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September 2020 Issue)
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September
2020

Hidden
Springs
OF MCKINNEY

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The Hidden Springs

See details below

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!



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!!!!

Newsletter Contest

Thank you to Dr. Larry Magnuson for submitting the winning name in our newsletter contest! And thank you to everyone for your creative submissions!

Fondly,
Doris

Fall Allergy Bothers!

Here are some simple strategies that can prevent allergy flares and tame symptoms of allergies once they hit!

To Dodge Flare Ups:

Dab a little Vaseline inside your nostrils Research shows that petroleum based products trap pollen before it travels into your sinuses and causes trouble. Tip: Gently blowing your nose when you come inside will ensure that trapped pollen never finds its way into your airways.

Munch on Walnuts If pollen does sneak its way into your airways, it will cause a whole lot less trouble if you snack on 1/3 cup walnuts daily. Research shows that the healthy plant fat in these nuts calms the immune system and cuts allergies by 55%.

To Tame Symptoms:

Iced Nettle Tea Sipping two tall glasses helps tamp down congestion, sneezing and other symptoms by dampening the immune system's production of symptom triggering histamine.

Spirulina A blue-green algae in tablet or powder form has been found to cut allergy symptoms by 74%, by calming the production of histamine.

Beautiful With Berries

Use this antioxidant rich fruit to whip up body pampering treatments

Erase age spots: Compounds in mulberries act like a mild bleach to lighten discoloration. Mixing in yogurt (its lactic acid removes dead skin cells) helps to even out skin tone faster.

TRY IT! Combine 1 Tbs. of mashed mulberries and 2 Tbs plain yogurt; dab on wherever you have spots. Let sit for 10 minutes, then rinse.

Enliven dull skin: Vitamin C in raspberries brightens skin and helps shed dead, dry cells to reveal healthy and glowing skin underneath. Using with sugar (exfoliates) and olive oil (moisturizes) leaves the complexion looking radiant in no time.

TRY IT! Mix 2 Tbs. of mashed raspberries, 1 Tbs plain sugar and 1 Tbs of olive oil; rub onto damp facial skin for 1 minute. Let sit for 5 minutes; rinse.

Soothe rashes: Anti-inflammatory properties in blackberries help relieve redness and irritation quickly. Pairing them with aloe (nourishes and repairs skin's barrier) helps boost the skin-calming benefits while warding off future rashes.

TRY IT! Combine ¼ cup of mashed blackberries and ¼ cup of aloe vera gel. Rub onto areas with irritated skin; let sit for 15 minutes then rinse.

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 University of Utah researchers say taming stress energizes immune cells, cutting infection risk by as much as 40%!

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!



Employee Spotlight



In this month's Employee Spotlight,

MEET VERONICA PUENTE

She's more than just the friendly face that greets you at the front desk, she is the lady that can meet everyone's needs on a moment's notice, all with a smile that is genuine. You can be sure that nothing slips past her and she can handle any number of tasks thrown at her effortlessly. She has been part of this family since the doors opened and we couldn't imagine not having her to rely on. This month, we celebrate Veronica, Administrative Assistant, in our Employee Spotlight.

Veronica was born May 25, 1992 in McAllen TX. After marrying

her husband, originally from Dallas, the couple decided that they would move to McKinney to be closer to family.

Veronica has a number of interests, including dancing, reading (when she can) and, like many of us, shopping online! Her best time though, is spent with her family, perhaps making them pancakes on a Saturday morning like her mom used to make. In fact, she recalls fond memories waking up Saturday mornings with the smell of homemade pancakes filling the air. One thing is certain, Veronica believes that family is everything. And that feeling extends beyond just her immediate family, to the family that she is part of here.

Veronica says, "I don't just enjoy working here, I LOVE working here. I love the relationships I've built with every resident. I feel such a close bond as if I've known each of these residents all of my life." She really enjoys learning about everyone's life. Because she is so family oriented, she feels privileged to be able to see her family here at Hidden Springs everyday. To her, it's the greatest feeling in the world!

Veronica has just come back to us from a short hiatus after the birth of her baby girl. It seems she can't stay away from us too long! We are thrilled that she is back with our family here and cannot begin to express our gratitude for the work she has put in and continues to put in to make this community home for so many.

Thank you Veronica, this month we celebrate you!

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Doctor's Office Transportation...

Please be aware that if you require transportation for doctor's appointments, we are able to do so on Tuesdays 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 serve at no charge; beyond that, 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 (469) 476-2383

****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****



Interested in voting? Throughout the month, until the middle of October, we will be holding Voter Information Sessions every Friday at 11:30am. Stop by and get all the information you will need to vote in the upcoming November Election. Sessions will be held in the Multipurpose Room and you must RSVP with the Concierge. There will be an 8 person limit for each session.

Walking Saved My Life (Woman's World Aug 2020)

He's going to make me take medication. I know it, Sharon North Pohl fretted as she anxiously waited for the cardiologist to enter the exam room. Sharon had been suffering from high blood pressure for a couple of years. When it first spiked from her normal 120/80 to 165/90, she was going through a stressful divorce and figured it was only temporary. So her doctor agreed to hold off on medication. But even after the divorce was finalized, her pressure remained high. Yet she still hesitated to take medication.

