

## BUCKINGHAM BULLETIN



## FROM JENNIFER'S DESK

Dear Residents, Families, and Friends,

As the days grow just a little shorter and the mornings a little crisper, we can feel fall peeking around the corner. While summer has given us many wonderful opportunities to gather, celebrate, and create lasting memories, we are equally excited to welcome a new season filled with warmth, beauty, and connection.

At Buckingham Heights, the arrival of fall is always a special time. Our community will soon be adorned with seasonal decorations, vibrant autumn colors, and cozy touches that make this time of year so inviting. From festive activities and creative crafts to seasonal treats and meaningful celebrations, there will be countless opportunities for residents to engage, socialize, and enjoy all that the season has to offer.

One of the many joys of community living is experiencing the changing seasons together. Whether it's sharing stories over a warm cup of cider, enjoying fall-themed events with friends, or simply admiring the beauty of the season from our community spaces, these moments often become treasured memories.

As we embrace the transition from summer to fall, we remain committed to providing an enriching, supportive, and engaging environment where every resident feels valued, connected, and at home. Our dedicated team is already planning exciting programs and experiences designed to bring smiles, spark conversation, and foster meaningful connections throughout the season.

Thank you for being such an important part of the Buckingham Heights family. We look forward to welcoming all the comforts and joys that autumn brings and creating many more special moments together.

Wishing you a wonderful season ahead filled with happiness, laughter, and the beauty of fall.

With gratitude,

**Jennifer DeLeon-Rivera**

Executive Director

## Wake Up to Wellness: A New Way to Start the Day

Hamister Group is excited to introduce Wake Up to Wellness, a new exercise program designed to help residents in all of their properties ease into their day with intention, movement, and mindfulness.

This program focuses on simple yet effective practices that support overall well-being, including mindfulness exercises, breathing techniques, gentle stretching, and everyday functional movements. Rather than an intense workout, Wake Up to Wellness is centered on helping participants feel refreshed, energized, and prepared for the day ahead.

The program will also continue to incorporate some of the elements residents have come to enjoy from our current exercise routines, creating a familiar and welcoming experience while introducing new wellness-focused activities.

By combining movement and mindfulness, Wake Up to Wellness aims to reduce stress, improve focus, and encourage healthy habits that can be carried throughout the day and beyond.

We look forward to starting this journey together and helping our team members begin each day feeling balanced, motivated, and well.





### **Photo Request**

We are looking for a couple of different types of photos for different projects. We can either scan an original to make a copy here, or you can email a photo in to Amanda.

Graduation, military uniform, wedding, baby picture, family photo, with a pet, Halloween costume.

Thank you!

### **Grandparents Day September 13th**

If you have cards of gifts that you would like us to deliver on this day please bring them to our rec team before the 11th. If you would like us to read a message to your loved one or send an e-card, they can be sent to Amanda at [aaaron@buckinghammc.com](mailto:aaaron@buckinghammc.com).

If you would like to sign up for a facetime call for grandchildren far away you can do so by calling the front desk.

Thank you!

## Caregiver Seminar: Toolbox

**Thursday, September 10th 5:00 PM**

### Conference Room or Teams

We are continuing our toolbox series with practical advice for daily items and assistive tools & devices. This session we begin with daily basics including glasses, hearing devices, clothing, shoes, and more.

Visitors & questions welcome!

## Support Group

**Thursday, September 17th**

**5PM-6:00PM**

**Join us in the Conference Room or online!**

## “Labor Day” Picnic

**Wednesday, September 9th**

**Noon, Back Parking Lot**

**Last picnic of the season!**

## Save the Date

### Celebration of Life

**Saturday, November 7th, 1:00 PM**

**Town Square**

We are putting out advance notice for our annual community celebration of life. We will be honoring past residents of our community with Reverend Denise

Cabana and the VITAS hospice team.

All are welcome.

## Celebrating Special Days

At Buckingham Heights, we are always looking for creative and meaningful ways to engage our residents and enrich their daily lives. One of our favorite approaches is celebrating fun and unique national observance days that bring residents, staff, and families together. These themed events create opportunities for connection, laughter, and shared experiences that contribute to a vibrant community atmosphere and enhance our residents' overall quality of life. We encourage families to join in whenever possible. Whether it's dressing up, sending a special card, or participating in an event, your involvement helps create memorable moments and strengthens the bonds that mean so much to our residents.

