

## In This Issue >>>

Welcome October & Word from Your ED  
Resident & Employee Spotlight  
Health & Wellness (Women's World October  
2020 Issue)  
Important Information  
And so much more!



October  
2020

Hidden  
Springs  
OF MCKINNEY

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# The Hidden Springs Courier

## WELCOME OCTOBER

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.

### Newsletter Submissions

We are always looking for interesting submissions for our newsletter. Please e-mail content that you would like to see included in the newsletter to Jennifer at [Jlecher@12oaks.net](mailto:Jlecher@12oaks.net) so that the team can review and approve. Help us to give you more of the content you want to see!

## A Word From Your Executive Director



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 30<sup>th</sup>. 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

# Stronger Bones Without Meds

Healthy bones are key to maintaining independence as the years go by. Thankfully, these science-proven tricks not only keep bones twice as strong, they boost memory, protect your heart and even rev metabolism!

**Butter Your Corn** Everything tastes better with butter! What's more, all that deliciousness benefits both your bones and your waistline. Turns out, butter is packed with Vitamin K-2, an under-the-radar nutrient that acts like a traffic cop and ushers calcium exactly where it's needed in bones, reducing your fracture risk by 65%, according to a seven-year observational study out of Tufts University. **Bonus:** Multiple studies found that a compound called *conjugated linoleic acid* in butter triggers weight loss by boosting metabolism—especially when choosing butter over margarine.

**Hop for 1 minute** Exciting research out of the University of Exeter in England finds preventing osteoporosis doesn't require hours of weekly workouts. The magic amount that makes a difference: just 1 minute a day. Really! Incorporating little bursts of bone-building activity into your day—say, by hopping in place—is even more effective at strengthening bones than long sessions of high intensity workouts, according to lead author Victoria Stiles, Ph.D. **Bonus:** Just-published University of Calgary research found that non-exercisers over 60 who began getting their hearts pumping a little everyday reversed their brain age by a full five years.

**Hum a lullaby** Our bones rebuild while we sleep, which is why simply getting 7+ hours nightly halves osteoporosis risk. Can't nod off? Try humming! A simple technique called "the bumblebee breath," where you hum the letter M while exhaling for as long as possible, triggers nitric oxide in the nose, which works like nature's sleeping pill. **Bonus:** A good night's sleep reduces the risk of heart disease by 58%.

**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.

## 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!

## 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.

## 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.

**Feeling edgy mid-morning?** Munch on a pretzel. A sodium shortfall in the morning will disrupt your nervous system, tamping down the mood-steadying hormone *oxytocin*. To tame a tension flare fast, reach for a handful of mixed nuts or a soft pretzel with a crunchy salt topping. Harvard researchers say even a small dose of sodium can boost oxytocin level by 25%, nixing nervousness in as little as 5 minutes.

# Employee Spotlight



*In this month's Employee Spotlight,*

## **MEET HOPE OATES**

“Good morning!,” a perky voice calls from across the dining room. As she sets the tables, she bops around, almost like she’s dancing, and all of a sudden you can’t help but be in a good mood. She’s one of the first people that greets you in the morning hours, as you make your way to breakfast. This month, we are so happy to be able to celebrate our dining room server, Hope, in our Employee Spotlight.

Hope was born on November 25<sup>th</sup> 2003 in San Bernardino California. She made her way to McKinney with

her parents after they relocated for work, and she eventually found her way to us here at Hidden Springs.

Hope has several hobbies, and it’s not hard to imagine considering the abundant energy that exudes from her each and every day. She enjoys soccer, has a knack for sewing, loves thrifting and thoroughly enjoys spending time with her friends! Hope values her family greatly, remembering times spent with them during her childhood as some of her favorite memories, something she enjoys even now!

Hope is such a positive and endearing spirit and you can’t help but be swept up by her zest for life. Whether she’s fulfilling a request from a resident, engaging with her colleagues, or simply setting up or completing a task independently, she does it with a great attitude. Hope says that her time here has been wonderful and that there is nothing better than coming to work to see the individuals that live here. She expresses that everyone has been so kind and supportive. In fact, she says that engaging with the people here make her “bad days good, and her good days even better!”

