

Encore

AT BUCKINGHAM



SEPTEMBER 2022
Community news &
information for our
Valued Residents

Your Community Team

Lori Lozano

Property Manager

Shaquaila Jacobs

Assistant Property Manager

Donna Sanchez

Leasing Consultant

Annette Burescia

Leasing Consultant

Hugo Cuellar

Lead Maintenance

Vincent Trevino

Maintenance Staff

Federico Romero

Maintenance Staff

Estefania Casarrubias

Housekeeper

Towanda Beatty

Encore Ambassadors

Office Hours

Monday thru Friday

10:00 am-6:00 pm

Saturday

Closed

Sunday

Closed

How To Reach Us

Business Office

(214) 647-2654

After Hours Maintenance

(214) 647-2654 option 3

Courtesy Patrol

(214) 647-2654 option 4

Community Website

www.encoreatbuckingham.com

Encore Beauty Salon

(469) 407-0493

Encore at Buckingham • 535 E Buckingham Road • Richardson, TX 75081

SUMMERTIME AND THE LIVING IS EASY! We are pleased to welcome all of our new residents to Encore at Buckingham! We're so happy you've chosen our community to call home. If there is anything we can do to make your stay more enjoyable, please don't hesitate to contact us!

ENJOY THE FRUITS OF YOUR LABOR Labor Day is Monday, September 5th and we hope everyone will be able to relax and enjoy the holiday with friends and family. The Management Office will be closed for the day, so our staff can also have time to spend with their loved ones.

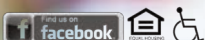
THE QUIET GAME The hours between 10pm-7am are considered "Quiet Hours" in our community. Please be thoughtful of your neighbors and observe this policy **by keeping the volume on your stereo and television low, voices down and your footsteps light.** We thank you for your cooperation regarding our "Quiet Hours" policy.

HOW TO BE A GREAT NEIGHBOR National Good Neighbor Day is September 28th but we encourage you to celebrate all year long! Remember these suggestions to make your neighborhood a high courtesy zone.

- Keep the noise level down. Enjoy radio and television entertainment without allowing the sound to escape your home.
- Keep your home clean. No one likes to look at trash bags or boxes stored on balconies, patios, breezeways or hallways. Make that quick trip to the dumpster or trash chute!
- Remain courteous by taking responsibility for your guests and observing other community policies.

RESIDENT OF THE MONTH Our winners are selected on an individual basis, based upon their ongoing involvement in the community and their courteousness to their neighbors. Congratulations to our September Residents of the Month, **Richard and Helen Reimer!**

 **ALPHA-BARNES**
REAL ESTATE SERVICES



September '22

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

<p>4</p> <p><i>National Pet Rock Day</i></p>	<p>5</p> <p>Labor Day</p> <p>Office Closed No Trash Pickup No Breakfast No Bus Run</p>	<p>6</p> <p>8-9AM Breakfast 9AM Doctor Appointments 1PM Movie Matinee 2PM Bingo</p>	<p>7</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Senior Exercise 10AM Firewheel Mall</p>	<p>1</p> <p>8-9AM Breakfast 10AM Walmart 1PM Movie Matinee</p>	<p>2</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Post Office 10AM Senior Exercise 11:30AM Flaming Buffet 1PM Movie Matinee 2PM Bingo</p>	<p>3</p> <p><i>National Hummingbird Day</i></p>
<p>11</p> <p><i>Grandparents Day</i> <i>Patriot Day</i></p>	<p>12</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Kroger 10AM Senior Exercise 4PM Bible Study</p>	<p>13</p> <p>8-9AM Breakfast 9AM Doctor Appointments 1PM Movie Matinee 2PM Bingo</p>	<p>14</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Senior Exercise 10AM Target/Ross 4PM Happy Hour</p>	<p>15</p> <p>8-9AM Breakfast 10AM Walmart 1PM Movie Matinee</p>	<p>16</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Post Office 10AM Senior Exercise 11:30AM Pappadeux 1PM Movie Matinee 2PM Bingo</p>	<p>17</p> <p><i>Constitution Day</i></p>
<p>18</p> <p><i>Wife Appreciation Day</i></p>	<p>19</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Kroger 10AM Senior Exercise 4PM Bible Study</p>	<p>20</p> <p>8-9AM Breakfast 9AM Doctor Appointments 1PM Movie Matinee 2PM Bingo</p>	<p>21</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Senior Exercise 10AM Hobby Lobby/ Big Lots</p>	<p>22</p> <p>8-9AM Breakfast 10AM Walmart 1PM Movie Matinee 3PM Resident Birthday</p>	<p>23</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Post Office 10AM Senior Exercise 11:30AM Mattitos Mexican 1PM Movie Matinee 2PM Bingo</p>	<p>24</p> <p><i>Ancestor's Day</i></p>
<p>25</p> <p><i>National Cooking Day</i></p>	<p>26</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Kroger 10AM Senior Exercise 4PM Bible Study</p>	<p>27</p> <p>8-9AM Breakfast 9AM Doctor Appointments 1PM Movie Matinee 2PM Bingo</p>	<p>28</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Senior Exercise 10AM North Park Mall 4PM Happy Hour</p>	<p>29</p> <p>8-9AM Breakfast 10AM Walmart 1PM Movie Matinee</p>	<p>30</p> <p>7-8AM Trash Pickup 8-9AM Breakfast 10AM Post Office 10AM Senior Exercise 11:30AM Haystack Burgers 1PM Movie Matinee 2PM Bingo</p>	

