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October
2020

Hidden
Springs
OF MCKINNEY

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Hidden Springs Courier

WELCOME OCTOBER

A Word From Your Executive Director

October is here and another busy month is in store for us at Hidden Springs. In this month, we start to gear up and ready ourselves for the holiday madness. During this month, amidst the various events and activities and the anticipation of the holidays to come, let's all take a moment to pause and focus on what is important to us. Let's remember our family here and beyond, the friends we have made, the memories we have shared and continue to create. And of course, let us keep in our hearts those that do not have a place full of love and warmth to call home. For us here at the Hidden Springs, it's a time to pause and remember that no matter how hectic the season gets, we still have our eyes focused on the ultimate goal; enriching lives and creating a place that residents are proud to call home.

THE MONTH OF OCTOBER

October is the tenth month of the year in the Julian and Gregorian Calendars and the sixth of seven months to have a length of 31 days.

Birthstones: Opal, Tourmaline

Birth flower: Calendula

Bird: Great Horned Owl



There is an old saying, "I am glad I live in a world with Octobers," and I must say I agree!

October brings us cooler weather, and warmer colors – the reds, oranges, and yellows of the leaves. While our foliage in McKinney could not rival New England's fall, if memory serves me well, we do in fact have some brilliant color in our trees. I love almost everything about autumn: the fall foliage, the smells of pumpkin spice, the decorations for Halloween, trick or treating, Thanksgiving and FOOTBALL!

There is one thing, however, I do not like about fall – the start of flu season! We will begin administering flu vaccine inoculations for those who would like one so keep watching your email for the date, time and location. More enjoyable than a flu shot will be the Pet Blessing this Sunday at 10:30am and our Fall Halloween Monsters Ball on October 30th. I think Jennifer will have many other treats she will be stirring up in her cauldron!

Many of us have been together here at Hidden Springs for seven months now. I would like to thank everyone for making this our home and for sharing all your ideas and thoughts on how to continue to make us the best place to live in McKinney. I enjoy my work and especially making so many new and wonderful friends. So, I will end with a poem about October, written by an obscure New Hampshire farmer, Robert Frost.

~
O hushed October morning mild, Thy leaves have ripened to the fall;
Tomorrow's wind, if it be wild, Should waste them all.
The crows above the forest call; Tomorrow they may form and go.
O hushed October morning mild, Begin the hours of this day slow,
Make the day seem to us less brief. Hearts not averse to being beguiled,
Beguile us in the way you know. Release one leaf at break of day;
At noon release another leaf; One from our trees, one far away.
Retard the sun with gentle mist; Enchant the land with amethyst.
Slow, slow!

For the grapes' sake, if they were all, Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—For the grapes' sake along the wall.

Fondly,
Doris

Heal Hip Pain With A Bed Stretch

Just 3 minutes of bedtime stretching could cut hip stiffness by 65%, plus help you drift off 75% faster, Australian researchers report. Stretching boosts blood flow to achy joints and prompts anxiety-ending hormones. To do: Sit on your bed; lie back with feet on the floor; pull your right knee to your chest and hold; switch legs, repeat.

Kick Off Your Shoes

Walk barefoot on your lawn, patio or rug daily and your blood pressure could drop by six points in one week! University of Connecticut researchers say rough surfaces stimulate acupressure points in your soles that relax artery walls.



Bob Lear
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

Deep Breathing Benefits

IT LOWERS BLOOD PRESSURE: Slow, deep breaths cue the relaxation response, lowering blood pressure by as much as 17 points, Harvard scientists say. And that's welcome news since keeping your blood pressure below 120/80 helps fortify the blood vessels in the lungs, cutting your risk of COVID-19 complications by 60%.

IT MAKES ENERGY SOAR: Inhaling slowly through the nose and exhaling through the mouth opens up your chest cavity, improving lung function and increasing energizing oxygen intake by 30%. In fact, Canadian researchers say 2 minutes of deep breathing boosts focus, alertness and productivity by 65% for 1 hour.

IT ENDS PAIN: "Deep controlled breathing relaxes tight muscles, calms overactive pain nerves and reduces the production of the damaging stress hormone cortisol," says Herbert Benson, M.D., author of *The Mind/Body Effect*. The result? A 55% drop in aches and pains—often within the first week.

Show Your Thanks!

It's so important to reflect on the positive things in your life. It's no secret that expressing gratitude can create happy vibes, but researchers in *Frontiers in Human Neuroscience* found that it can also make your heart more open to others in need. They asked volunteers to lie down in MRI machines and watch as a computer gave money to either the volunteer or a food bank. The result? Those who scored higher on gratitude in an earlier survey got a big mood boost when money was donated to charity than when it was given to them. The researchers say there's a connection in the brain between gratitude and altruism, and regularly giving thanks helps strengthen it!