

In This Issue >>>

Welcome September

A Word from Your ED

Health & Wellness (Women's World August 2020 Issue)

Important Information

Management Directory



September
2020

Hidden
Springs
OF MCKINNEY

Hidden Springs of McKinney 6421 McKinney Ranch Pkwy McKinney, TX 75070 (P) 972-445-9844

Hidden Springs Courier

WELCOME SEPTEMBER

A Word From Your Executive Director

A new month is here and a new season is upon us, as we continue to forge ahead into the future and embrace the changes here at Hidden Springs. As our community continues to grow, it is important for us to continue to nurture the relationships we have built and stay connected, so that we know in the midst of change, the one constant is always the support and love we have enjoyed with one another. Months change, seasons change, times change, but the memories we make, the love we share, the friends we encounter will always remain deeply imbedded in our souls and in our hearts, never to be taken from us. As fall approaches, let's "fall" in love with our lives here and with the people we have come to know as family at Hidden Springs. Happy September everyone!

THE MONTH OF SEPTEMBER

September is the ninth month of the year in the Julian and Gregorian calendars, the third of four months to have a length of 30 days, and the fourth of five months to have a length of less than 31 days. In the Northern Hemisphere September is the seasonal equivalent of March in the Southern Hemisphere.

Birthstone: Sapphire

Flower: Aster and Morning Glory



I love the month of September! It means the beginning of a new season, my favorite season...fall. Back in the day, school would start after Labor Day and it would find us shopping for new clothes and school supplies. My favorite school supplies were #2 pencils and the Big Chief tablets. To this day, I still love the smell of a freshly sharpened pencil and the memories of sharpening them with the manual sharpener attached to the blackboard. I hope that the children of today have a memory like this to look back on and smile.

Hidden Springs has the opportunity to create our first fall memories together, and knowing all of you I can only imagine how much fun you will create. I sit in my office working and often hear laughter with the friendships you have created here. When I chose to have my office close to all of the action, I never really thought about all of the smiles and warmth I would have just listening to you all having a great time; it truly is a bonus for me. Please enjoy this fall and all of the blessings it offers; football games, cozy fires in the dining courtyard, cool days and nights, hot chocolate, friendships, and (some) foliage...after all, it is Texas.

I think having a Fall/Halloween door contest would be a great tradition to start. We have so many talented and artistic people here that it could be fun just to discover how creative the residents of Hidden Springs could be. We will work on categories, giving everyone an opportunity to showcase their creativity. (More details to follow)

The only other thing to say about fall is...HAPPY FALL YA'LL!!!!

Fondly,
Doris

Ease Digestion

If you experience bloat and GI discomfort after meals, your body may not produce enough digestive fluid. There is an easy and delicious fix though. Sip a bitter mocktail 15 minutes before eating. Bitter flavors stimulate the release of digestive fluid.

Try this recipe out!

Combine 3 oz lemon juice, 2oz unsweetened cranberry juice, 3 oz. water, ½ tsp bitters and 3 drops stevia; serve over ice

MUSIC HEALING: Taking 5 minutes twice daily to sing along to your favorite tunes cuts chronic stress in half. And uUniversity of Utah researchers say taming stress energizes immune cells, cutting infection risk by as much as 40%!



Bill and Shirley Powers
Richard and Mary Ann Hutchings

For Your Information...

Please be aware that if you require transportation for doctor's appointments, we are able to do so on Tuesday's between 8:00am and 4:00pm. Please note that last pickup is made at 4:00pm to be back at the community by 4:30pm. There is a 15 mile radius which we service, beyond this radius, there will be a charge. Also, please provide us with 24 hours notice for all appointments. For further information or to schedule your transportation, please contact our Concierge at (972) 445-9844

****This is a drop off and pickup service. Please call the community to request pick up upon completion of your appointment as we cannot wait during your appointments****



Have a Maintenance Request?

Stop by or call the front desk at (972) 445-9844 and put in a work order with our concierge. Please allow 72 hours for Environmental Services to respond to your request.

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Health & Wellness

Connecting the Generations

Grandparents Day is September 13th. Are you looking to stay connected during this time and make memories with your children, grandchildren and great grandchildren? Here are some great ways to help preserve family memories and pass down family stories to your precious little ones:

SWAP STORIES: Preserve past memories by logging on to StoryWorth.com. Create an account, and once a week for a year, StoryWorth will send you a question, like "What is your favorite childhood memory?" At the end of the year, all 52 answers and photos you chose are bound in a keepsake book (\$89). Want to make your own memory book? Come up with questions that your grandchildren can ask you and create your own book for free!

CRAFT A FAMILY TREE: Sit down with the little ones (or big ones!) in your life to trace your family's roots by visiting Canva.com. Create a free account, then click "Templates" and type in "Family Tree" to find a guide to creating your own. Then print it, frame it and give it as a gift to everyone in your "tree" to cherish and remember where they came from.

ENJOY A VIRTUAL PLAYDATE: Download the free app Caribu for an interactive video call made for the kiddos in your life! Allowing users to draw, color, cook child-friendly recipes, solve puzzles, read bedtime stories and play games together in real-time, this app connects you to the kids you love through any smartphone or tablet. You'll have an engaging playdate and make your precious memories!