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November
2020

Hidden
Springs
OF MCKINNEY

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The Hidden Springs Courier

WELCOME NOVEMBER

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!

Chili Cook Off Winner

Congratulations to King Graham for his win in this year's chili cook off! And hats off to our 2nd place winner, Fred Rentzel and 3rd place winner, Dyna Martin! Thanks to our judges, residents, and of course, our culinary contestants, for participating!

A Word From Your Executive Director



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

Health At Home! Answers to Common Ailments

With COVID still a concern, we're spending more time at home and off our usual routine. And being cooped up indoors can cause bothersome health troubles. Luckily, there are easy ways to sidestep the most common woes.

Always Hungry? It's not just you—surveys suggest 91% of us eat more than we'd like to when we are home. But researchers say eating one grapefruit daily cuts cravings by 45% and can help you shed up to 12 pounds this year! Thanks goes to the plant acids in grapefruit which boost satiety and prod the liver to burn fat for fuel.

Neck Aches? We're spending 40% more time online—and that extra screen time doubles our risk of stiff, achy neck muscles. The minty Rx: wintergreen essential oil! University of Miami scientists say this plant extract contains a compound (*methyl salicylate*) that calms pain nerves and relaxes tight muscles, easing neck pain for up to 12 hours. To do: Mix 25 drops of wintergreen oil into 2 oz. of unscented lotion; massage into your neck for 5 minutes twice daily.

Heels hurt? While it's nice to wander around the house in socks of slippers, "lack of support can irritate the ligament that connects your heel to your toes, causing sharp pain," warns sports medicine researcher Matthew Wyon, Ph.D. The fix? Stretch anytime you've been seated more than an hour to cut your risk of foot pain by 60%. To do: Gently pull your toes toward you and hold for 10 seconds; release. Do three reps.

Weird Dreams? There's a lot to worry about lately—no wonder 74% of us report having weird dreams. The fix? Choose something peaceful, then focus on that image as you drift off, suggest Dierdre Leigh Barrett, Ph.D., a professor of psychiatry at Harvard. You'll cut your risk of bad dreams in half, plus improve your sleep quality by 62%.

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.



Pictured left to right Larry Purcell, Reverend Paulette Magnuson, Alma Jones and Teri Purcell, packing PB&J for St. Andrews Little Free Pantries

Volunteers in Action: Good for the Soul

PB&J GOOD NEIGHBOR THANK YOU!!!

We did it! We gathered enough peanut butter and jelly to represent every person at Hidden Springs and then some! 90 jars were collected and delivered on SERVE DAY, October 24th, to St. Andrew's Episcopal Church to be used in The Little Free Pantries in McKinney. Thanks to everyone who donated to our first Good Neighbor project. Watch for other news about our Nov. and Dec. projects, plus the ongoing work of the Knitwits.

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.

Employee Spotlight



In this month's Employee Spotlight,

MEET EMILY HOFF

When you get to know her, you will discover that she will try just about anything, even a dance class or a round of karaoke, if it makes her residents smile. Her fearless attitude suits her very well, especially in her current role. This month's Employee Spotlight is on Emily Hoff, Concierge turned Activity Assistant.

Emily was born in Dallas, TX in 1992 and grew up in Houston. As a child, she recalls fond memories taking road trips with her family, piling into the car and driving from Houston to Garland. Even though she was stuck in the middle seat between her brother and sister every time and the family was subjected to dad's Weird Al Yankovic mixtape for the entire 4 hour drive, Emily remembers the places they stopped and the conversations they had were among the most important of her life.

She carries those moments and those lessons with her in her life even now.

Emily ended up in McKinney after taking a job as a teacher in a Montessori school, and she ended up falling in love with the city and with downtown. After some of her friends moved to McKinney, she was sold and after leaving Montessori, she knew she had to live in McKinney and just recently, found a new place close to work, school and friends for herself and her son, Ezra! (pictured with her)

When Emily can find free time, she either enjoys reading a book or playing music. In fact, she enjoys playing stringed instruments, her favorite being the ukulele, which she picked up one day during the boredom of the pandemic and began to play; and now it's all she plays!

Emily really enjoys being here at Hidden Springs. She has a natural ability to connect with people, which makes her perfect for her new role as the Activity Assistant. She is compassionate, a characteristic that exudes from her when you speak to her. You can feel that she cares, and she has already made such an impact on the residents here at Hidden Springs.

In Emily's words, "I enjoy the community and the closeness. I love seeing the teamwork from people, both residents and staff, who have been working tirelessly to put all of this together. In contrast, I love seeing new people come in and feel that closeness when they move in or start working here. I think we all have a common goal here, and it's nice seeing it come together."

We thank you Emily for the impact that you have already made here and we are so happy to be able to celebrate your warmth and your spirit in this month's Employee Spotlight.

