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December  
2020

Hidden  
Springs  
OF MCKINNEY

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# The Hidden Springs Courier

## WELCOME DECEMBER

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

## A Word From Your Executive Director



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.



**“Proudly Displayed”:** St. Andrew's Church was happy to be able to display this congratulatory banner, signed by all of the residents here at Hidden Springs, in honor of their 15<sup>th</sup> anniversary.

*Happy Anniversary!!!*

St. Andrew's Church recently celebrated their 15<sup>th</sup> Anniversary! We at Hidden Springs have worked closely with St. Andrew's over the last few months to bring good things to our surrounding community through our various projects, and we were happy to be able to celebrate with St. Andrew's, as they ushered in another year of service, blessings and God's work. Thank you St. Andrew's!

## Speed weight loss by tapping your toes:

Wish you could lose weight faster without going to the gym? Good news! All you need to do is tap your fingers or toes. Mayo Clinic investigators say “micro moves” are enough to help you burn about 100 calories per hour—that's 30% more than if you didn't fidget. Turns out, teeny-tiny movements keep your metabolism humming all day.

## SNACK THIS WAY!

Try eating with your nondominant hand. A study in *Personality and Social Psychology Bulletin* found that this takes you off autopilot so you're aware of how much you're eating and when you're full. The result: You stop munching sooner, curbing calorie intake by 30%.

### Outsmart Falls

When the ground you're walking on is slick or uneven, chew gum. Biting down makes you 77% steadier on your feet when on unstable surfaces, reducing your risk of slips and falls, a study in *Functional Neurology* found. Gently clenching jaw muscles activates the body's internal system for maintaining balance, making it easier to stay upright

## 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 or 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.

# Employee Spotlight



*In this month's Employee Spotlight,  
**MEET HEIDI MARICELA  
SANTACRUZ***

You will never see her without a smile on her face. It's what people like most about her; the way she greets you enthusiastically and always has a kind word or takes the time to listen to your story without ever missing a beat when it comes to the task in front of her. She is diligent, but also caring and makes the time for whoever crosses her path. This month, we are so honored to be able to celebrate Heidi Maricela Santacruz (Marcy), Housekeeper, in this month's Employee Spotlight.

Marcy was born in Michoacan Mexico, a state in the western portion of Mexico. Her earliest and fondest memories were of going out to the fields as a child with her father as to

enjoyed helping him and remembers always wanting to be like him.

Perhaps it was from her days spent helping her father, Marcy has a great passion for helping older adults. It is what brought her here to Hidden Springs. As she says, "Hidden Springs gave me the opportunity to do what I like." And she certainly does enjoy herself each day on the job!

Marcy believes that at Hidden Springs, she has found a place that exhibits honesty and integrity, that has a warm and welcoming culture and environment and also respects her need to balance her work and life schedule. In fact, her ability to have work/life balance allows her to participate in one of her many hobbies which include remodeling her house, gardening and just enjoying quiet time at home.

Marcy has been an amazing member of this Hidden Springs family for almost 7 months now, and she approaches her duties every day with the same enthusiasm that she did the first day she walked through the doors. You might see that enthusiasm out on the dance floor during a happy hour on a Friday, or as she cleans your apartment, her joy is evident. That joy comes from knowing she is doing something that she loves and that makes a difference in someone's day. We at Hidden Springs cannot imagine our family without Marcy and we are so grateful she found us. This month, help us celebrate Marcy and all of the wonderful things she brings to us. Thank you Marcy!

## 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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## Angel Tree Update

**Thanks to the generous spirit of this Hidden Springs family, we have successfully cleared our Angel Tree and have received commitments from several individuals to make someone's Christmas special this year! For those that are participating in purchasing items for this very worthy cause, in conjunction with St. Andrew's Church, please get your gifts to Reverend Paulette Magnuson by the middle of next week so that they can be bagged or gift wrapped. Thank you all for the love and good will this holiday season. We are truly blessed to have one another and to be able to spread this joy to those who might need it most!**

Polly, my stepmom, suggested the sweetest name: Mercy. We soon learned it was just what this new boxer pup would need.

My parents' rambunctious dog would bolt out of bed and go-go-go all day long. So when they brought home a Christmas tree, they expected chaos. To their astonishment, Mercy didn't seem to care. She paid zero attention to the tree suddenly growing in her living room. Nor did she react to the fancy presents under it, including a wrapped box of Milk-Bones.

Dad and Polly were wary; they'd never had a dog that didn't force them to move everything to higher ground as if they were expecting a flood. But Mercy seemed oblivious.

A few days before Christmas, Polly awoke early, as usual. She passed the dimly lit living room and then stopped cold. Glancing back into the room, she saw that every last present was gone. Only the tree was still there.

Had they been robbed? Why hadn't Mercy barked? Where was she? Had the burglars taken her? Her thoughts frantic, Polly noticed a scrap of ribbon on the floor. Then a bit of torn wrapping paper a few feet away. Some glitter beyond that. The clues all made a trail leading toward the back door.

Polly flipped the switch, bathing the backyard in light. The perpetrator's head lifted and froze. Alarm and guilt made her eyes wide. Oh, yes, it was Mercy.