We are so happy to have Hope as part of our team here at Hidden Springs. She has exemplified the kind of spirit we hope to bring to our community and the kindness we believe our residents deserve. Thank you Hope. This month we are so honored to be able to celebrate you!

## **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\*\*\**

## Management Directory

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Living In & Caring For Our Community

Our Good Neighbors Program is a way for our residents to get involved in community service projects that benefit the community in which they live. Over the course of the next few months, we will be engaged in a number of projects in conjunction with St. Andrews Church. This coming month, we are calling all knitters, experienced and otherwise, to help knit scarves for the children of Burk Elementary. Join us Monday evening at 6:30pm in the Multipurpose Room for our “KnitWits” Group and help clothe a child with a scarf to keep them warm this coming season.

# Thank You, Mr. Flagman

The long line of rush hour traffic snaked its way down the rain-slick street as I glanced nervously at my watch. 5:30! It was the third time this week I'd been late picking up the children, and the babysitter would be unhappy. Well, she'd just have to be unhappy, I told myself. My being late couldn't be helped. Nothing had gone right all day, from the dead battery in the car this morning to the secretary's absence throwing the whole office out of kilter. This traffic jam seemed the perfect ending to a horrible day.

All I wanted was to get home and collapse in a tubful of hot, soapy water and enjoy some peace and quiet. But I knew the kids would be clamoring for supper the minute we walked in the door, and I'd left the house in such a mess this morning that I really needed to do something about it before my husband got home. Then after supper there'd be dishes to wash and tomorrow's lunches to pack and a load of laundry that really shouldn't be put off another day. After that, all I'd feel like doing was falling into bed, just like every other night.

I sighed loudly, though there was no one to hear. Lately my life seemed nothing more than a never-ending cycle of chores, work, and sleep, with nothing to break the monotony but weekends filled with more chores. Surely there was more to living than this. I guess I was simply too busy and too tired to look for it.

And then I saw him. The lone flagman was standing, barely visible but for his blazing orange vest, in the middle of the street, patiently directing four lanes of traffic as they merged into one. But there was something unusual about this flagman, and as I edged my car forward waiting my turn to pass, I realized what it was.

Standing in the midst of dozens of impatient motorists, soaked to the skin and getting more drenched with every icy mud puddle splashed on him, he was smiling. And at every driver that passed, he not only smiled, he waved. Not many waved back, but some did. A lot of them smiled.

As I sat waiting my turn in my warm, dry car, I began to feel ashamed. If this man, who did nothing all day but watch one car after another go by, could stand in the cold rain hour after monotonous hour and still have a friendly gesture for every single person who passed, what right did I have to complain about my life? I thought again about what lay ahead of me tonight — a snug house, plenty of good food needing only to be prepared and, most of all, a caring husband and children who I loved more than anything in the world.

And tomorrow? Tomorrow I had the opportunity to use my skills and intelligence to perform useful, important work. What kind of life did I have? An absolutely wonderful one.

It was finally my turn to pass the flagman. As if on cue, we waved at each other. "Thank you," I mouthed through the window. He smiled and nodded and I drove on, spirits lifted, attitude changed. And in the rear view mirror I could see him, raising his hand in greeting to every car that passed.

## Apple Pie Cream Cheese Tacos

The fall season means all things apple! Check out this great recipe for a delicious fall snack.

### Ingredients

(6) 8 inch tortillas makes about 24-30 rounds  
1 cup graham cracker crumbs  
1/2 teaspoon cinnamon  
1/4 cup butter melted  
1 can apple pie filling  
1 cup heavy cream  
1 cup cream cheese softened  
1 teaspoon lemon zest  
1 teaspoon vanilla  
1/4 cup powdered sugar



### Instructions

Pre-heat oven to 400 F. Combine graham cracker crumbs and cinnamon in a bowl and set aside.