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November: Thanksgiving Dinner- Help feed local families in need this Thanksgiving. In lieu of groceries, St. Andrew's community partners are requesting monetary donations so they can distribute blessing boxes in a safer way this season. \$45 provides one meal for each family. Please consider donating a meal or two via check or cash and give to Rev. Magnuson. Checks should be made out to St. Andrew's Episcopal Church with Thanksgiving Donation in the memo line. Deadline is Sunday, November 15.

December: Angel Tree- Hidden Springs will be sponsoring an Angel Tree with 20 angels, to be distributed by St. Andrew's Church. Typical cost to sponsor an angel is approximately \$100-150. More instructions as we get closer.

Ongoing Projects: The Knitwits- the HS knitting circle, is knitting scarves or hats for children at Burks Elementary School. You may knit something and donate, or you may buy scarves or hats to donate. Walmart, Target, and Amazon have affordable hats and scarves. Any sizes and styles for school age children are appropriate. Accepted all winter — give to Rev. Magnuson or Jennifer Lecher.

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

The Puppy- A Chicken Soup for the Soul Story

A farmer had some puppies he needed to sell. He painted a sign advertising the pups and set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls. He looked down into the eyes of a little boy. "Mister," he said, "I want to buy one of your puppies."

"Well," said the farmer, as he rubbed the sweat off the back of his neck, "These puppies come from fine parents and cost a good deal of money."

The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer. "I've got 89 cents. Is that enough at least to take a look?"

"Sure," said the farmer. And with that he let out a whistle. "Here, Dolly!" he called.

Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight. As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse.

Slowly another little fur ball appeared, this one noticeably smaller. Down the ramp it slid. Then the little pup began awkwardly wobbling toward the others, doing its best to catch up. "I want that one," the little boy said, quickly pointing to the runt.

The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would."

With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe. Looking back up at the farmer, he said, "You see, sir, I don't run too well myself, and he will need someone who understands."

With tears in his eyes, the farmer reached down and picked up the little pup. Holding it carefully he handed it to the little boy.

"How much?" asked the little boy. "No charge," answered the farmer, "There's no charge for love and understanding."

Zucchini Bites

Ingredients

- 2 cups Zucchini, shredded; squeeze out any excess moisture with a paper towel
- 2 Eggs, lightly beaten
- 1 Small Yellow Onion, shredded
- 1/2 cup Cheddar Cheese, shredded
- 1/4 cup Parmesan Cheese, shredded
- 1/2 cup Italian Style Bread Crumbs
- 1 teaspoon Dried Parsley
- 1/2 teaspoon Garlic Powder
- Salt & pepper



Directions

- Preheat your oven to 400 degrees and spray a mini muffin pan with cooking spray.
 - In a large bowl, lightly beat the eggs and then add the zucchini, onion, cheeses, bread crumbs and seasonings. Fill muffin pan and bake for 15-17 minutes until the tops are a deep golden brown.
- Serve with marinara sauce or ranch dressing for dipping if desired.

*****Join us as we re-create this recipe in one of our November cooking classes complete with a side of homemade ranch dressing for dipping! Make sure to reserve your spot!*****

Cowboys Football Pool: For Cowboys games in November, try your luck in our football pool! Money collected starting the Monday before the game and numbers drawn on Friday at noon in the Bistro. For Thursday games, numbers drawn on Wednesday at 3pm in the Bistro. 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 kinder or gentler man than him. And while he may be soft spoken, you know when he has entered a room, he is just that charismatic. This month, we are pleased to honor Howard Max in our Resident Spotlight.

Howard was born July 10th 1931 in Philadelphia, PA and spent most of his early life there until he was married in 1951 and moved to King of Prussia, Pennsylvania with his wife, Joan. Howard went to work for UPS in 1955 and made his way through the ranks, moving up through the company over his 30+ years with them. He trained managers to drive tractor trailers in the UPS' Manhattan operation, then was transferred to Quakertown, PA then back to New York to work in operations. In 1969, he transferred to Long Island, spent 4 years there, then on to Florida for a year. He was tasked with managing National Air Operations for UPS's first planes. He was sent to Europe to expand operations, even though he was set to retire. But he spent time in Spain, Portugal and Greece. He then set up air operations in Canada and during that time he moved to McKinney. Howard retired in 1989 and travelled extensively across the United States and abroad with his wife Joan (whose real name was actually Carolyn!).

Howard tells the story of how he came to marry his wife and what their life was like together, and as he talks, he wells up with tears. When one thinks of true love, Howard's story is the epitome of that. He recalls being home on leave from the Navy for 3 weeks and in that 1st week, he had planned dates with several different girls, almost one each day! With a free day on Friday night, he decided he would visit his cousin. And as the two sat on the porch, they decided to visit another cousin of theirs who incidentally, was already busy giving a co-worker of hers a hair permanent. Howard's interest was piqued and he was adamant about going to meet her. As Howard explains it, his cousin indicated that this woman would never go for him. But Howard went anyway. He met Joan and was immediately taken. He recalls, "I knew I would marry her." He insisted on driving her home, and then asked her for a date which was rebuffed at first, but soon, Joan agreed, and the two attended a church function. Howard was right at home since his father was a Methodist Minister, much to the surprise and delight of Joan, and they spent the rest of his leave together.

