



BUCKINGHAM BULLETIN



FROM JENNIFER'S DESK

Happy October!

As we welcome the beautiful colors of autumn, we are reminded that each season brings its own opportunities for growth, gratitude, and joy. October is a time of transition, when nature showcases its vibrant beauty and encourages us to pause and appreciate the moments that make our community so special.

With the year beginning its final chapter, there is much to look forward to. The change in seasons brings a renewed sense of optimism and excitement as we reflect on the wonderful memories we've created together and anticipate the celebrations, friendships, and meaningful experiences that still lie ahead. Autumn reminds us that change can be beautiful, and it inspires us to embrace each day with a positive outlook and grateful heart.

Our residents have been enjoying a variety of engaging activities, social gatherings, and outings throughout the community and beyond. From seasonal events and local adventures to creative programs and special celebrations, there is always something happening to bring smiles and create lasting memories.

We encourage families and friends to stay connected by following our Facebook page, where we regularly share photos, highlights, and updates showcasing the incredible experiences our residents enjoy every day. It's a wonderful way to see the laughter, friendships, and community spirit that make Buckingham such a vibrant place to call home.

As we enjoy the crisp autumn air and look ahead to the holiday season, I want to thank our residents, families, and team members for making this community so welcoming and special. Together, we continue to create a place filled with warmth, connection, and purpose.

Wishing you a wonderful October filled with happiness, good health, and all the beauty this season has to offer.

With gratitude,

JenniferDeLeon-Rivera

Executive Director



PROGRAM UPDATES



ZUMBA: Note that beginning in October we will be holding our biweekly ZUMBA classes at 1:30 in the afternoon for an afternoon pick up.

Tai Chi Movement has been received very well! We have made it a weekly addition to our calendar.

We are continuing to celebrate lesser known days of the year. Have you ever heard of Willy Wonka Day or Boston Creme Pie Day? We are finding little ways to make every day hold something to make our residents curious. We will be posting a little write up about days we are celebrating at the front desk for visitors to check when they enter. This will give you a topic you may not have heard of before to share with your loved one, or feel free to stay and enjoy the program!



HEALTH & WELLNESS

Tis the Season for Cold and Flu

A gentle reminder that as the colder weather starts coming and the children have all gone back to school, it is inevitable that you will find yourself in a position to catch a bug. Please refrain from visiting if you are feeling unwell, let our staff know if your loved one may have been exposed during a visit, and consider getting vaccinated yourself as we encourage all of our residents to do. Our goal is as always, to protect our residents as much as we can.

Closet Change

If you have not done so yet please check seasonal clothing for your loved one. In the ever changing nature of New England seasons you may need to leave some summer wear in the closet but ensure there are layering options for chilly days as well. We recommend checking with our CNAs to see if there are any items needed, how clothing is fitting, and on footwear. If you have any questions please do not hesitate to check with our team.

Your Best Is Enough: A Compassionate Reminder for Caregivers

Caregiving is one of the most loving things a person can do. It is also one of the hardest. Whether you are caring for a parent, spouse, family member, or friend, there are days when the responsibilities feel endless. Many caregivers quietly carry a heavy burden: guilt. They wonder if they are doing enough. They ask themselves if they should visit more often, stay longer, do more, give more. The truth is this: your best is enough.

One of the most common questions caregivers ask is: "How often should I visit?"

The answer is rarely simple. There is no magic number of visits that makes someone a good son, daughter, spouse, or caregiver. Every situation is different. Some people live nearby and can visit often. Others are balancing full-time jobs, raising children, managing their own health concerns, or living hours away. The quality of your presence matters far more than keeping score. A one-hour visit where you are engaged, present, and emotionally available can mean more than several visits made out of obligation, exhaustion, or guilt.

Many caregivers follow up with another statement: "But my mom said she wants me there every day." or, "My dad says he wants to go home." or, "My spouse says they never see me." Hearing these words can be painful. Naturally, we want our loved ones to feel supported and cared for. However, it is important to remember that a loved one's wishes do not erase your own needs. Someone receiving care may wish they could see you every day. They may feel lonely, afraid, frustrated, or miss the way life used to be. Those feelings are real and deserve compassion. But your needs are real too. You are still a person with responsibilities, relationships, goals, limits, and health concerns. You cannot pour endlessly into someone else's cup if your own is empty.

