



HADLEIGH WOODS GAZETTE

September 2024

www.hadleighwoods.org

Volume 191



Hello All,

Here are some projects to be completed:

- Painting of the column bases at the front entry as needed. For anyone interested in volunteering for his project, you can find all the scrapers, wire brushes, painters' tape, brushes, paint, and small containers in the storage shed. There is a file folder on the Bench to log in any column bases you paint. We will also be planning a group painting morning on Saturday September 21st at 9 AM for the column bases. Please contact me if you wish to participate. We will have pizza and water later in the morning.
- Bulkhead Painting: This project is still planned for September and October to be completed by a painting contractor.
- Landscaping/Snow Removal Contract: Claudette, Ken, and I made many changes and revisions to this new contract with Israel Landscaping. This will be a three-year contract with a five percent increase for 2025.
- Emergency Contact List: It has been over 5 years since this list was last completely reviewed. Attached to the gazette is the form that the Board uses to update the list. Please feel free to fill out the form with any changes or updates you would like to make. There is no need to fill out the form if there have not been any changes. Only Board Members have access to the Emergency Contact List. The completed form can be given to any Board Member, or you can email me your completed form.
- Recently, the New Hampshire Department of Environmental Services conducted an inspection of our Community Water System. There were no citations issued. There was a recommendation to have the 25-thousand-gallon water storage tank inspected and cleaned. This process will be completed by a specialized contractor this year or early next year. We hope to secure a grant to fund this project this fall.

Gene Goodwin



Property Management of New England

Dear Homeowners,

It was good to see you in person at the open meeting at the pumphouse. The weather held out for us and the Board and volunteers did a great job setting up the tents and tables to keep us under cover from the sun or rain. As you could see, the Board has been hard at work moving projects forward and caring for the property. In the coming weeks, we will be working to button up the season with seeding lawn areas and making a last run at growing after the long dry season. The landscape/plow contract is in place and the contractor ready for the fall clean up and plow season to come. Several roofs were cleaned by Extreme Power Washing Company. This task removed the black stains safely from the asphalt shingles without affecting the warranty. Gene and I are working with an attorney from MEEB (condo attorneys) to determine the correct legal process to use exclusive common meters instead of common meters to save funds on the electricity as presented by Richard Michaud. The summer has been good to us all. Let's look forward to the fall and the final stretch to winter.

Sincerely,
Ken Foley,
NextGen

In this edition of our Gazette, we want to acknowledge and thank our neighbor, Stephen McLaughlin, for graciously volunteering to clear the sumac & brush on Flat Rock Road across from our Units.

The Town of Windham's Highway Department had been contacted to ask them to clear and remove the brush, since it was covering the sidewalk. The department's answer was they are only responsible for snow plowing on Flat Rock Road.

Once Stephen learned of the highway department's response, he immediately agreed to clear the brush. We are grateful Stephen that you volunteered to donate your time and physically hard work to our neighborhood! Your willingness to give your time and service is greatly appreciated.

Andrea Childress



FIND the WORDS

Migration – Autumn – World – Series – Fall – Foliage – Pumpkin - Donuts

Colorful – Hiking – Cider – Football – Hurricane – Backpacks - Fishing

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GLP-1 Receptors

You see the advertisements or commercials for the newest group of medications for the treatment of diabetes and weight loss. They are GLP-1 receptor agonists. The "GLP" stands for Glucagon-Like Peptide. Other names for this group include Incretin mimetics, GLP-1 analogs, or Glucagon-like peptide-1 agonist. The FDA has approved many GLP-1 drugs since 2005. These include the injectable drugs like: Dulaglutide or Trulicity; Exenatide or Byetta; Liraglutide or Victoza and Semaglutide or Ozempic. The oral form of Semaglutide is Rybelsus. The latest drug approved is slightly different and known as a dual GLP-1/GIP receptor agonist called Tirzepatide or Mounjaro.

