



AUGUST 2024
Community news &
information for our
Valued Residents

Your Community Team

Lori Lozano

Property Manager

Donna Sanchez

Assistant Property Manager

Grace Delafuente

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

Community Website

www.encoreatbuckingham.com

Encore Beauty Salon

(469) 407-0493

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

WELCOME NEW RESIDENTS! We are pleased to welcome all of our wonderful new residents! We know you will enjoy living at Encore at Buckingham and we're sure you'll be making lots of new friends. If you have any comments, questions or suggestions regarding your new apartment home, please contact the Management Office. We're here for you!

RESIDENT APPRECIATION WEEK: SOMETHING FOR EVERYONE! We're planning a week to thank all of our residents for choosing to live in our apartment community. Every day of the week we'll have a different treat or activity to show our appreciation to the wonderfully diverse population that lives in our apartment community. Look for more details about Resident Appreciation Week soon.

WE COULDN'T HAVE ASKED FOR BETTER RESIDENTS! We hope living at Encore at Buckingham has been a pleasurable experience for you and your family. We may not say it enough, but we do appreciate your being a part of our community. It is people like you that make Encore at Buckingham a place we are all proud to call home. If we can be of assistance, please do not hesitate to contact the Office!

THE ABCS OF A/C With warmer weather here, the most indispensable appliance in your home is the air conditioner. To increase its efficiency, keep the temperature set at 78 degrees. The exception to this rule would be the hours preceding a party or get-together. To cool things off, turn the A/C down one degree per guest, two hours prior to their arrival.

Close all windows and doors and pull the shades to insulate from the outdoor heat. Turn off any unnecessary lights. Stay cool!

GARBAGE DISPOSAL TIP Before switching on your disposal, be sure to have the cold water running in your sink. Remember too, that disposals are designed for food items only. **Never use it to dispose of bones, coffee grinds, paper or other nonfood items.**



AUGUST '24

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	2	3
				8AM Breakfast-BR 1PM Movie Matinee-TH	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	OFFICE CLOSED 1PM Movie Matinee-TH
4	5	6	7	8	9	10
OFFICE CLOSED	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-TH	8AM Breakfast-BR 10AM Donuts With Doctor Hosted by CenterWell 2PM Bingo-BR	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT	8AM Breakfast-BR 1PM Movie Matinee-TH	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-Hosted by Oak St Health-BR	OFFICE CLOSED
11	12	13	14	15	16	17
OFFICE CLOSED	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR	8AM Breakfast-BR 2PM Bingo-BR	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT	8AM Breakfast-BR 1PM Movie Matinee-TH 3PM Resident Bday Party	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	OFFICE CLOSED 1PM Movie Matinee-TH
18	19	20	21	22	23	24
OFFICE CLOSED	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR	8AM Breakfast-BR 2PM Bingo-BR	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT	8AM Breakfast-BR 1PM Movie Matinee-TH	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	OFFICE CLOSED
25	26	27	28	29	30	31
OFFICE CLOSED	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR	8AM Breakfast-BR 2PM Bingo-BR	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Happy Hour-BR	8AM Breakfast-BR 1PM Movie Matinee-TH 2:30PM Ice Cream Social with Oak St Health	7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	OFFICE CLOSED



The health benefits of playing cards

Stress has a negative impact on everyone's health. One way to ease the stress in your life? Play a game of cards. That's—unsurprisingly—what Bicycle Cards advises. Here's how playing cards with friends can help:

- **Conversation.** A card game isn't just about counting up points. It's a good path to friendly and lively conversations that can help you relax.

- **Laughter.** Conversation usually leads to laughter, which can reduce tension in your mind and body.

- **Low pressure.** Assuming you're not playing high-stakes

poker with your life savings on the line, a nice game of hearts or gin rummy offers entertainment without pressure. It doesn't matter if you win or lose as long as you're having fun.

- **Brain exercise.** Strategizing, keeping track of the play, and calculating your points at the end of the game helps keep your mind fresh.

- **No technology.** You can play blackjack on your smartphone, but a few hands of pinochle with friends lets you detach from technology for a while and reconnect with the rest of the world.

Learn about stroke—and how to recognize one

What is a stroke? Also called a "brain attack," it's when blood to an area of the brain is blocked, or when there's sudden bleeding in the brain. Someone suffers a stroke every 40 seconds in the United States, according to the NBC News website. The website describes two different kinds of strokes that can occur:

- **Ischemic stroke.** This is caused by a blood clot or plaque blocking a blood vessel in the brain.

- **Hemorrhagic stroke.** This is the result of a blood vessel bursting and bleeding into the brain.

The main causes of a stroke, according to the CDC, are high blood pressure, high cholesterol, smoking, obesity, and diabetes. How can you tell if someone is having a stroke? Remember the acronym FAST:

- F: Face.** The face of a person having a stroke usually droops. Ask the person to smile. If the smile is uneven, a stroke could be happening.

- A: Arms.** Ask the person to lift one or both arms above the head. A weak or numb arm is another symptom of stroke.

- S: Speech.** Is the person slurring his or her words, unable to speak, or difficult to understand?

- T: Time to call 911.** If the person exhibits any of these symptoms, call for medical help immediately.



National Watermelon Day is August 3rd

Watermelon agua fresca

Ingredients:

- 4 cups cubed seeded watermelon
- 1/2 cup water
- 1/2 cup white sugar (or to taste)
- 1 lime
- 24 fresh mint leaves
- ice

Directions:

Combine watermelon and water in a blender and puree until smooth. Add sugar to taste. Slice lime into small wedges (you'll need about 8), then place one wedge into each serving glass, along with 3 mint leaves. Crush with a cocktail muddler (a wooden spoon handle also

works), then add ice. Pour the agua fresca over the ice, stir, then serve.

Watermelon slushie

Ingredients:

- 4 cups cubed seeded ripe watermelon (188 calories)
- 2 tablespoons sugar (32 calories)
- 1 tablespoon lime juice (30 calories)
- About 3 cups ice

Directions:

Blend the fruit, melon, sugar and juice until liquid. Add ice and continue to blend until the liquid reaches a slushie consistency. In the whole blend there are about 250 calories.