



*A Luxury Retirement Community - Assisted Living & Memory Enhancement*

2865 Westminster Plaza Drive • Houston, TX 77082 • (281) 556-6020

### Your Friendly Staff

Maria Alvarado ..... Executive Director  
 J.D. Fuller ..... Corporate Associate Director  
 Rukayat Ayodele ..... Assisted Living Director  
 Renee Wagner ..... Sales & Marketing Director  
 Tameka Wycoff ..... Wellness Director  
 Ashley Abdulla ..... Dietary Manager  
 Gerardo Parra ..... Maintenance Director  
 Jill Saxon ..... Activities Director  
 Norma Reyes ..... Activities Director  
 Roxanne Alinsug ..... Wellness Coordinator  
 Kathryn Mazone ..... Office Manager

### Important Numbers

Main Number ..... 281-556-6020  
 Fax ..... 281-556-0136  
 After-Hours Security ..... 713-876-5134  
 After-Hours Assisted Living ..... 346-480-5112  
 Isabel/Salon ..... 832-316-0172

### Medical Services

Dr. Aman Ali Jafar ..... By Appointment  
 Dr. N. Ahmed ..... By Appointment  
 Merci Gathogo, NP ..... By Appointment  
 Podiatrist ..... By Appointment  
 Mobile Dentist ..... By Appointment

### December Resident Birthdays

Terry W. ..... 12/03  
 Mary Ann S. ..... 12/13  
 Anthony S. ..... 12/17  
 Ruth C. ..... 12/20  
 Barbara M. ..... 12/20

### December Staff Birthdays

Sadia G. (CNA) ..... 12/01  
 Pauline B. (CNA) ..... 12/05  
 Kathryn M. (Director) ..... 12/10

### December 2025

#### Message From Our Director, Rukayat Ayodele



**Season's Greetings from All of Us!** As the year draws to a close and the festive lights begin to twinkle, we want to take a moment to wish every resident, family member and staff member a very Happy Holiday season. The true magic of this season lies in the warmth of connection and the shared moments that brighten our days. We are so grateful for the vibrant community we share here. May your heart be filled with joy and peace, and may you be surrounded by good company and cherished memories. Wishing you the best of health and happiness this holiday season and in the New Year.

With Warmest regards from The Abbey Assisted Living and Memory Care Team!





### **Welcome, Kathryn Mazone, Business Office Manager**

Kathryn will serve as the Business Office Manager for The Abbey Assisted Living and Memory Care communities, where she will bring compassion, professionalism and heartfelt commitment to residents and team members alike. After a fulfilling 40-year career in the oil, gas and chemical industries, Kathryn transitioned into senior living to continue making a meaningful difference in the lives of others.

She has raised five children and one grandchild and now celebrates being "Grandma" to six wonderful grandchildren. Family is her greatest joy. Kathryn is a devoted animal lover and proud "Mom" of three rescue pups who fill her home with love and laughter.

Kathryn's warmth, integrity and dedication make her an invaluable part of the Abbey family, where she is honored to serve residents with care and compassion every day.



### **It's That Time of Year! Yes, We Will Be Viewing Christmas Lights!**

Everyone enjoys boarding the community bus each December to drive around and look at the colorful Christmas lights. This year, we will be scheduling trips on the following evenings:

Tuesday, December 9th, Memory Care residents will begin onboarding at 5:45 p.m. to view Christmas lights in the area.

Wednesday, December 10th, the group that eats out together each month will board the bus at 4:30 p.m., then head out to a restaurant. Following their meal, the bus will take the group to view Christmas lights before returning to the community.

Then, on Thursday, December 11th, we will make our final driving trip to view Holiday lights in the Pecan Grove area, leaving the community at 5:45 p.m. Family members are welcome to sign up in advance and join their loved one(s) on the bus.

HO HO HO! Let's go see the lights!

### **SAVE THE DATE FOR THE ABBEY FAMILY HOLIDAY DINNER**

Make your reservation for Thursday, December 18th, 5:00 p.m., to assure your seat for the annual Resident and Family Christmas Dinner. Enjoy a special Holiday menu, and the whole team will be on hand to provide a Christmas vibe with all the joys of the holiday season.



### **Ugly Sweater December Birthday Bash**

In December, it might be sweater weather, and then again, maybe not. Grab your Ugliest Sweater and let's have a Birthday Bash to remember. There will be prizes for the Ugliest Sweaters, and entertainment by the fabulous David LaDuca. Tuesday, December 16th, 10:00 a.m.



## Highlights From November



## Houston Livestock & Rodeo Program



## Rummikub Start Up Group

## Wit & Wisdom

"The glow of one warm thought is to me worth more than money."

—Thomas Jefferson

"Yet, taught by time, my heart has learned to glow for other's good, and melt at other's woe."

—Homer

"From the glow of enthusiasm I let the melody escape."

—Ludwig van Beethoven

"Believing in your own worth radiates enough inner light to make you glow."

—Richelle E. Goodrich

"When we recall the past, we usually find that it is the simplest things—not the great occasions—that in retrospect give off the greatest glow of happiness."

—Bob Hope

"Together we glow brighter than the sun and moon. Combined, we are love."

—Sanjo Jendayi

"Music brings a warm glow to my vision, thawing mind and muscle from their endless wintering."

—Haruki Murakami

"We are all worms, but I do believe that I am a glow-worm."

—Winston Churchill



