



# HADLEIGH WOODS GAZETTE

October 2023

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

Volume 180



Hello –

Now that covid is over, we will go back to our old practice of maintaining our Association information rack in the cottage. There is a letter rack, just above the box where you place your condo fees inside every month. Some of the documents in the past that were kept in the rack are:

**Neighborhood phone list**  
**Condo insurance letter**  
**Blank emergency contact forms**

If there are any other suggestions, and if we have blank slots, let us know and we will provide other forms. You must put the code into the lock on the cottage door to enter, thereby only residents can have access inside, which ensures the security of these documents, and still allows you to obtain the information.

With the winter season approaching, please **do not park, or block**, the entrance to the Pump House. Please advise any guests that may also utilize the parking lot of this request. We must maintain a clear path to the Pump House for delivery of salt and other access, whether emergency or not, to the exterior doors.

Thanks in advance for your cooperation.

John



Property Management of New England

Dear Homeowners,

Well, the chill is back in the air. It's time to blow out the lines of the irrigation system and close up the landscaping shop for the winter. Some final landscape projects are in the works prior to the winter. The crew is also ready to do the leaf cleanup when the time is right. Gutter cleaning dates are being determined and a notice will be sent. Thank you to all that have dropped checks to the cottage mailbox for deck staining. We will ask the Board to post the proper deck color to your website for reference should you decide to stain on your own. On a personal note, I'd like to thank all of you for your support after my mother's recent passing. She battled Pancreatic Cancer for 14 months. I saw firsthand what "Battling Cancer" means. It means greeting people with a smile when you are in your worst moments, still caring for others when they should be caring for you, trying to give when you just have nothing to give anymore. To all who have gone through this with their own families or friends, I appreciate your strength and positive thoughts. My sisters and I thank you and wish you well.

Sincerely,  
Ken Foley  
NextGen

## Food for Thought



### **NUTRITION TIDBITS**

1. The Mediterranean-style diet may help control nonalcoholic fatty liver disease (NAFLD). This was reported in the journal "NUTRIENTS". It is assumed that the higher fiber from fruits and vegetables are the key.
2. Consider eating more fall produce for their anti-inflammatory properties. These vegetables include apples, acorn, hubbard and butternut squashes, pumpkin and all root vegetables. Check out Eating Well magazine or Skinny Taste website for more ideas on how to use these powerhouse vegetables.
3. Replacing legumes for red meat has proven to be beneficial for bone density and health. This study was conducted in Finland and published in the British Journal of Nutrition.
4. Try more varied, lesser known grains to your intake. Everyone has heard of brown rice, oatmeal, and quinoa. But adding amaranth, buckwheat, plantain, teff or farro to your grain routine could add more variety, texture, fiber to your diet.
5. Regular exercise should be paired with a better diet. Many people think that if they are good with their exercise routine, that they can eat more highly processed food and sodium and be spared from the health risks of highly refined sugar and fats. This is not true. Poor dietary choices have a greater negative outcome on atherosclerosis and pre-mature death.
6. APPLES. It's that time of the year to enjoy these tasty treats from Mother Nature. Each average apple is 70-100 calories and contain 4-5 grams of fiber. The skin on the apple contains an antioxidant known as quercetin which is also found in green tea, berries, and red wine. If your apple is eaten with protein, the fiber in the apple helps to stabilize blood sugar levels and control your food cravings. Eating 1-2 apples per day could help lower your cholesterol by 5-8% and maybe reduce some of your cholesterol medication. Eating apples may lower your C-reactive protein in your blood. The quercetin is also a powerful anti-inflammatory agent. The fiber can increase your healthy gut microbiome.

**Claudette**



## FIND the WORDS

Theme: **Halloween**

pumpkins – ghosts – bats – costumes – candy – scary – all hallows eve –  
 witches – skeletons – fright – night – decoration – jack o lanterns - goblins

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

## CALLING ALL VOLUNTEERS!



It's time to give someone else the opportunity to create our monthly neighborhood newsletter. The December 2023 issue of the **Hadleigh Woods Gazette** will be my last issue. If you are interested in this opportunity to volunteer your time, please contact a member of the Board of Directors.

Thank you –  
Suzanne