Cut 4-5 rounds out of each tortilla shell with a cookie cutter to get about 24-30 shells. Dip each into melted butter then coat in graham mixture crumbs.

Flip a muffin tin upside down. Place the tortilla pieces in between muffin cups. Bake 10 minutes until just golden brown. Let cool in pan.

Beat cream cheese, heavy cream, powdered sugar, lemon zest and vanilla for 2 minutes, using medium speed, until it thickens. Chill in the fridge for 30 minutes. Transfer to a piping bag.

Pipe the taco shells with cream cheese filling and top with 1/2 tsp apple pie filling. Sprinkle with additional graham cracker crumbs, optional! Enjoy!

**\*\*\*Join us as we re-create this recipe in one of our October cooking classes! Make sure to reserve your spot!\*\*\***

**Cowboys Football Pool:** For select games, try your luck in our football pool. Check your calendar for days, times and locations where you can watch the game and get in on the action!



# RESIDENT SPOTLIGHT

You will never meet a woman more appreciative of her position in life than this woman. She takes every experience and lives fully in it, knowing that there are those in this world that are not as blessed as she. When you talk with her, you can feel that she is grateful for every interaction, every conversation, every friend, every moment. She has a genuine kindness and sympathy for others and it makes you feel overwhelmingly loved by her. This month, help us to celebrate Olive Ozanus in our Resident Spotlight.

Olive was born May 3<sup>rd</sup> 1930 in Washington D.C. and was raised in Hammond Indiana. Growing up, she had many great memories, one of her favorites being the Saturdays she spent with her grandfather running errands and ending up at the post office to buy defense stamps.

Olive moved to Lansing Illinois after her marriage, then on to Beaumont TX in 1974 then to Georgetown TX in 1996. Olive ultimately ended up in McKinney to be closer to her children who live in Dallas and Plano.

Married in 1957, Olive met her husband Paul through mutual friends. When they met, Paul said right away that he was going to marry Olive, and who can blame him! The very next day, he took her flying and ballroom dancing. The couple had a daughter and a son and Olive now has 7 grandchildren and 3 great grandchildren born in 2020. She has already knitted 3 baby blankets this year! Good thing she enjoys knitting as a hobby!

Olive has worked in accounting and office administration, was the PTA President, a Girl Scouts leader and a little league mother and still had time to enjoy playing bridge. She is quite the woman and has lived her life with a strong belief in God. She believes if she could pass something on to younger generations, it would be to keep a strong faith and attend church. It's important, especially in the world we live in, to pray for peace and understanding.

Olive certainly lives her life with a gentle and warm spirit. We are so grateful that she found her home here amongst us and we are so happy to be able to share her story with you this month. Thank you Olive, for calling Hidden Springs home!



In this month's Resident Spotlight, meet Olive Ozanus

## PLUGGERS

By Rick McKee



Pluggers don't remember a lot about high school physics but do know that the distance to the floor is directly proportional to one's age.

Special Thanks to Dr. Larry Magnuson, for this submission



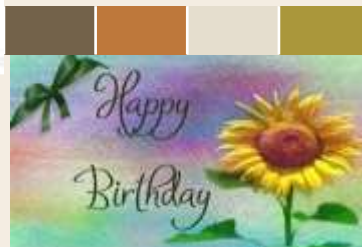
~Louise Stagnitto~

~Ginger & Jim  
Evans~

~Veronica Fornash~

~Fred & Roxanne  
Rentzel~

~Margot Bryant~



Peggy Minor 9<sup>th</sup>  
Sylvia Vandergriff 25<sup>th</sup>  
Judy Williams 26<sup>th</sup>



## EASY FABRIC PUMPKINS

### Materials

- 1 18x18 inch Piece of flannel fabric
- 1 roll of Toilet Paper Mega size is best
- 1 stick
- 1 9-inch piece of Green Ribbon

### Instructions

Lay out your fabric square. Place a roll of TP in the center.