He went to Korea shortly after their marriage as a deep sea diver with the Navy and when he came home, 9 months later, their son was born. The couple later had two more children, both girls. Howard now has 5 grandchildren and 4 great grandchildren.

Sadly, Joan passed away in 2018, but Howard's memories of her remain strong, and he carries them with him everywhere. He is a man that knows how blessed he was to have such a pure and everlasting love. You can see the very honest emotions that he shares as he talks. There is no other way to live, he believes, than with honesty in your heart. We feel privileged to know him and to have him as part of our family. Please help us honor this wonderful and kind man this month. Thank You.



In this month's Resident Spotlight, meet Howard

Max

giving a co-worker of



WALK TO END ALZHEIMER'S

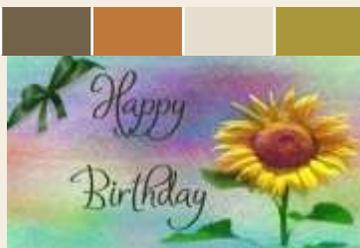
Our Walk To End Alzheimer's Event was a great success! Not only did we complete a 3 mile walk around the community, but we did it to raise awareness and money for a great cause. Together, we will one day see the first survivor of Alzheimer's and raise our white flowers in celebration. Until then, we walk, because we care.



~Lois James~

~Florence Seymour~

~Joanie Riggs~



Carol Slater 7th
Cathy Graham 8th
Susan Pugh 20th



Easy Scarecrow Wine Bottles

Materials

1 wine bottle
Roll of twine
Acrylic paint (orange, black, white)
Paint brush
Piece of burlap fabric
Fall festive ribbon
Sunflower
Hay
Glue gun

Instructions

Peel label off of bottle and wipe clean any residue. Fill bottle with hay and wrap the twine around the neck starting at the base. Cut burlap into round piece then a smaller circle in the middle to fit over the bottle neck for the hat. Wrap festive ribbon at the base of neck above the burlap and add flower. Use the paint to create a scarecrow face. And done!

Calling All Veterans

If you have a picture in uniform or one that you like, please submit a copy to Jennifer by email or in person, along with the branch you served in and your rank. Please do so by November 6th. If you have already submitted this information, thank you!

Chaplain's Corner

Prayers for Election Week

Grant, O God, that your holy and life-giving Spirit may so move every human heart and especially the hearts of the people of this land, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen.

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nation be enabled to fulfill your purposes. We give thanks for the right to vote. Help us to hold this privilege and responsibility with the care and awareness it merits, realizing that our vote matters and that it is an act of faith; through Jesus Christ our Lord. Amen.

Loving and ever-present God, we believe that your grace is sufficient for all things. Comfort our nation in the coming days and weeks with your presence. Help us to remember that in our weakness we may be made strong, in our grief, consoled, and through your wisdom, made wise. Safeguard us by your power, uphold us with your kindness, and warm us by your love. By your divine grace help us to do what is right according to your will, to love our neighbors, and to forgive our enemies; through Jesus Christ our Lord. Amen

Gracious God, you are the gentle moon and joyful stars that watch over the darkest night. You are the source of all peace, reconciling the whole universe to you. You are the source of all rest, calming troubled hearts and weary spirits. You are the sweetness that fills our minds with quiet joy and can turn our troubled thoughts toward you; through Jesus Christ our Lord. Amen



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



SURPRISE!!

The residents at Hidden Springs were honored to be chosen by the children of St. Andrew's as their project for SERVE DAY. 60 flower pots were painted, pansies planted into each pot, ribbons tied onto them, and then they were delivered to Hidden Springs. What a cheerful spot of joy and color to brighten our day!



Pictured above: pansies presented to HS by the children of St. Andrews

Pictured below: our residents Dr. Larry Magnuson & Larry Purcell with the children of St. Andrews



NEW PROGRAMS AND UPCOMING EVENTS TO REMEMBER

RSVP to programs by emailing Jennifer at Jlecher@12oaks.net.

~This month, join our new Mahjongg Group! All are welcome to watch and learn or play! Meets 11:30am-1:30pm in apt 1032.

~Join us on Veteran's Day for a very special day of celebration. Begin with a morning worship honoring our Veterans, attend a Veteran's Day discussion with Reliant Home Health and attend our very special *Tribute to Our Veterans* to end the day. A schedule of events will follow.

~ Join us on Thanksgiving Day for our *Hidden Springs Family Lunch*, complete with music, a delicious feast and fellowship. Festivities begin at 11:30am.

~ Join us for an evening around the fire pit at our first Wine Down Wednesday of the month. Enjoy wine, light appetizers and great friends! 6:00pm November 4th on the patio.



Friendly Reminder

Please help keep our community clean. Pick up after your pets and discard in the receptacles provided for your convenience.

NOVEMBER MUSINGS

"In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers."

* Cynthia Kujawa, in November