydrogen and oxygen. Water is hydrogen & oxygen. So through the process of digestion, water is created when you breakdown these components. You could get up to 1-1.5 cups of water through the digestion process from the foods you eat. So if you go on a very low carbohydrate diet; your first big weight loss, is from the carbohydrates you are no longer eating.

If you are female, then about 55% of your make up is water; males are 60%. Where is all his water? Your brain is 75%; lungs are 80%; bones-15-20%; blood-90%; joint fluid & cartilage are 80%; saliva, mucous membranes, heart and all organs, skin and muscles must have a good fluid content in order to perform properly.







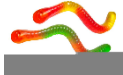










If you are unsure about how much you are drinking, I suggest that you take the time to measure and record all the fluids you consume to determine what your baseline intake of fluids are. Then increase gradually to eliminate the dry lips, dry mouth, & “brain fog”, muscle cramping or constipation. Then try to maintain that new level of fluid intake.

If you have grandkids visiting and they have been playing a lot and you notice that they are tired or cranky, they might need more fluids or fruits to perk up. They are just smaller versions of adults.

Claudette

## July 2023 Holidays, Observances & Events

### July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Creative Ice Cream Flavors Day 
<b>2</b> I Forgot Day 	<b>3</b> Eat Beans Day 	<b>4</b> Independence Day 	<b>5</b> Apple Turnover Day 	<b>6</b> Kissing Day 	<b>7</b> Chocolate Day 	<b>8</b> Blueberry Day 
<b>9</b> Dimples Day 	<b>10</b> Pina Colada Day 	<b>11</b> Cheer Up the Lonely Day 	<b>12</b> Different Colored Eyes Day 	<b>13</b> Oxymoron Day 	<b>14</b> Shark Awareness Day 	<b>15</b> Gummi Worm Day 
<b>16</b> Spinach Day 	<b>17</b> Emoji Day 	<b>18</b> Women's Dive Day 	<b>19</b> Hot Dog Day 	<b>20</b> National Moon Day 	<b>21</b> Junk Food Day 	<b>22</b> Mango Day 
<b>23</b> Parent's Day 	<b>24</b> Cousin's Day 	<b>25</b> Merry Go-Round Day 	<b>26</b> Coffee Milkshake Day 	<b>27</b> Walk on Stilts Day 	<b>28</b> Waterpark Day 	<b>29</b> National Lipstick Day 
<b>30</b> Paperback Book Day 	<b>31</b> Avocado Day 		<b>*7/3 &amp; 7/4</b> <b>Town Offices Closed</b>	<b>* 7/12 – Fire Concert at Griffin Park</b>	<b>*7/19</b> <b>Poprocks Concert at Griffin Park</b>	

**Weekly Activities at the Windham Senior Center include Bingo, Wii Bowling, Mahjongg, Dominoes, Senior Swim, Cribbage, Senior Pickleball, Crafty Wednesdays**



**FIND the WORDS**

fireworks – red- white – blue – independence – star – spangled – banner – freedom – celebrate – flag - sunflower – swim – camp – boat – ice cream- waterpark – fair - beach

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

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



## Fun Fact!

In honor of Merry Go-Round Day on 7/25, here is a fun fact.

**What is America's oldest working carousel?**

The Flying Horses Carousel is the nation's oldest platform carousel. Since 1884, the Flying Horses Carousel has delighted visitors in the town of Oak Bluffs on Martha's Vineyard.

Constructed by Charles Dare of New York Carousel Manufacturing in 1876, it is one of only two Dare carousels that still exist.

Originally operated as an attraction on Coney Island, it was moved to Oak Bluffs in 1884 and includes stationary carved wooden horses with manes and tails of real horsehair and inset glass eyes. Each horse is brightly painted and fixed to the rotating platform by a metal post.

