



HADLEIGH WOODS GAZETTE

May 2023

www.hadleighwoods.com

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Here are some items and recommendations to keep in mind-

Grease down the drain in units – Do not pour grease down the drain into the septic system. If your septic system gets clogged up and the service provider states that the cause is grease in the system, the owners will be responsible for all payments to correct this problem!

Flag Etiquette – If you fly the American Flag outside of your unit, take it inside at night and during inclement weather. I will get a pamphlet on these etiquette rules to distribute to all soon.

Gardening and Decorating Rules - The most recent rules were approved on May, 2021 should be adhered to and if you are not familiar with them, please ask a member of the Landscape Committee, or a Board member, for a copy.

Septic Pumping – Pumping will begin soon, if you see a truck in the area, close your windows until they have completed pumping.

Quarterly Meeting – The next meeting that is open to all unit members is **tentatively** scheduled for Thursday, June 15, 2023 at 4 P.M., at the Nesmith Library, in the Multipurpose Room.

Annual Meeting – The annual meeting is **tentatively** scheduled for Saturday, November 4, 2023 at a time & location to be announced in the future.

Thanks, John



Property Management of New England

Dear Homeowners,

The landscapers are busy with their cleanup of the property. The irrigation system will be up and running soon. The Landscape Committee is also active and prepping for their seasonal role to enhance the grounds. Their efforts are greatly appreciated. The Board and I met recently and all the "important dates" are being met regarding landscaping, septic pumping, catch basin cleaning, etc. Other repairs are being considered where necessary with trim and painting needs. Your input is always welcome and appreciated.

Enjoy this great stretch of weather.

Sincerely,
Ken Foley
NextGen

Food for Thought



FROZEN MEAL REVIEW

The May-June, 2023 edition of Consumer Reports reviewed 25 different frozen meals for their subscribers. In the past frozen meals have been notoriously tasteless and very high in sodium. Those characteristics appear to be shifting according to the taste and nutrition experts at CS. Companies are using more fresh foods, more seasonings, less sodium and added sugars, adding more fiber, and using less highly processed foods. They reviewed meals from the following categories:

Chicken Enchiladas – Indian-Inspired meals – Lasagna – Riced Cauliflower Meals – Asian-Inspired Chicken Stir Fries.

BEST OF THE BUNCH:

Chicken Enchiladas: EVOL CHICHEN ENCHILADA BAKE FOLLOWED BY SAFFRON ROAD CHICKEN ENCHILADAS POBLANO.

Indian-Inspired: HEALTHY CHOICE POWER BOWLS CAULIFLOWER CURRY' FOLLOWED BY AMY'S INDIAN VEGETABLE KORMA & SAFFRON ROAD VEGETABLE BIRYANI' LASAGNA: RAO'S MEAT LASAGNA FOLLOWED BY TRADER GOTTOTO'S {TRADER JOE} FAMILY STYLE MEAT LASAGNA.

Riced Cauliflower: TATTOOED CHEF BUDDHA BOWL GOT TOP BILLING' HEALTHY CHOICE POWER BOWLS GREEL-STYLE CHICKEN AND TRADER JOE'S CHICKENLESS RICED CAULIFLOWER STIR FRY THEN LEAN CUISINE CAULIFLOWER BEEF W BROCCOLI BOWL.

Asian-Inspired Stir Fries: HEALTHY CHOICE SIMPLY STEAMERS CHICKEN & VEGETABLE STIR-FRY FOLLOWED BY SAFFRON ROAD SWEET & SOUR CHICKEN.

My guideline suggestions to clients who need to incorporate frozen meal options into their meal planning for the week is the following: CARBOHYDRATES: 30-45g, PROTEIN:21-28g, FAT: 10-15g; SODIUM:400-550mg, FIBER:6-10g, CALORIES:400-650.

If there is not enough protein in the frozen dinner, if possible, saute a package of chicken tenders and add one chicken tender to the meal. This will add about 10-14g of protein to your intake without adding much fat or sodium. Cottage cheese, about 1/3-1/2 cup adds protein but more sodium and possibly fat depending on what type you purchase. One tablespoon of peanut butter will add 4g protein and 8g fat.

Rao's Meat Lasagna and Health Choice Simply Steamer Chicken & Vegetable stir fry came the closest to meeting the above guidelines. You may have a favorite frozen dinner, it might be helpful and healthful to see if your favorite meets any of the above guidelines.

Enjoy! Claudette

**Article from the Eagle Tribune – Important information
Thank you, Millie Bretton**

Tick-Borne Disease Now Endemic in NH, Mass.


