Most GLP-1 drugs are injected weekly, but some are daily or twice a day. None of these injectables are insulin. They are used to treat people with Type 2 diabetes. The FDA has not yet approved these medications for Type 1 diabetes. A higher dose of the medications mentioned are used for weight loss. Wegovy is the higher dose of Ozempic and Zepbound is the higher dose of Mounjaro. As popular as they are, they are not without side effects that can include vomiting, diarrhea, constipation, appetite loss, dizziness, headaches. Some of the more serious side effects are pancreatitis, gallstone attack, bowel obstruction and bile duct blockage.

How do they work?

GLP-1 is a hormone in your small intestines that has multifaceted roles. One is to trigger the release of insulin from your pancreas to help you lower your blood glucose levels. It also blocks the release of the hormone Glucagon, a hormone that is necessary when your blood glucose is too low. It slows down stomach emptying therefore slowing down the release of glucose into your blood. It also works in your brain by increasing how full you feel after eating so you feel more satisfied and reduce your intake.

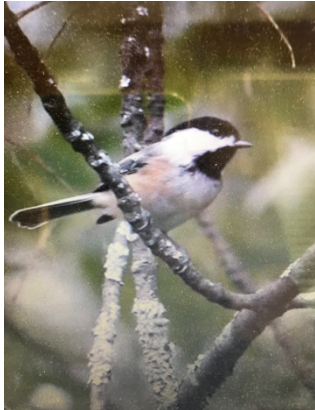
These medications are often used if your A1C levels do not get to the target range within 3 months with medications like Metformin; if you have chronic kidney disease, obesity or various forms of heart disease. These medications still need to be used in conjunction with lifestyle changes, exercise, dietary changes.

The newer medications of Mounjaro and Zepbound are showing very promising statistics in overall weight loss poundage, keeping weight off, lowering A1C values and improving overall health. Possibly, it could be one of the most powerful tools in your toolbox in improving your health.

If your PCP is thinking of prescribing one of these medications for you, it is still very important to have a multidisciplinary team to work with that should include a diabetes specialist, registered dietitian, social worker/ psychiatric counselor, and exercise/ physical therapist.

Claudette

Black-Capped Chickadee



A bird almost universally considered “cute”. Thanks to its oversized round head, tiny body and curiosity about everything, including humans.

The chickadee’s black cap and bib; white cheeks, gray back, wings and tail; whitish underside with buffy sides is distinctive. It has a habit of investigating people and everything else in its home territory, and quickness to discover bird feeders, make it one of the first birds most learned about.

Backyard Tips

They are one of the easiest birds to attract to feeders, for suet, sunflower seeds, and peanuts. The Black-Capped Chickadee hides seeds and other food items to eat later. Each item is placed in a different spot and can remember thousands of hiding places. In winter, they eat about half seeds, berries and other plant matter, and half animal food (insects, spiders and suet). In Spring, Summer and Fall, insects, spiders, and other animal food, make up 80-90 percent of their diet. At feeders, they take mostly sunflower seeds, peanuts, suet, peanut butter, and mealworms.

Every Autumn, Black-Capped Chickadees allow brain neurons containing old information to die, replacing them with new neurons so they can adapt to changes in their social flocks and environment even with their tiny brains.

Chickadee calls are complex and language-like, communicating information on identity and recognition of other flocks, as well as predator alarms and contact calls. The more dee notes in a chickadee-dee-dee call, the higher the threat level. Most birds that associate with chickadee flocks (nuthatches, woodpeckers, kinglets, creepers, warblers, and vireos) respond to chickadee alarm calls, even when their own species doesn’t have a similar alarm call.

Habitat: Mixed and deciduous woods; groves and shade trees.

Nesting: Both male and female excavate a cavity in a site usually selected by the female. Once the nest chamber is hallowed out, the female builds the cup-shaped nest hidden within, using moss and other coarse material for the foundation, and lining it with softer material, such as rabbit fur.

Clutch size: 1-13 eggs

Number of broods: 1

Incubation period: 12-13 days

Nesting period: 12-16 days

Egg description: White with fine reddish-brown dots or spots. Egg length: 0.6 ins., width 0.5 ins.

Reference/Credits:

Peterson Field Guide

All About Birds

P.S. Male hummingbirds depart first, usually in August; females and younger linger into mid-September.

Credit: NH Audubon

Elaine G.