Sharon had researched blood pressure medicines and was concerned about the potential side effects. She also worried that once she started taking medicine, she would have to do so for the rest of her life.

Her doctor understood her concerns but, with her family history of heart disease, he insisted she consult a cardiologist. Sharon agreed and promised if the specialist felt medication was absolutely necessary, she'd take it.

Sharon wasn't surprised when the cardiologist echoed her doctor's warning that her blood pressure was in the danger zone. But she was shocked by what he prescribed.

"I want you to start walking" he said, simply.

"You want me to just walk?" Sharon asked incredulously.

"Yes" the specialist said, explaining that studies had proven walking could lower blood pressure. But he cautioned that Sharon would need to check her pressure daily at home, and if after three months there was no improvement, she'd have to go on medication.

Sharon left his office with the instruction to walk for 45 minutes daily. And he stressed that she shouldn't approach this as exercise. She needed to walk in a calm, meditative manner. He recommended finding a place that had interesting, pretty or fun things to look at.

Sharon was still skeptical, but on the way home she stopped and bought a new pair of comfortable walking shoes. And the next day, she laced them up, popped in her ear buds and set off to a local park. She took her time and took in the scenery and had to admit, she felt more relaxed.

Sharon walked every day, and, to her joy and amazement, her blood pressure began to drop. At her three-month check-up, a smile crept across her cardiologist's face. Her reading had dipped to 150/82. As an added bonus, Sharon had lost 5 of the extra pounds she'd put on during her divorce.

As she walked around her neighborhood, along beaches and through parks, she got lost in audiobooks and the scenery.

After six months, Sharon returned to her primary care physician, who was amazed to see that not only was her blood pressure 130/80, she had lost 20 pounds.

Today, three years later, the 70 year old continues to walk, and her blood pressure has returned to her normal 120/80. "I look forward to my walks" she beams, "Not only because I know they're good for me physically, but because it feels fantastic knowing I'm taking control of my health. Walking saved my life!"

Puerto Rican Black Beans

September starts Hispanic Heritage Month and there's nothing more inherently Latino than black beans, a staple in South American and Caribbean cuisine! Check out this recipe and join Jennifer as she recreates it, with side of sweet plantains, another Hispanic cuisine staple. Check your calendar for day, time and location and don't forget to RSVP. There is a 10 person limit for this event.

Ingredients

1 can black beans
1/4 tbsp olive oil
1/4 onion, chopped
1/4 tbsp olives
1/4 tsp ground cumin
1/4 tsp sofrito
dash salt and pepper



Instructions

Put Oil in pan to cover the bottom. Get those Onions in! Make sure they get brown! Cook the Olives for 1 min. Put the Sofrito in, & stir. Let the Onions, & Olives simmer for 30 sec. Put the Black Beans in, & stir. Let it simmer for 5 min. with the fire on Medium. Serve over white rice with a side of sweet plantains!



Hispanic Heritage Month began as Hispanic Heritage Week, proclaimed by President Lyndon B Johnson in 1968. Presidents Nixon, Ford, Carter and Reagan gave annual proclamations for Hispanic Heritage Week between 1969 and 1988. In 1988, the commemorative week was expanded to a month (September 15 to October 15) by legislation signed into law by President Ronald Reagan. National Hispanic Heritage Month was first proclaimed by President George H. W. Bush on September 14, 1989. Since 1989, all Presidents have given a Presidential Proclamation to mark Hispanic Heritage Month.

National Hispanic Heritage Month recognizes the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.



RESIDENT SPOTLIGHT

Her laugh is unmistakable. You can hear her coming before she ever arrives, and when she arrives, you can be sure a good time will be had. She was one of our first depositors here at Hidden Springs and after quite a journey, has finally made herself a home here and we are so happy to be able to celebrate this lady this month. Here is Sue Wellford's story.

Sue was born on August 19th in Covington Virginia. Her earliest childhood memories were of her playing in the attic with her best friend and playing with paper dolls, which she still loves. Sue was married in 1955 to her husband, Hugh, who she met in high school. The two were married during Hugh's senior year in college, while Sue was working as an x-ray technician. After they were married, Hugh was called for his first assignment in the Air Force in North Carolina and the couple moved to the base, the first of 19 moves in their life! But Sue found a supportive group of people in her military life and she cherished those years. Hugh did 4 tours in Vietnam as an Air Force Pilot, while Sue stayed on base with their 4 children, 3 sons and 1 daughter.

After making her way to McKinney to be close to her daughter, then ending up in quarantine in Florida at her sister's house after flying there to attend her 80th birthday party in March, dousing her plans to move in to Hidden Springs when she planned, she is finally here and seems to be enjoying every minute of it. She is definitely not shy! She loves to have a good time and you can't help but to have a good time when you are around her. Sue believes that it is important to laugh a lot, to make others laugh, to be social and eat, drink and be merry...very merry! Whether it's a Friday happy hour, an afternoon playing games or just sitting around talking with friends, Sue makes the most of every moment. Sue is also one of the kindest people you will ever meet and her genuineness and zest for life is unmistakable. This month, we are so proud to be able to share Sue's story. We are so happy to have her as part of our family here!



