

Encore

AT BUCKINGHAM

JANUARY 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

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 NEW YEAR! The beginning of a New Year is a time to reflect on the past and look to the future to search for ways to improve our lives, homes, health and environment. This year, we are focusing on "improving" your home. Through the collection of Resident and Staff suggestions, the Management Team has devised a few resolutions of our own for the New Year. We promise to:

- Maintain this property in excellence.
- Provide the same high-quality amenities and services.
- Address all customer questions and concerns promptly.
- Keep residents informed and current on property news through our newsletter.
- Simplify life for our residents by offering programs like our Easy Renewal Plan and a variety of rent payment options.

THE MARTIN LUTHER KING JR. HOLIDAY On Monday, January 15th, we celebrate the life's work of Martin Luther King Jr. For those who have a holiday on that day, Coretta Scott King offered a challenge: Make it a day of action! In the words of the late Martin Luther King, Jr., "Life's persistent and most urgent question is, what are you doing for others."

PACKAGE ACCEPTANCE UPDATE We are unable to accept resident packages in our office. If you expecting a delivery, please be certain that you have included your unit number on any orders so the carrier can deliver your package to your door.

PET POLICY REMINDERS Please keep the following community pet policies in mind:

- All pets are required to be registered with the management office.
- Keep your pet on a leash at all times when outdoors.
- Be considerate of your neighbors by picking up after your pet.

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 January Resident of the Month, Sherri Boulware!

 **ALPHA-BARNES**
REAL ESTATE SERVICES



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
New Year's Day 1		2		3		4		5		6	
OFFICE CLOSED		8AM Breakfast-BR 1PM Movie Matinee-TH 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		OFFICE CLOSED 1PM Movie Matinee-TH	
7		8		9		10		11		12	
OFFICE CLOSED		7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR		8AM Breakfast-BR 1PM Movie Matinee-TH 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	
14		15		16		17		18		20	
OFFICE CLOSED		Martin Luther King Jr. Day OFFICE CLOSED		8AM Breakfast-BR 1PM Movie Matinee-TH 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	
21		22		23		24		25		27	
OFFICE CLOSED		7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR		8AM Breakfast-BR 1PM Movie Matinee-TH 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	
28		29		30		31		JANUARY '24			
OFFICE CLOSED		7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT 4PM Bible Study-BR		8AM Breakfast-BR 1PM Movie Matinee-TH 2PM Bingo-BR		7AM Trash Pick Up 8AM Breakfast-BR 10AM Senior Exercise-FIT					



The diet that's good for the brain

Researchers looking for a way to keep brain function healthy have combined the best parts of the Mediterranean Diet and the DASH diet to make the MIND diet.

The diet itself is easy: Eat more foods in 10 categories and eat less of five specific foods, according to healthline.com.

The 10 MIND diet foods:

- Six or more servings per week of kale, spinach, cooked greens or salads.
- Eat at least one non-starchy vegetable per day in addition to the green leafy vegetables.
- Twice a week, eat berries such as blueberries, raspberries and blackberries.
- Five servings of nuts per week.
- Use olive oil to cook.
- Three servings of whole grains daily: Oatmeal, brown rice, whole wheat bread or pasta.
- Once a week, eat fatty fish like salmon, sardines, tuna, and mackerel.

- Four times a week eat beans, lentils and soybeans.
- Eat chicken or turkey twice per week. Avoid having them fried.

The five foods to avoid:

- **Butter and margarine.** Try to eat less than 1 tablespoon daily. Instead, try using olive oil as your primary cooking fat, and dipping your bread in olive oil with herbs.
- **Cheese.** No more than once per week.
- **Red meat.** Aim for no more than three servings each week. This includes all beef, pork, lamb and products made from these meats.
- **Fried food.** The MIND diet highly discourages fried food, especially the kind from fast-food restaurants. Limit your consumption to less than once per week.
- **Pastries and sweets.** This includes most of the processed junk food and desserts you can think of. No more than four times per week.



6 Things that should be thrown away now

Some things are wasteful to keep. They waste space and your energy.

- **Old medications.** A year after the expiration date, just pitch it.
- **Scratched non-stick cookware.** You hate it anyway. No one else wants it.
- **Old plastic containers.** Discolored. No lids. You hate them. Pitch them.
- **Old cosmetics.** Not even you use that broken up stuff. Pitch it.
- **Creams and lotions.** If they are more than a year old, they are trash.
- **Old cleaning tools.** When the tool looks worse than the thing it is supposed to clean, get rid of it.



New Year Jokes

They say New York has the best New Year's Eve party ...
I'd say it's overrated -- every year they drop the ball.

My New Year's resolution is to procrastinate.
But I will wait till tomorrow to start.

What is a New Year's resolution?
Something that goes in one year and out the other.

New Year's resolutions you can really keep:

- Eat more pie
- Don't waste time ... with exercising.
- Watch more TV.
- Put it off. Who needs it.
- Less laundry, more deodorant.
- Drink some more.
- Stop buying worthless junk. Go expensive.
- Start being superstitious. Spend more time at work.
- Stop bringing lunch from home. Eat out more.