

## In This Issue >>>

Welcome November

A Word from Your ED

Health & Wellness (Women's World)

November 2020 Issue)

Important Information

Management Directory



November  
2020

Hidden  
Springs  
OF MCKINNEY

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# Hidden Springs Courier

## WELCOME NOVEMBER

## A Word From Your Executive Director

This is the season of thankfulness, the season to reflect and be grateful for the gifts given to us; gifts of the heart. It is easy to lose focus on our blessings for so many reasons, our own pride, being distracted by the world around us. Some of us might be grateful, but can't even begin to imagine counting the number of wonderful things in our life; in this too, we lose focus. Let this month be that time to take stock of the things that have brought us joy, those things that we have, that we might take for granted each day and even those things that we might be struggling with day by day, for those things can also become things we are grateful for at the end of them. In all things, have a heart of thanksgiving!

### THE MONTH OF NOVEMBER

November is the eleventh month of the year in the Julian and Gregorian Calendars, the fourth and last of four months to have a length of 30 days and the fifth and last of five months to have a length of fewer than 31 days. November was the ninth month of the calendar of Romulus c. 750 BC.

Birthstones: Topaz, Citrine

Birth flower: Chrysanthemum



For most of us, our memories of Thanksgiving center around our families (hearth and home), elementary school pageants, football rivalries, pumpkin pie, Macy's parade and turkey.

We all know the tale of the Pilgrims, Squanto, the first Thanksgiving, - and turkey! However, recently, historians have begun questioning the veracity of this first meeting. For instance, did you ever wonder how Squanto became a translator for the Indians? He had been a slave in Europe who learned English! Plymouth colony was not built by the Pilgrims but was a Wampanoag village that had been wiped out by plague. No turkey was served – only venison - and there definitely was no pumpkin pie nor football!

Beyond that, claiming it was the "first Thanksgiving" isn't quite right either as both Native American and European societies had been holding festivals to give thanks to their God for a successful harvest for centuries. And isn't that what is really important?

On Thursday, November 26, we will gather with friends and family to give thanks for the many blessings bestowed on us during the past year. On November 11, we honor our veterans – giving thanks for world peace. And on Tuesday, November 3 we will exercise for the fifty-ninth time the gift our forefathers bestowed on us – the right to vote in a free and democratic election.

What with Covid-19, the resulting pandemic, the economic downturn and restrictions on our personal liberties, the protests and riots under the guise of social equality, and what has to be one of the ugliest election campaigns in the history of our nation, many may wonder what do we have to give thanks for this year?

So, permit me the license of our revisionist history to celebrate Thanksgiving in the manner of days gone by. We will gather with our friends and family to give thanks. And I will give thanks to my family here at Hidden Springs, and leave you with this old Dutch hymn:

*We gather together to ask the Lord's blessing, He chastens and hastens his will to make known.*

*The wicked oppressing now cease from distressing, Sing praises to his name, he forgets not his own.*

*Beside us to guide us, our God with us joining, Ordaining, maintaining his kingdom divine.*

*So from the beginning the fight we were winning, Thou, Lord, were at our side, all glory be thine!*

*We all do extol thee, thou leader in battle, And pray that thou still our defender will be.*

*Let thy congregation escape tribulation, Thy name be ever praised! O Lord, make us free!*

Fondly,

Doris

**Gargle Daily to Eliminate Headaches:** The *vagus* nerve connects your brain to many organs throughout the body, including the heart, lungs and gut. Stimulating it has been shown to help treat a wide variety of health conditions, including chronic headaches and migraines. Since this all-important nerve is connected to your vocal cords and the muscles at the back of your throat, it's easy to give it a little TLC by singing, humming, chanting or gargling for 45 seconds once a day.

**Eliminate puffy hands & feet:** If you've ever felt tired and noticed unusual swelling in your hands and feet, your kidneys may need a little love. Try sipping 2 cups of dandelion tea each day. This bitter-sweet brew contains powerful diuretic compounds that stimulate the kidneys to release excess fluid, flushing bloat from your hands and feet and replenishing potassium, a mineral that helps prevent fluid buildup in the future.

## 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.

## Management Directory

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## Health & Wellness

### Secrets to Next Level Immunity

**Cooking with spice?** Enjoying soups and stews made with the golden Indian spice *turmeric* helps activate a wide variety of immune cells, thanks to its active ingredient *curcumin*. So says William Li, M.D., author of *Eat to Beat Disease*. Dr. Li advises adding a dash of black pepper too. The reason: Studies show a black pepper compound called *piperine* enhances blood levels of curcumin by 154%.

**Sipping green tea?** Plant compounds in green tea (*EGCG*) block enzymes that help viruses multiply. That's the word from researchers in India, who suggest sipping 3-4 cups daily to protect against COVID. Even better: adding a squeeze of lemon. Lemon's natural acids and vitamin C slow the breakdown of EGCG in the intestines, says Purdue University scientists, so that our body can use more of it.

**Going for a walk?** Exercise enhances immunity, notes Dr. Li, but the effect stops when you stop. The simple fix: snacking on blueberries as you head out for a walk. That's because *anthocyanins* in berries help keep immune levels higher after exercise. Indeed, researchers at Appalachian State University found that folks who ate blueberries had twice as many natural killer cells after exercising than folks who didn't eat the fruit.

**FYI:** Turns out you can enjoy a pick-me-up *without* downing another cup of joe. Researchers reporting in *Consciousness and Cognition* found that just looking at a mug or coffee pot instantly makes you feel less groggy. That's because we so strongly associate coffee with perkiness that visual cues are enough to tame tiredness.