In this month's Resident Spotlight, meet Sue Wellford

The Power of Love, Bill Holton adapted from Women's World August 2020

Police officers trust their partners with their lives, and that's a bond that lasts forever. So when Megan Ambrose learned her former partner Stanley Barsch needed a kidney, she didn't hesitate to step up and give him one of hers.

Megan and Stanley first met at the academy and after graduation, they were teamed up on the same shift. As they patrolled the city together, Megan and Stanley had grown so close that they could finish each other's sentences. They trusted each other with their lives.

Neither Megan nor Stanley had planned on retiring early, but one day during a high-speed chase, a car cut off their squad and Megan was seriously injured. Stanley had jumped in the medivac coptor alongside her. "You're going to be fine," he assured her as he held her hand the entire flight then paced the waiting room until dawn with Megan's husband, Chris.

It was six months before Megan returned to work, restricted to desk duty and while she tried to adjust, she missed the action. She decided to retire after becoming pregnant, but she and Stanley, and their families, continued to socialize and get together often. During one of their visits, Megan remarked to Stanley that he looked tired. "Too much overtime," said Stanley. But Megan thought there was something more going on. She could tell the stress and long hours were taking their toll, but there was something else he wasn't telling her.

Not long after that visit, Stanley filed retirement papers and shortly after that, Megan saw the Facebook post that brought tears to her eyes: *The doctor says I need a new kidney. A living donor would be best, but my wife's isn't a match.*

Megan's heart ached for him and her protective instincts kicked in for her old partner. Megan went to be tested. On Valentine's Day, Megan invited Stanley and his wife, Jessica, over for dinner. "Today is also National Donor Day," Megan explained and, hugging her former partner, she added, "You need a kidney, and I want to share my spare with my partner. I've had all the tests—I'm a 100% match." And while Stanley choked back tears and asked her if she was sure, Megan said "I won't take no for an answer."

A few weeks later, they had the procedure and when the two were able to visit, Stanley gave a happy thumbs up and exploded into conversation. Megan knew her old partner was back! Stanley soon went back to his new realtor career and being a hands-on dad to his boys. "Thanks to her amazing gift, we are forever joined."

"We already were—cop partners are forever," says Megan, who's enrolling in nursing school. "To be able to help him was a wonderful gift for me too."

Chaplain's Corner

Hello Neighbors,

Here is a prayer I've always loved that is credited to Sir Francis Drake in 1557. Drake was an English sea captain, privateer, royal officer, and explorer. He is most famous for his circumnavigation of the world in a single voyage from 1557-1580.

A Disturbing Prayer

*Disturb us, Lord, when
We are too well pleased with ourselves,
When our dreams have come true
Because we have dreamed too little,
When we arrived safely
Because we sailed too close to the shore.*

*Disturb us, Lord, when
With the abundance of things we possess
We have lost our thirst
For the waters of life;
Having fallen in love with life,
We have ceased to dream of eternity
And in our efforts to build a new earth,
We have allowed our vision
Of the new Heaven to dim.*

*Disturb us, Lord, to dare more boldly,
To venture on wider seas
Where storms will show your mastery;
Where losing sight of land,
We shall find the stars.
We ask You to push back
The horizons of our hopes;
And to push into the future
In strength, courage, hope, and love.*

Sir Francis Drake, 1557

May God bless and keep you all as we "push into the future in strength, courage, hope and love."



Friendly
Reminder

Please help keep our
community clean.

Pick up after your
pets and discard in the
receptacles provided
for your convenience.

NEW PROGRAMS AND UPCOMING EVENTS TO REMEMBER

~The 4th week of September we will celebrate HIDDEN SPRINGS INSPIRED LIVING WEEK! Join us for this celebration with special events throughout the week, from a Resident Olympics to a country western themed happy hour and so much more. Check your calendar for further information and watch for upcoming invites!

~Watch for our ASK THE EXPERTS panel with Reliant Home Health as professionals from Physical Therapy, Nursing, Speech Therapy and Occupational Therapy answer your health questions. And you won't want to miss our first monthly workshop with Reliant on Nutrition and making healthy food choices.

~Grandparents Day is this month so join us as we celebrate with a special dedication during our weekly worship service with Reverend Magnuson followed by a delicious Sunday brunch prepared by our Culinary Team.

~Calling all knitters! Or those that want to learn? Interested in starting a knitting circle? See Jennifer for details!

RSVP to programs by emailing Jennifer. Visit the following link to see program availability:

https://drive.google.com/file/d/1G8wQPXKsTKFE0eHwbFbpIJn_izGp-Vae/view?usp=sharing

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



~LaJean Bilbrey~

~Mavis Williams~

~Gracie & Gerald

Hanson~

~Margo Bryant~

~Veronica Fornash~

~Evelyn Merideth~



**Tom Brown 1st
Ron Coleman 8th
Cora Brown 18th
Craig Freeborn 18th**