She lay under her favorite tree in a fluffy nest of shredded wrapping paper, chewed-up boxes, and curling bits of ribbon. Presents, pawed from their packages, were strewn among tattered bows. Beautifully wrapped boxes had gaping holes. Fragments of tissue paper mixed with the last remaining evidence of gifts.

Clearly Mercy's self-control had failed. She'd silently carried one package after another out the doggy door so she could pillage in private. Anything edible was gone, including cookies, chocolates, candy canes, and four pounds of Milk-Bones.

Nature took pity on Mercy, and she survived her midnight snack. My parents were so grateful, they laughed off the ruined presents. Only one problem remained. With all the gift tags destroyed, how could they send out thank-you cards?

Mercy presented the problem, so Mercy provided the answer. A few days later, Polly returned to her easy chair to find Mercy guiltily licking a plate where a doughnut had just been. Polly snapped a picture of the shamefaced pooch and used it to make thank-you notes. The caption read, "Thank you for the ???" Inside, the whole story was explained. We all had to laugh. And everyone shared the sweet reminder that amid all the gift-giving, it's really a season for Mercy.

## Maple Cinnamon Star Cookies

### Ingredients

2 and 1/4 cups (281g) all-purpose flour (leveled)  
1 teaspoon ground cinnamon  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
3/4 cup unsalted butter, softened  
3/4 cup granulated sugar  
1 large egg, at room temperature  
1 and 1/2 teaspoons maple extract  
1 teaspoon pure vanilla extract  
gold sprinkles and/or edible glitter stars  
optional: 8 ounces white chocolate, coarsely chopped



### Instructions

Whisk the flour, cinnamon, baking powder, and salt together in a medium bowl. Set aside.

In a large bowl using a handheld or stand mixer fitted with the paddle attachment, beat the butter until creamy and smooth, about 1 minute. Add the sugar and beat on high speed until light and fluffy, about 2 minutes. Add the egg, maple extract, and vanilla extract then beat on high until fully combined.

Turn the mixer down to low and add about half of the flour mixture, beating until just barely combined. Add the rest of the flour and continue mixing until just combined. If the dough still seems too soft, you can add 1 Tablespoon more flour until it is a better consistency for rolling.

Divide the dough into 2 equal parts. Roll each portion out onto a piece of parchment to about 1/4" thickness. Stack the pieces, with parchment paper between the two, onto a baking sheet and refrigerate for at least 1-2 hours and up to 1 day. Chilling is mandatory. If chilling for more than a couple hours, cover the top dough piece with a single piece of parchment paper.

Once chilled, preheat oven to 350°F. Line 2-3 large baking sheets with parchment paper or silicone baking mats. Remove one of the dough pieces from the refrigerator and using a cookie cutter, cut into star shapes. Transfer the cut cookie dough to the prepared baking sheet. Re-roll the remaining dough and continue cutting until all is used.

Before baking, top with sprinkles. Use a spoon to press the sprinkles into the cookies so they stay secure on top.

Bake for 10-11 minutes, until lightly browned around the edges. Make sure you rotate the baking sheet halfway through bake time. Allow to cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely before dipping into chocolate.

If using, melt the chopped white chocolate in the microwave in 20 second increments, stirring after each until completely melted. Dip the cookies into the white chocolate and allow chocolate to set completely at room temperature or in the refrigerator.



## RESIDENT SPOTLIGHT

There is not anything that happens at Hidden Springs that she is not a part of. You will see her exercising, enjoying a happy hour, participating in a card game, indulging in a sundae in the bistro and even trying her luck at a Pub Trivia Friday (although she claims she's not so great at trivia; it's the company that keeps her coming back). There is not anything she won't jump in and try. Help us to celebrate this fiery and brave spirit in this month's Resident Spotlight, Joy Lewis.

Joy was born in Lucas Texas in 1936 where she was raised and went to school until she moved to Plano Texas, where she graduated from High School. She made her way to McKinney to be closer to her 3 children, who live close by and has not regretted a moment, especially since moving to Hidden Springs. She loves her life at Hidden Springs! She says, "It's a wonderful place to live and there are so many new friends." She is fond of the amazing staff here that do everything they can to make this place feel like home.

Joy married her husband, James, in 1954 and they were happily married for 57 years. The couple had 3 beautiful children and during their life together they owned and operated a hamburger shop in old downtown Richardson. They were open from 11am-2pm (great lunch rush hours!) and had lots of help from family and friends. Unfortunately, James passed away after a heart attack, but the couple spent many wonderful years together and even celebrated their 50<sup>th</sup> wedding anniversary in Maui with dear friends. She remembers playing golf for 7 days and not one beach activity, and she had a blast!

Joy has a number of different interests and hobbies. She enjoys mahjonn, she likes fishing, she is an avid golfer and entered many tournaments with her husband James and she still plays quite often; she played doubles tennis with her partner Elaine and she loves most sports or as she says, "anything with a ball!" In fact, her whole family loves sport and they are all very involved. And make no mistake, she is quite competitive! The greatest thing about Joy is her ability to laugh and have fun in anything she is doing, whether she excels at it or not. She is not afraid to try new things, to sometimes fall, and then pick herself back up again and try, all while laughing! We are so happy to be able to celebrate Joy this month and couldn't imagine our family without her. Here's to you Joy!