UNROLL the toilet paper 8-10 times. Then ROLL it back up, twisting and scrunching the toilet paper as you do so. This gives you a rounder pumpkin shape. Grab one corner of the fabric and tuck it inside the toilet paper roll, using a pencil to push it down. Continue with the other three corners, gathering up the fabric as you stuff each corner into the center of the toilet paper roll. Tie a ribbon around a twig and stuff it in the center of the pumpkin for a stem.

## The Great Chili Cook Off

Calling all chefs!! Time to show off your culinary skills in the chili category. Enter your chili into our *Great Chili Cook Off* Challenge and take home the prize for CHILI CHAMPION!! Event will take place on Wednesday October 28<sup>th</sup> at 3pm in the Multipurpose Room. More details will follow in the coming weeks, so check your emails!

# Chaplain's Corner

Hello Neighbors,

Can you believe it's October? If you follow the liturgical calendar of the church, October means it's time for The Feast of St. Francis of Assisi and the Blessing of the Animals. We celebrate the blessing of animals on this day because Francis was the patron saint of birds and animals. But that love of animals and nature is only a small part of who and what Francis was and what he gave to our faith. For him, that love was a model of the belief and conviction that we should treat one another with that same love and care.

Francis would say to us today that we should treat everyone we meet with the same love and compassion with which we treat our beloved animal friends. He would say to us that we should spend the same money on feeding the poor that we spend on feeding our pets. He would say that is part of what being a Christian means.

This coming Sunday, Oct. 4th, we will be celebrating Holy Communion along with the Feast of St. Francis. We will have the Blessing of the Pets at 10:30, with each pet receiving a personal blessing as well as a certificate of blessing with its name on it, and our service of Holy Communion at 11:00. You are welcome to bring your pet on a leash, in a carrier, or in a photograph. I would be so happy to bless all our Hidden Springs pets, and church attendance is not a requirement. Whether you have a pet or not, come for the blessing of the animals, it's always a lot of fun!

We will also be taking up our first offering at this service, which will be sent over to our sponsoring church, St. Andrew's. If you would like to make an offering by check, please make it out to St. Andrew's Episcopal Church. The church treasurer will keep track of your offerings and send you a statement at the appropriate time. Of course, cash offerings are gladly accepted.



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

RSVP to programs by emailing Jennifer at [Jlecher@12oaks.net](mailto:Jlecher@12oaks.net).

~This month, join our new Bible Study group, the "Bistro Bible Bunch" led by Dr. Larry Fane. The group will meet Tuesday evenings at 6:30pm in the Crazy Waters Bistro

~Our Oktoberfest Celebration will take place Saturday October 10<sup>th</sup> at 3pm so be sure to join us for a live music, beer, brats and dancing!

~The *Walk to End Alzheimer's* will take place Saturday October 17<sup>th</sup> so be sure to check the calendar inside the newsletter for time and location of events. Help us bring an end to Alzheimer's by walking with us!

~Halloween is on its way! Join us for our Monsters Ball, Friday evening October 30<sup>th</sup> at 6:30pm. It's sure to be a hauntingly good time! Live DJ, costume contest, specialty cocktail and other surprises



## 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



## Halloween Inspiration

Halloween is an open invitation to be — and dress as — just about anything or anyone, which makes it one of our favorite holidays of the year. Some Halloween enthusiasts even go so far as to imagine multiple looks (like me!). This spooky holiday always sneaks up on us fast, and it's easy to lose track of time — thankfully, there are some last-minute Halloween costume ideas that will inspire your next creative DIY (and they won't take much time at all to put together).

Before you rush to the craft store or start filling up your Amazon cart, take a closer look at what you already own because most of the homemade costume ideas on our list, which range in price, theme and crafting ability, are simply an elevated version of what you already have hanging in your closet. It's easy to throw the creative looks on our list together with just a few accessories and a little makeup .

Come join Jennifer as we explore some last minute Halloween costumes that will make you the talk of the party! Check your calendar for day, time and location.

## Halloween Inspiration

## OCTOBER MUSINGS

"The trees are in their autumn beauty. The woodland paths are dry. Under the October twilight the water Mirrors a still sky."  
-William Wordsworth