Here are some of our upcoming September theme days:  
September 1: Rhyme or Reason Day Break out your most mismatched outfit and join us for a day of fun and silliness. The more mismatched, the better!

September 4: Tailgate Day Wear your favorite football jersey or team colors and join us for tailgate-inspired festivities, including grilling and good company.

September 9: Labor Day Picnic Dress down in your favorite casual picnic attire as we celebrate with an afternoon of relaxation and seasonal fun.

September 16: Guacamole Day Brighten the day by wearing your most colorful clothing as we celebrate this fan-favorite food holiday.

September 21: Alzheimer's Awareness Day Join us in showing support and raising awareness by wearing purple.

September 23: Oktoberfest gear optional but encouraged! Bring your own stein.

These special theme days help create an engaging environment where residents can socialize, reminisce, express themselves, and enjoy meaningful interactions with family, friends, and staff. We look forward to celebrating together and making September a month filled with fun, connection, and memorable moments at Buckingham Heights.

## Accepting Change Along the Dementia Journey

If you have loved someone through dementia, you know that grief doesn't wait for goodbye.

It often arrives quietly, woven into everyday moments. It may be felt when a familiar story is forgotten, when a cherished tradition changes, or when a conversation becomes more difficult than it once was. Dementia is a journey of continual change, and with each change, caregivers are often asked to let go of a little more of the life they once knew.

Many families are surprised to discover that grief can continue even after a loved one moves into a community like ours. While the physical responsibilities of caregiving may be shared with a professional care team, the emotional weight of the journey remains. You are still a spouse, daughter, son, sibling, or friend. You still carry the memories, the hopes, the worries, and the deep love that have always been a part of your relationship.

It is important to give yourself permission to feel whatever comes. Sadness, relief, guilt, frustration, gratitude, and even moments of joy can all exist at the same time. There is no right or wrong way to navigate these emotions. They are part of loving someone through a disease that changes both the person living with dementia and those who care about them.

One of the greatest sources of comfort can be realizing that you are not alone. Every family at Buckingham Heights is experiencing their own version of this journey. While each story is unique, many of the emotions are shared. There is comfort in sitting beside someone who understands the difficult decisions, the unexpected losses, and the complicated feelings that accompany dementia. There is strength in knowing that others have walked a similar path and can offer understanding without judgment.

We offer some resources that may help. All are welcome to join our caregiver education series and support group, where families have opportunities to connect with others facing many of the same challenges. These gatherings are more than educational sessions; they are far from formal, and provide opportunities to share experiences, exchange encouragement, and build meaningful connections with people who truly understand what the journey can feel like.

Our staff is here to support you as well. Sometimes support is not about having the perfect answer. Sometimes it is a listening ear, a reassuring conversation, or simply knowing there is someone walking alongside you. Every day, we have the privilege of supporting families as they navigate the changes, uncertainties, and emotions that dementia brings.

While dementia changes many things, it does not take away the importance of connection, love, or meaningful moments. By acknowledging grief, accepting change one day at a time, and leaning on the support of family, friends, fellow caregivers, and our team, it is possible to find strength in the journey.

We are honored to be a community where no one has to face this journey alone. Together, we support one another through the challenges, celebrate the meaningful moments, and find comfort in knowing that there are others who truly understand. Before, during, and after your journey begins.



# *In Loving Memory*



*Jeannine*

12/15/39 - 8/2/26

## CELEBRATIONS

- 9/1 Benedicta Odoi, 16 years of service
- 9/3 Patti Rylander birthday
- 9/7 Wendy Davis birthday
- 9/11 Bill Perkins, 18 years
- 9/15 Shakeela Chaudhry, 4 years of service
- 9/15 Ashley Binion, 4 years of service
- 9/17 Shurmay Hackett, 24 years of service
- 9/22 Robert Haas birthday
- 9/23 Janira Melendez, 2 years of service
- 9/29 Sonia Wilson birthday
- 9/30 Denise Turner birthday
- 9/30 Michael Vojnich birthday
- 9/30 Shannon McKay, 22 years of service

## TEAM PRIDE

Associate of the Month

**Michael Vojnich**

Chef

- Honesty • Integrity • Work Ethic •
- Accountability • Respect • Trust •



### Google Review

Calling all families and friends! If you have yet to leave a Google review for our community please consider doing so. When families are making decisions for their loved ones hearing from all of you can help. Thank you!

Scan the  
QR code  
below