Keep fruits & veggies fresh

Each year Americans throw away spoiled fruits and vegetables because we don't know how to properly store the different types of produce we buy. To prevent your produce from going to waste—and keep your grocery budget in line—follow these rules for cleaning and storage:

• **Bananas.** Don't store near other fruits and vegetables, especially citrus fruits, because bananas produce ethylene gas, which can spoil other produce. Also, don't refrigerate, as chilling turns their skins black. Simply store at room temperature and they should keep from one to two weeks.

• **Berries.** Spread them out in a single layer in perforated plastic bags (be sure not to crowd them); then, refrigerate. Most varieties will not last longer than a week to 10 days, as mold develops easily. To minimize spoilage, don't wash them until you eat them.

• **Lettuce.** You should first soak the leaves in cold water and then spin them in a salad spinner. Next, wrap the lettuce in paper towels, loosely place the bundle in a plastic bag, and refrigerate. Wrapping in water-absorbing paper discourages mold growth and should help the leaves stay fresh for up to three weeks.

• **Tomatoes.** Don't refrigerate. Chilling causes a chemical reaction in tomatoes, which leads to a loss of flavor. Depending on how ripe they are when you buy them, tomatoes should last from one to three weeks if kept uncovered in a bowl away from heat.



Five important nutrients for 55-plus seniors

Doctors at UCLA say these nutrients are especially important for older adults.

Folic acid: It's a form of vitamin B9 linked to a reduced risk of heart disease and certain cancers. A deficiency can bring cognitive issues. It occurs in dark leafy green vegetables, yellow/orange fruits and vegetables, beans, lentils, nuts and fortified cereals.

Higher levels of vitamin D: They are associated with a lower risk of falls, reduce the risk of cancers, heart disease, and diabetes. Good sources include direct sunlight, dairy and fish.

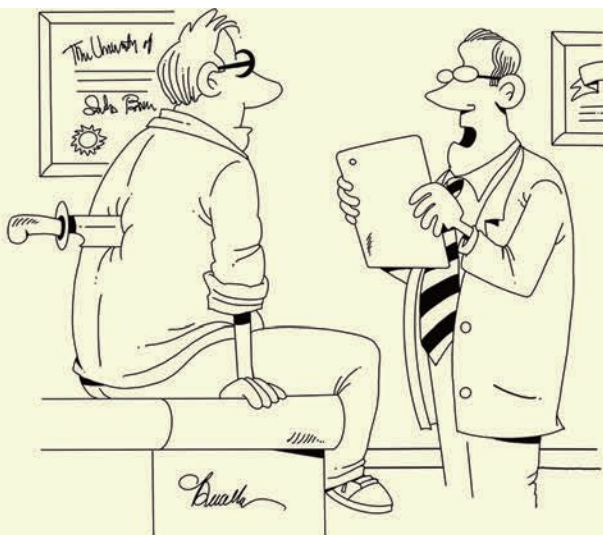
Calcium: Higher levels are associated with lower blood pressure

and reduced risk of osteoporosis and fractures. It's found in milk, yogurt, other dairy products and fortified cereals and juices, leafy greens, almonds and canned fish.

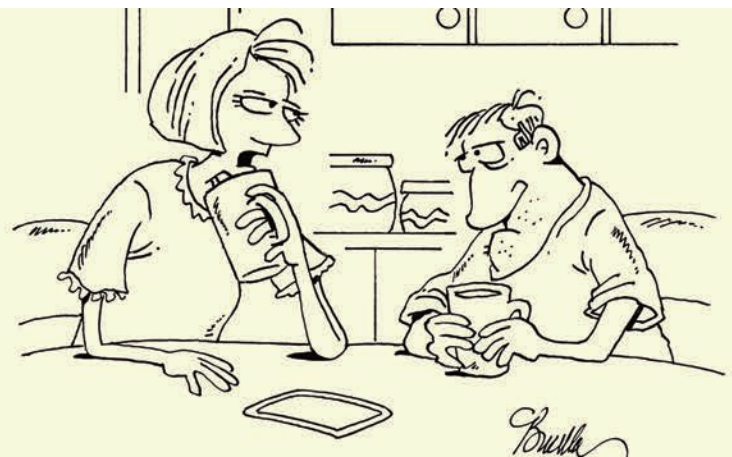
Magnesium: It helps to regulate blood sugar and blood pressure and may help to reduce the risk of heart disease. It's found in dark leafy greens, beans, peas, nuts, seeds and whole grains.

Zinc: It's thought to enhance immune function and is needed for wound healing. It may also help maintain your sense of taste and appetite. Foods rich in zinc include fortified cereals, whole grains, red meat and seafood.

Just For Laughs



"Thanks to exhaustive testing, I've narrowed down the reason for that stabbing pain in your back."



"To save time, let's tell each other which parts of our bodies aren't aching."