In this month's Resident Spotlight, meet Joy Lewis



Pictured left, Reverend Paulette Magnuson giving our opening prayer during our Tribute to Veteran's celebration

### VETERAN'S DAY TRIBUTE

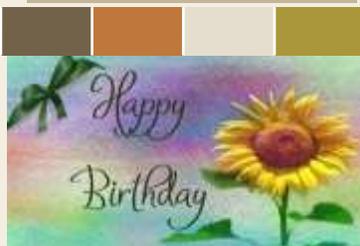
We were honored at Hidden Springs to celebrate our Veteran's this past month. Our day long schedule of events was a wonderful way to pay tribute to those who served. Thank you to everyone who participated and special thanks to Reverend Magnuson, Dr. Larry Magnuson and our musician friends from St. Andrew's, Forrest and Luise, for their beautiful music. Of course, thank you to our Veteran's for your commitment, your sacrifice and your patriotism. You are all loved!

### Door Wreath Contest

Don't forget! Decorating starts the day after Thanksgiving and the winner will be announced at the December 15<sup>th</sup> Christmas Party! Get those creative juices flowing and get in the Christmas spirit!



Lois James  
Elaine Gallagher  
Jack Ulsh &  
Thea Bullard  
Annette & Jere  
Cox



Marcia Regel 7<sup>th</sup>  
Jim Reinarz 12<sup>th</sup>  
Dr. Larry Fane 24<sup>th</sup>  
Dyna Martin 26<sup>th</sup>



### Christmas Garland Card Holder

Looking for a clever way to display your Christmas cards? Here it is!

### Garland Card Holder

This is a great way to display all of the Christmas cards you get. Cut three pieces of garland to desired length (we used a longer one in the center). Wrap the top of each garland around a wooden hanger, securing with hot glue and let it dry. Hang it up on the wall and use clothespins to secure the cards.

# Chaplain's Corner

Hello Neighbors,

Welcome to the church season we call Advent! November 29<sup>th</sup> is the first of four Sundays in Advent, the season of waiting for the birth of our Lord. During this special time, you will see two new items in the church. One is the advent wreath, with five candles (flameless!) encircled by a green wreath. These candles represent Hope, Peace, Joy (pink candle) and Love. We mark this season by lighting one special candle each Sunday, and then on Christmas Eve we light the tall white candle in the middle called the Christ candle. During Advent my stoles will change from green to purple.



You will also notice the addition of a creche, or nativity, as we also call it, on the counter. As you look at it, you will immediately see that it is not complete. Mary, Joseph, the angel, and the baby Jesus are not yet there. Nor are the wise men! The animals and the shepherd in the stable wait with us for the coming of the Holy Family. On Christmas Eve, we will add Mary, Joseph and the babe to the scene. The wise men will not appear until Epiphany, January 6, because they have so far to travel.

Advent is much more than opening a little door on the calendar, eating a piece of chocolate, and knowing that Christmas is one day closer. It is a time of waiting. We are invited to wait for Christmas, in a world that starts celebrating it months ahead of time. We are invited to wait for Jesus' birth, an event that has already happened. We are invited to wait for the return of Christ, the completion of God's Kingdom, and the culmination of his plan for mankind.

Won't you join us as we wait?

Rev. P

## Virtual Activities

You will notice some activities are virtual this month. Here's how it works. You will receive an email with a link to each of these activities and if you are interested, simply click the link on the specified day and time and join us for some fun through video. Jennifer will run exercise classes, bingo and trivia from the fitness center while you participate from the comfort of your own home; simple and fun! Let's stay connected during this time!

## Feast of All Saints

*This past month, Hidden Springs residents honored the memory of their loved ones at our All Saints Day Service*



Pictured above: candles to honor the souls that have passed

Pictured below: our table honoring the souls of those that have passed



## NEW PROGRAMS AND UPCOMING EVENTS TO REMEMBER

~This month, try something new and take a virtual class from the comfort of your apartment. Try out an exercise class, bingo or trivia on Zoom or Google Meet with Jennifer. Check the calendar for dates and times.

~Join us for our *1<sup>st</sup> Annual Christmas Tree Lighting* at our first Happy Hour of the month, with live music by Riley Wilson. Countdown with us as we light up our community tree! Festivities begin at 3pm on Friday December 4<sup>th</sup>.

~ Join us for our *Hidden Springs Family Christmas* event as we celebrate Christmas with our Hidden Springs family. Enjoy games, contests, singing, food and drink at this festive holiday occasion. Takes place Tuesday December 25<sup>th</sup> from 2pm-4pm

~ Let's say goodbye to 2020 in a big way! Join us for our NYE celebration with live music by *House Special* band, playing country, blues and classic rock. And stay for our champagne toast to end the evening. Festivities begin at 8pm, December 31<sup>st</sup>.



Friendly Reminder

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



GOD GAVE US OUR MEMORIES SO THAT WE MIGHT HAVE ROSES IN DECEMBER.