Remember, our loved ones relationship with time as well as ability has been altered, and they are not aware of that. Often we take our loved ones statements emotionally or as fact, when in truth they are responding to the moment. Often times after that moment has passed the sentiment will as well, however we, as caregivers carry the statement on long past. It is because we love them that we struggle to meet every need.

Many caregivers believe that if they feel guilty, they must not be doing enough. In reality, guilt often appears because you care deeply. You care so much that you wish you could solve every problem, ease every worry, and be available all the time. But no one can do that. Being a loving caregiver does not mean sacrificing your physical health, emotional well-being, financial stability, or personal relationships. Love is not measured by exhaustion. Love is not measured by how depleted you become. Love is measured by showing up as consistently and compassionately as you can.

Caregivers are often the last people on their own priority list. The very things that help sustain them are pushed aside; exercise, sleep, time with friends, hobbies, medical appointments, and time to recharge. Yet these are not luxuries. They are necessities. Taking time for yourself is not abandoning the person you care for. It is preserving the strength, patience, and resilience needed to continue caring. Imagine trying to drive a car on an empty tank of gas. No matter how determined you are, eventually the vehicle stops moving. People are no different. Rest is not weakness. Taking a break is not failure. Caring for yourself is part of caregiving.

Caregivers sometimes become so focused on another person's needs that they forget their own life still matters. Be kind to your loved one. But be kind to yourself as well. Your loved one deserves compassionate care. And so do you. Because at the end of the day, the healthiest caregiving happens when both people matter. And your best, truly, is enough.

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.

Caregiver Seminar: Toolbox

Thursday, October 8th

5:00 PM

Support Group

Thursday, October 15th

5:00 PM

Join us in the Conference Room or online!

OUT & ABOUT

Buckingham & The Larger Community

At Buckingham, we know that community extends far beyond our front doors. Some of the most meaningful moments happen when we reach out, lend a helping hand, and build relationships with the people and organizations around us.

This fall, our residents celebrated Good Neighbor Day in a special way. Jared baked his homemade pumpkin bread and our residents delivered it to local businesses throughout town. What began as a simple gesture became an opportunity to spread kindness, share a smile, and remind our neighbors that small acts of generosity can have a big impact.

Our team is also working to support older adults and caregivers throughout the community by offering our team to provide educational programs, resources, and guidance to local senior centers and groups. Whether through sponsorships, community events, or conversations with families looking for support, we are committed to being a resource for people in Glastonbury and beyond.

On October 31st, Buckingham staff will proudly represent our residents at the Alzheimer's Walk, standing in support of those living with memory loss and honoring the families whose lives have been touched by dementia. These connections enrich Buckingham in return. Through partnerships with local organizations, businesses, and community leaders, we strengthen the network of support available to our residents while creating new opportunities for engagement, learning, and friendship.

At its heart, Buckingham's community outreach is about people. It's about neighbors helping neighbors, sharing experiences, and building relationships that make our community stronger for everyone.

As a member of our family, please don't hesitate to let us know if you see a way that our team can support the greater community. Even better if our residents get to share their gifts and have a little fun along the way!

PEAK PERFORMER



Simone Dixon-Bissette
CNA

CELEBRATIONS

- 10/1 Roy Bech Birthday
- 10/3 Christopher Oquendo-Ortiz Birthday
- 10/5 Rita Schmidt, 25 years of service
- 10/7 Jonell Costa Birthday
- 10/11 Charles Turner Birthday
- 10/12 Kay Cardin Birthday
- 10/16 Loretta Citrano Birthday
- 10/18 Linda Stevenson Birthday
- 10/20 Sally Keeler Birthday
- 10/21 Judy Jette Birthday
- 10/25 Victoria Opoku-Abu Birthday
- 10/26 Shakeela Chaudhry Birthday
- 10/27 Regina Corsini Birthday
- 10/30 Jared Beaghen Birthday

In Loving Memory

Gail



8/22/38 - 9/16/26

June



6/19/41 - 9/14/26

Google Review
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a Google review , please scan
the QR code to the right.
Thank you!

