

# Encore

AT BUCKINGHAM

SEPTEMBER 2023  
Community news &  
information for our  
Valued Residents

## Your Community Team

### **Lori Lozano**

Property Manager

### **Donna Sanchez**

Assistant Property Manager

### **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](http://www.encoreatbuckingham.com)

### **Encore Beauty Salon**

(469) 407-0493

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

## **MANAGER'S MESSAGE** Please Help Us Keep Encore at Buckingham Beautiful!

Litter left on the grounds, boxes and storage items displayed on balconies, untidy mats and old newspapers left on doorsteps make a poor impression and negatively impact the overall appearance of our community, your home. We are committed to providing you with an attractive, well-maintained place to live. Our team works endlessly to provide general maintenance and perform repairs around the property, however, we need your help with the small details. Please throw all litter and the contents of automobile ashtrays into the proper receptacles (not on the parking lot), and take pride in the appearance of your own apartment by keeping your entryway, patio or balcony neat. The effort you make will be appreciated by your neighbors..and will ensure that our community is a place you are proud to call home.

**ENJOY THE FRUITS OF YOUR LABOR** Labor Day is Monday, September 4th 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.

**LET US HELP YOU AVOID THE FLU!** Flu season is upon us! This year, arm yourself against this potentially deadly invader. We at Encore at Buckingham have a genuine concern for the health of our residents and therefore will have Pharmacy on hand to administer flu shots on September 15 at 10am in Ballroom. Please come to office to sign up.

**PUT YOUR BEST FACE FORWARD** "As one matures, one needs to put back what nature has taken away—gently," said Clif deRaita, national director of makeup for Georgette Klinger. He recommends a sheer foundation with moisturizer, cream rouge for a soft glow, minimal eye makeup and a moisturizing lipstick.

**RESIDENT OF THE MONTH** Each month, the staff of Encore at Buckingham will select a special resident to receive an award and recognition in our community newsletter. . Congratulations to our September Resident of the Month, George Sheets!

 **ALPHA-BARNES**  
REAL ESTATE SERVICES



# SEPTEMBER 2023

					Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	1 7AM Trash Pick Up 8AM Breakfast-Br 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	2 OFFICE CLOSED 1PM Movie Matinee-TH
3  1951 TV soap opera "Search for Tomorrow" debuts on CBS	4 Labor Day OFFICE CLOSED  NO Trash Pick Up NO Breakfast-BR NO Senior Exercise NO Bible Study	5 8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR	6 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT	7 8AM Breakfast-BR 1PM Movie Matinee-TH	8 7AM Trash Pick Up 8AM Breakfast-Br 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	9 OFFICE CLOSED
10  1966 Neil Diamond has his first Billboard chart success with single "Cherry Cherry"	11 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT NO Bible Study	12 8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR	13 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Happy Hour-BR	14 8AM Breakfast-BR 1PM Movie Matinee-TH	15 7AM Trash Pick Up 8AM Breakfast-Br 10AM Senior Exercise-FIT 10AM Flu Shots-BR 1PM Movie Matinee-TH 2PM Bingo-BR	16 OFFICE CLOSED 1PM Movie Matinee-TH
17  1972 TV comedy series "M*A*S*H", adapted from the movie, debuts on CBS	18 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT NO Bible Study	19 8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR	20 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT	21 8AM Breakfast-BR 1PM Movie Matinee-TH 3PM Resident Bday Party-BR	22 7AM Trash Pick Up 8AM Breakfast-Br 10AM Senior Exercise-FIT NO Movie Matinee NO Bingo	23 OFFICE CLOSED
24  1968 "60 Minutes" premieres on CBS-TV	25 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR	26 8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR	27 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Happy Hour-BR	28 8AM Breakfast-BR 1PM Movie Matinee-TH	29 7AM Trash Pick Up 8AM Breakfast-Br 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	30 OFFICE CLOSED



## Watch your words when talking to doctors

**C**ommunicating with your doctor is important, but you can overdo it. From the Prevention.com website comes this list of things doctors don't want to hear from their patients:

■ **"I'm sure I have \_\_\_\_."**

Researching your symptoms online is fine, but most doctors want to diagnose illnesses themselves. Don't walk into the doctor's office insisting you know what's wrong.

■ **"It's probably just stress."** Writing off your problems to stress might

keep you from fully describing what's going on. Be ready to tell your doctor all your symptoms so he or she can get a clear idea of your illness.

■ **"I'm sorry for wasting your time."** You may feel that your illness isn't important, but doctors would prefer that you come in before a minor ailment turns into a serious one. You don't have to apologize for taking care of your health.

■ **"Haven't you heard of this new drug?"** Doctors are busy people who don't have time to keep

up with every new medication, no matter how hard they try. Don't insist that your doctor prescribe something you saw on TV, but do print out articles that might be helpful in treating your illness.

■ **"You're supposed to be the expert."** Again, doctors are human, and they sometimes miss things. Have realistic expectations, and talk openly about your needs so the doctor can make an informed decision.

### How to keep fresh produce fresh longer.

**Apples:** Store in a plastic bag in the fruit crisper drawer, away from vegetables, because the ethylene gas that apples emit will make vegetables go bad sooner. Also, eat the largest apples first—they ripen fastest.

**Beets:** Cut off greens, then store the beets in a perforated plastic bag in the vegetable crisper.

**Cabbage:** Wrap in plastic and refrigerate.

**Garlic:** Store in a dark kitchen cabinet.

**Onions:** Keep them in a dry, cool area...or in mesh bags in a dark cabinet.

**Potatoes:** Keep them in a dry, cool area, and store away from onions and apples, which both emit gases which will make the onions go bad faster. (Refrigerating potatoes encourages starches to convert into sugars, which can give them an unpleasant taste.)

Source: RodalesOrganicLife.com



### TAKE BLOOD PRESSURE MEDICINE AT NIGHT

To control hypertension more effectively and reduce the risk for diabetes take blood pressure medicine at night. Over nearly a six-year period, people who took their medicine at night had a greater drop in nighttime blood pressure and a 57% lower risk for diabetes than people who took it in the morning. Talk to your doctor before changing your medication schedule.

*Study of 2,012 people by researchers at University of Vigo, Spain, published in Diabetologia.*