

Encore

AT BUCKINGHAM



NOVEMBER 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

9:30 am-5:30 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

HAPPY THANKSGIVING! One of the most-celebrated holidays of the year, the holiday feast often takes center stage.

The real focus of the day will be achieved as you recognize and give thanks for your family, your country and the many blessings, large and small, that fill your life.

This holiday includes more travel than any other, including Christmas. That means, as you drive, fly, or travel by train, you should put safety first.

Remember not to rush or drive fast. By staying in your travel mode, which means you can patiently handle any travel situation that comes up, you will reach your destination safely. You'll have time to eat, give thanks, visit and cheer for your favorite football team.

THE GREAT AMERICAN SMOKE-OUT On the third Thursday of November, Americans will extinguish their cigarettes in observance of the Great American Smoke-Out. If you are trying to quit, remember the benefits of a smoke-free lifestyle. You'll look, smell and feel better and add years to your life. When you quit you'll say good-bye to sick days and welcome increased health and vigor.

LET'S TALK TRASH! For your convenience, trash collection is available on Monday, Wednesday, and Friday. Please place trash out no later than 7am on scheduled collection days only. **Do not set trash outside at any other time.** Remember, trash must be placed in plastic garbage bags and tied securely at the top. Thank you!

HOUSEHOLD HINT Bleach is a great way to clean and disinfect, but many people unknowingly use it incorrectly. According to *Good Housekeeping*, the worst thing you can do is dilute bleach with hot water. Hot water can render useless the active ingredients in bleach.

DIFFERENT STROKES While you may be getting ready for a night on the town, others are putting on their pajamas and calling it a night. In our diverse community many residents have different hours. Everyone appreciates courteous neighbors. If you're a night owl, **please be considerate of neighbors, who may be early birds.**



NOVEMBER

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Daylight Saving Ends 5

OFFICE CLOSED

7AM Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
4PM Bible Study-BR

Election Day 7

8AM Breakfast-BR
1PM Movie Matinee-TH
2PM Bingo-BR

7Am Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT

7Am Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
4PM Happy Hour-BR

8AM Breakfast-BR
1PM Movie Matinee-TH

8AM Breakfast-BR
1PM Movie Matinee-TH
3PM Resident Bday Party-BR

7AM Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
1PM Movie Matinee-TH
2PM Bingo-BR

Veterans Day Observed 10

7AM Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
1PM Movie Matinee-TH
2PM Bingo-BR

OFFICE CLOSED
1PM Movie Matinee-TH

Veterans Day 11

OFFICE CLOSED

12

OFFICE CLOSED

13

7AM Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
4PM Bible Study-BR

14

8AM Breakfast-BR
1PM Movie Matinee-TH
2PM Bingo-BR

15

7Am Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT

16

8AM Breakfast-BR
1PM Movie Matinee-TH
1-3PM Thanksgiving Feast-BR

17

7AM Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
1PM Movie Matinee-TH
2PM Bingo-BR

18

OFFICE CLOSED
1PM Movie Matinee-TH

19

OFFICE CLOSED

20

7AM Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
4PM Bible Study-BR

21

8AM Breakfast-BR
1PM Movie Matinee-TH
2PM Bingo-BR

22

7Am Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT

Thanksgiving 23

OFFICE CLOSED

24

OFFICE CLOSED

25

OFFICE CLOSED

26

OFFICE CLOSED

27

7AM Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
4PM Bible Study-BR

28

8AM Breakfast-BR
1PM Movie Matinee-TH
2PM Bingo-BR

29

7Am Trash Pick Up
8AM Breakfast-BR
10AM Senior Exercise-FIT
4PM Happy Hour-BR

30

8AM Breakfast-BR
1PM Movie Matinee-TH

2023



Medicare Open Enrollment 101

Know your options and how get free assistance

As autumn progresses, it's important to keep your health in mind. Medicare's fall open enrollment period, which runs through December 7th, will allow you to review your plan options. Any changes made will take effect Jan 1.

To ensure you get the most from Medicare in 2024, you should research your plan options during open enrollment. During open enrollment, you can:

- Adjust Medicare Advantage or Medicare prescription drug coverage.
- Change from original Medicare to a Medicare Advantage plan (or vice versa).
- Switch between Medicare Advantage plans.
- Join a Medicare Prescription Drug Plan.
- Switch existing drug plans or drop Medicare prescription drug coverage.

If you're unsure where to start, your local State Health Insurance Assistance Program (SHIP) can help. They offer free one-on-one assistance year-round to Medicare-eligible beneficiaries, their families and caregivers. Trained counselors can help with understanding Medicare benefits and the enrollment process. Assistance is personalized, so SHIP counselors can help you find available options that fit your unique situation.

The program is funded by the Administration for Community Living, part of the U.S. Department of Health and Human Services. Learn more at [ACL.gov](https://acl.gov).

Don't wait until the last minute. Take care of your health now and find your SHIP at shiptacenter.org, or contact Medicare directly at 1-800-633-4227 or [Medicare.gov](https://medicare.gov).



It's Flu Season

First, the bad news: This flu and respiratory season might be another bad one, according to the AARP.

Influenza activity from the Southern Hemisphere, which can help experts predict flu seasons in North America, was high again this year. While Australia's flu season was somewhat less severe than last year, cases still spiked early, and according to the Conversation, declined slower than expected. According to Mayo Clinic epidemiologist Gregory Poland, M.D., the U.S. won't necessarily see the same trajectory, but there's still reason for concern. The Centers for Disease Control and Prevention's current modeling shows that in this part of the world, the fall and winter respiratory disease season will look similar to last year, with higher-than-average flu-related hospitalizations.

Now the good news: Respiratory syncytial virus, or RSV, will likely fall to normal levels after a severe 2022-23 season. Experts believe that the population will be more resistant to the virus, and new immunizations provide extra protection for seniors and infants. The CDC also encourages influenza vaccines for all eligible Americans to help reduce severe disease and lower the overall number of hospitalizations.



How to avoid the 5-pound holiday weight gain

- At a dinner, eat just foods you like, not some of everything.
- Sit farther away from a buffet table so seconds (and thirds) are less convenient.
- Eat slowly. It takes 20 minutes for your body to recognize a full feeling.
- Drink water with your meals.
- When mixed drinks are being served, ask for club soda, water, or diet soda in your drink.
- Visit with many people so you have something to do in addition to eating and drinking.
- At home, keep cookies, candy, and other treats out of sight so you won't snack every time you walk by them.