

# Encore

AT BUCKINGHAM



**MARCH 2024**  
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

**OFFICE HOURS UPDATE** With the change of season comes a change in our schedule. To better serve you, as of March 11th, our new office hours are as follows: Monday-Friday 10am-6pm.

**EVERYTHING OLD IS NEW AGAIN!** There's a reason we feel compelled to spring clean when the air softens and the days grow longer. Spring is a time of renewal, a time to embrace newness. We at Encore at Buckingham feel this is the perfect time to tell our newest residents how delighted we are to welcome them to our community!

We encourage all of our neighbors, both longtime and new, to usher in the season by adding one or more of the following to your list of "Things To Do" : • Buy a new spring outfit • Go to the zoo to see the newest babies • Buy someone a plant with new blooms • Host new friends at a garden party • Plan a spring-break getaway to a new destination • Attending Easter services to celebrate the newly resurrected • Redecorate with new spring fabrics: cheerful chintz or breezy linen.

**HAPPENING IN MARCH... Women's History Month.** Celebrate the achievements of women like Juliette Gordon Low, who founded the Girl Scouts in 1912, before women had the right to vote and despite her severe hearing impairment.

**Pi Day, March 14.** It's a never-ending number: 3.14159...And it's Albert Einstein's birthday.

**St. Patrick's Day, March 17.** Break out the green, read some James Joyce, and try to catch a leprechaun.

**National Poison Prevention Week, March 17-23.** A week dedicated to raising awareness of poison control centers and the Poison Help Hotline (800-222-1222).

**Make Up Your Own Holiday Day, March 26.** Why not observe a cause that's near and dear to your heart?

**Take a Walk in the Park Day, March 30.** Walking is a great way to decrease stress.



# MARCH 2024

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

3 OFFICE CLOSED	4 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR	5 8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR	6 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 11AM Price is Right-BR (Hosted by Oak St Health)	7 8AM Breakfast-BR 1PM Movie Matinee-TH	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
10 Daylight Saving Time OFFICE CLOSED	11 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR	12 8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR	13 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT	14 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
17 St. Patrick's Day OFFICE CLOSED	18 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR	19 8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR	20 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Happy Hour-BR	21 8AM Breakfast-BR 1PM Movie Matinee-TH 3PM Resident Bday Party-BR	15 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	16 OFFICE CLOSED 1PM Movie Matinee-TH
24 OFFICE CLOSED	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	28 8AM Breakfast-BR 1PM Movie Matinee-TH	22 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	23 OFFICE CLOSED
31 Happy Easter! OFFICE CLOSED					29 7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 1PM Movie Matinee-TH 2PM Bingo-BR	30 OFFICE CLOSED



# A happy retirement is more than a hobby

Everybody talks about retirement, but they only focus on the financial part. There's more to it than that.

One of the most important features of retirement is maintaining connections with people. It requires real effort, since family, work friends, and acquaintances tend to drift -- or pass -- away.

In fact, an 85-year study by Harvard found that across numerous cultures, social fitness was the key to a happy retirement. Almost no one wanted to go back to the work they were doing before retirement, but most missed the social connections.

Psychologists Robert Waldinger, PhD and Marc Shulz, PhD, recommend strengthening your personal connections before you retire. Ask yourself: Who are the people I enjoy working with most, and what makes them valuable to me? Am I appreciating them?

If you find yourself in retirement and wishing you knew more people, they recommend asking yourself these questions:

- What kinds of connections am I missing that I want more of? How can I make them happen?
  - Is there anyone I'd like to know better? How can I reach out to them?
  - Who is different from me in some way (thinks differently, comes from a different background, has a different expertise)? What can I learn from them?
- Just for kicks, consider doing something you would have absolutely never done before your retirement.

The late Forbes humorist Stanley Bing once said that the best thing you can do is to establish some sort of a daily grind so you can look forward to vacations. He advised against hanging out with the kids. "Visit, give presents, and move on. You have fish to fry."



## BERRIES AID THINKING.

Two separate clinical studies show that berries appear to give a boost to brain power.

In one study, healthy men and women ages 60 to 75 were given two cups of strawberries for 90 days. They showed improved scores for word recognition and spatial memory.

In another study, researchers showed that older adults who ate the equivalent of one cup of blueberries for 90 days didn't repeat themselves as often.

Quoted in *Tufts Health & Nutrition Letter*, Barbara Shukitt-Hale said researchers speculate that the anthocyanins in berries have certain anti-inflammatory properties that have direct effects on the brain.

Supplements, she said, don't appear to work. It is the combination of nutrients in berries that seem to have a benefit.



## Jokes for Spring

Does February march?  
No, but April May!

What can you find in the middle of April and March but not at the beginning or end of either? The letter R!

What is a flower's favorite kind of pickle?  
A daffo-dill.

## Retirement

What do retirees call a long lunch?  
Normal.

What do you call a person who is happy

on Monday? Retired.

A retired husband is often a wife's full-time job.

## Spring Fever

Four high school boys suffering from spring fever skipped their morning classes. After lunch, they reported to the teacher that they'd had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First question: Which tire was flat?"