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December
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Hidden
Springs
OF MCKINNEY

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Hidden Springs Courier

WELCOME DECEMBER

A Word From Your Executive Director

The Christmas Season is upon us and the hustle and bustle of the holiday has officially begun. Let your nights be filled with moonlit evenings by the warmth of the fire, wrapped in blankets, as the magic of Christmas unfolds around you. Let your days be filled with holiday spirit and cheer, the smells of hot chocolate and Christmas cookies, as you relive childhood memories of holidays past. As we celebrate the holiday season remember that the best of all gifts, not just during this time, but everyday, is the presence of a happy family, like ours, wrapped up in the warmth of one another's love.

Happy Holidays to the Hidden Springs Family!

THE MONTH OF DECEMBER

December is the twelfth and final month of the year in the Julian and Gregorian Calendar. It is also the last of seven months to have a length of 31 days.

December got its name from the Latin word *decem* because it was originally the tenth month of the year in the calendar of Romulus c. 750 BC which began in March.

Flower: Narcissus **Birthstone:** Turquoise



Merry Christmas!

As we approach the season of giving, I am reminded of the gaily wrapped boxes and presents around the Christmas tree. However, this year all my packages are brown moving boxes! Oh well.

This year, I am reminded most of Christmases past, when my mother and my aunts would send family letters with the Christmas cards. The letters would always start with how thankful they were for another blessed year and the good health their families were enjoying. They would speak with great enthusiasm about all of the accomplishments and awards their children received. These were long letters, mainly due to the number children they would have to mention. There were no

fewer than 6 to 8 children for each of my father's nine brothers and sister.

There would be details of any new home improvements - adding a room, painting (always with a painting party), new drapes, etc. Then there were the gardens - vegetable, flower and orchards. Each year those gardens got larger and larger. After all there were preserves or canning to do. Pickles, beets, jams, peaches, apple butter, okra; the list is long. The bragging rights to the "Blue Ribbon Winners" at the Tri-State Fair were always a big deal, and the desire to outdo each other was strong and fierce.

Now, you may think that this is not unusual for large families. However, it seemed unusual to me because we all lived within twenty miles of each other! We got together every Sunday after church for a big dinner. We saw each other many times weekly - we went to the football games, track meets, recitals, pot lucks, card games, country club dances and swims together. I never understood why a letter at Christmas was necessary!

What I learned over the years, now that all of those lovely ladies are gone, is that Christmas is about family. Large or small, near or far away, family is the most important thing in our lives. The letters were to remind us of how entwined our lives were and how strong the bond was.

As I read notes on the "Grateful Pumpkin" you gave me, that sentiment rings true with our family at Hidden Springs! We may not always agree with each other, but we are always there for each other. As we say good bye to 2020, lets always remember that a family was formed in 2020.

I cherish all of you,
Fondly,
Doris

Thwart Viruses From Taking Hold: Selenium is the most important mineral you're probably not taking. Why? The immune system requires selenium to produce proteins that prevent viruses from mutating in the body—without enough, it can't fight off infection. To sidestep viral infections, it's recommended to take a 200-mcg selenium supplement or eating at least 16 oz. of selenium-rich foods like tuna, cod, turkey, lamb or mushrooms daily to keep levels optimal.

Bedtime Relief: If achy knees and hips are keeping you from sleep, lift your legs in the air and gently pedal your feet (as if riding a bicycle) for 2 minutes. University of Connecticut researchers say this simple motion flushes pain-triggering fluids out of those joints, helping you to drift off up to 30 minutes sooner.

Mmm...Cinnamon: That teaspoon of cinnamon you sprinkled on oatmeal or baked apples can lower blood sugar by up to 29%. How? Researchers reporting in the journal *Diabetes Care* say the spice allows glucose to enter cells rather than building up in the blood.

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

Feel Like A Kid Again!

Wouldn't it be great if there were a way to fire up our energy engines so we could have all the pep we need to enjoy all that the holidays have to offer? Turns out we can! Small cellular furnaces, or *mitochondria*, produce the energy our body needs, and although they slow down with age, it's easy to rev them right back up!

Try a 'micro burst' Our "energy engines" need help to do their job from a compound called NAD. NAD levels dip in our 50's, but raising them back up is as simple as rapidly marching in place for 20 seconds a few times a day. These "micro bursts" of movement boost energy-engine function by 69%, plus Canadian research shows they improve blood-sugar levels by 53% and power up metabolism by 48%.

Toss in veggies Turnips are packed with compounds (*indoles*) that give mitochondria a helping hand to make *adenosine triphosphate (ATP)*, a key source of energy, say Norwegian researchers. Indeed, eating turnips just three times a week ups the production of ATP to increase energy by 55%. Also smart: eating broccoli, kale, onions and garlic, which protect mitochondria from damage.

It's a Wonderful Life Getting caught up in a favorite holiday movie will send levels of the feel-good hormone *oxytocin* soaring by 47% in 30 minutes. That's because the brain processes movies as if they're really happening, and the empathy you feel for a character stimulates oxytocin release. Studies show oxytocin slows the aging of mitochondria.

Try this dynamic duo Experts call a supplement duo the Batman and Robin of cellular energy: PQQ enables the body to make new mitochondria, and CoQ10 helps mitochondria work better. In fact, the combo revs energy by up to 38% often in a single dose.