Hunter Boyce | Tribune News Service Mar 25, 2023

Babesiosis, a tick-borne disease, now is endemic in 10 U.S. states, including Massachusetts and New Hampshire, according to a March report by the Atlanta-based Centers for Disease Control and Prevention. The parasitic disease primarily occurs within the Northeast and Midwest. As cases continue to rise in several states, the CDC has advised for an increase in tick prevention messaging and traveler risk awareness. "During 2011–2019, U.S. babesiosis incidence significantly increased in northeastern states," the CDC reported. "Three states (Maine, New Hampshire, and Vermont) that were not considered to have endemic babesiosis had significantly increasing incidences and reported case counts similar to or higher than those in the seven states with known endemic transmission." Babesiosis is now considered endemic in Connecticut, Massachusetts, Minnesota, New Jersey, New York, Rhode Island, Wisconsin, Maine, New Hampshire, and Vermont. "During 2011–2019, a total of 16,456 cases of babesiosis were reported to CDC by 37 states, including 16,174 (98.2%) reported from the 10 states included in this analysis," the CDC reported. While babesiosis can range from eliciting severe symptoms to being completely asymptomatic, certain patients can experience complications such as thrombocytopenia, renal failure, and acute respiratory distress syndrome. Common symptoms of babesiosis include fever, muscle pain, joint pain and headache. The worst symptoms of the parasitic disease, however, are often the result of blood transfusions. "Babesia is transmissible via blood transfusion, and persons who acquire babesiosis through contaminated blood have been shown to have significantly worse health outcomes and a higher risk for death than do those who acquire the disease from a tick bite," the CDC reported. "Currently, the FDA recommends blood donation screening for babesiosis in 14 states and the District of Columbia. Babesiosis risk in Maine, New Hampshire, and Vermont is comparable to that in the northeastern and midwestern states where babesiosis has been considered endemic, and FDA guidance recommends blood donor screening for Babesia infection in those states. Ongoing evaluation of both tickborne and transfusion transmission risks in states that border those with endemic transmission is important for the evaluation and evolution of babesiosis blood screening policy."



May 2023 Holidays, Observances & Events

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 May Day 	2 National Golf Day 	3	4 Bird Day 	5 Cinco de Mayo 	6 Kentucky Derby 
7	8 World Red Cross Day 	9	10 National Nurses Day 	11	12	13
14 Mother's Day 	15	16 National Mimosa Day 	17	18	19 Plant Something Day 	20 Pick Strawberries Day 
21	22 National Solitaire Day 	23	24 International Tiara Day 	25	26 National Road Trip Day 	27
28 Indianapolis 500 	29 Memorial Day 	30	31 National Meditation Day 			

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

Program - The 10 Warning Signs of Alzheimer's Tuesday, May 2, 2023



FIND the WORDS

May Day – Mothers Day – baseball – flowers – Memorial Day – golf - birds –
 plant – nurses – mimosas - Cinco de Mayo – solitaire – tiara – strawberry –
 car – race – bicycle - bees

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

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



Some Hummingbird Facts

These "Little Jewels" will be here soon.

Ruby-Throated Hummingbird is the only species over most of the Eastern United States.

Hummingbirds aggressively defend their feeding area.

Hummingbirds do not "pair up" like other birds. Instead, the male & female go their own way after mating. The female is left with the job of building the nest, incubating the eggs & raising the young birds. The Hummingbird nest is 1.5 inches in diameter, eggs are less than one inch long.

Their diet consists of nectar from flowers (red is their favorite color), small insects, such as aphids & spiders.

The beat of their wings is so rapid, up to 55 times per second, that a "humming" sound is produced.

Average life span is estimated to be 3-5 years.

So, get your feeders out to observe these beautiful "Jewels".

Hummingbirds have an innate ability to remember their favorite feeding locales.

This is my recipe: 1 1/3 cup of water, 1/3 cup of granulated sugar (don't add red dye, premixed commercial nectar, honey, brown sugar or powdered sugar), rapid boil for 2 full minutes. Let cool & then fill your feeder.

Information gathered from Peterson Field Guides & www.hummingbirdcentral.com

Elaine

♥ This is our – Dave and Suzanne Mullins - new Granddog – Penny ♥
♥ Black Lab 11 weeks old ♥



I want to thank the volunteers working at the entrance of Flat Rock and Hadleigh Roads. I noticed the ladies doing work on Flat Rock but also the men on Hadleigh. I appreciate all those people who volunteer their hard work on beautifying our condo. They not only volunteer for the work but they work all year round and I deeply appreciate it!

Thank you

Lilian



Richard and Joanne recently saw a concert here and said it was wonderful! Check it out! Thanks for sharing Richard!



The New Hampshire Philharmonic is the state's oldest orchestra, tracing its roots back to 1895, and continuously performing since 1905. The Philharmonic connects people to the power of classical music, using the model a living laboratory. The Phil brings together the best student, amateur and professional musicians in compelling performances of the core repertoire.

Each year the orchestra mentors some of the state's finest young musicians, providing each young artist an invaluable experience in his or her growth as a musician.

The Nesmith Library offers 20% discount on adult and senior ticket prices. Discounted codes are case sensitive, please reach out to your library for the new code. There is no limit on number of tickets you can use with the code.

**Spring Pops - "Hollywood in Africa"
May 20, 2023 7:30 PM & May 21, 2023 2 PM**

Africa has inspired great movies and great movie music - Lion King, Invictus, Hotel Rwanda, and Out of Africa, to name a few. Our music director, Mark Latham, was born in Africa and will lead us on our adventure exploring the great music of these memorable films. We'll also welcome Grammy nominated African musician Mamadou Diabate to share the exuberance and rhythms of African music on the balafon, a xylophone like instrument whose sounds you will instantly recognize as the essence of African music.

Go to this website for detailed concert info: <https://nhpo.booktix.com/view/35/029b320752bd>

(Performances are at the beautiful art center theater at Salem High school.)