



HADLEIGH WOODS GAZETTE

November 2023

www.hadleighwoods.org

Volume 181



~ Hadleigh Woods Annual Meeting ~

Saturday 11/4/23 @ 1pm at St. Matthew's Parish Hall, 2 Searles Rd, Windham NH

There will be 3 positions for BOD to vote on. The candidates are Gene, Richard and Claudette. Write in candidates or nominations from the floor will also be accepted.

Reminder: If you are unable to attend, please ask another unit owner to bring in your proxy and present to a BOD member. One vote per unit.

Food for Thought



(Dietary Approaches to Stop Hypertension)

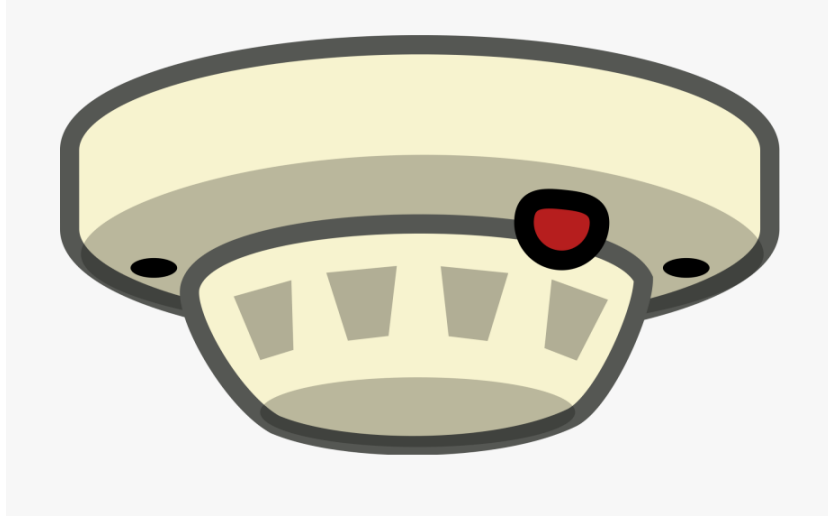
Last week it was reported that if you are a woman and want to reduce your chances of developing dementia or Alzheimer's disease, start following the DASH diet. In a study that followed 5,000 women who were part of the NYU Women's Health Study for 30 years, it explained that by starting and following the DASH diet (Dietary Approaches to Stop Hypertension) early in life appeared to have an impact on long term health.

What is DASH?

It is a diet lower in sodium and rich in potassium, calcium, magnesium, lean protein and more fiber. It is full of fruits, vegetables, whole grains, low fat dairy products, fish, poultry, beans and nuts. It is very low in beef, pork, lamb, high fat dairy, tropical oils (coconut or palm), sweets and sugary beverages.

In January 2023, News and World Report rank the DASH diet as the #1 diet to a healthy heart. In May, 2023, John Hopkins Bloomberg School of Public Health, ranked the DASH diet as one of the top three diets for preventing cardiovascular disease. Participants in the study started their DASH diet changes between 1985-1991, compliance was decent; not perfect. Dash followers were 17% less likely to have memory loss or other signs of cognitive declines. Many were in mid-life in starting the dietary intervention. The results were a self-reported assessment versus a physician confirmed evaluation. Data suggests that changes of a healthier diet starting as early as possible reduces the possibility of cognitive decline with aging. This might be good information to pass on to husbands, siblings, children, grandchildren, nieces and nephews and friends. It's never too late to make a change.

Claudette



Smoke Detectors

With the end of daylight saving time you will be reminded to replace the batteries in your smoke detectors. Before you change the batteries in your smoke detectors, consider this:

“According to the National Fire Protection Association (NFPA), smoke alarms should be replaced at least every 10 years because studies have shown that failure rates of smoke detectors greatly increase after this period of time. It is important to note that the useful life of a smoke detector can vary depending on factors such as the manufacturer’s instructions, the type of detector, and the environment in which it is installed. Therefore, it is recommended to follow the manufacture's instructions for maintenance and testing.”

Check the date of manufacture in the back of the unit. If it is due for replacement, for your safety and your neighbor, please replace them. I decided to go with a combination smoke and carbon dioxide unit from Amazon. Kidde Hardwired Smoke & Carbon Monoxide Detector, AA Battery Backup, Inter-connectable, LED Warning Light Indicators, 4 Pack for around \$180. Unfortunately, these have a different pigtail that requires rewiring. There's only three wires but if you are uncomfortable with doing this contact a handyman or an electrician. The garage unit is a simple swap using the existing pigtail. Kidde Heat Detector, Hardwired with Battery Backup & 2 LEDs, Interconnect Capability, Ideal for Garages for around \$25.

I hope this information helps!

Richard



FIND the WORDS

potassium – calcium – magnesium – lean – protein – fiber – fruits – vegetables – grains – low sodium – fish – poultry – beans – nuts – tofu – vitamins – minerals – water – low fat

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

FALL BACK
change your clocks



Remember to set your clocks back one hour before you go to bed on 11/4! Daylight Savings ends on 11/5 @ 2am.

Repurpose your Pumpkins!



In past years, I have asked for pumpkins for my sister's chickens and goats. Unfortunately, she no longer has them. I have found an Animal Sanctuary in Derry, NH who would accept pumpkins for repurpose for their animals. If you have any interest in donating your used pumpkins (no mold, painted pumpkins, or gourds). I would be happy to pick them up. Will deliver to the Sanctuary on November 7. Text me or email.
Elaine

Calling All Volunteers!

Anyone interested in taking over the Hadleigh Woods Gazette please contact a BOD member – thank you!