



*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

### February Staff Birthdays

Clara O.	02/01 (CMA)
Victoria B.	02/06 (CMA)
Hannah O.	02/08 (CMA)
Coumba S.	02/14 (CMA)
Ola A.	02/18 (CMA)
Mary A.	02/18 (CMA)
Jorge' H.	02/21 (Mnt)
Dan L.	02/27 (Mnt)

**February 2026**



### A Message From Our Director, Rukayat Ayodele

Welcome to February, a month dedicated to matters of the heart - both literally and figuratively! The Abbey Assisted Living and Kensington communities are buzzing with energy as we embrace American Heart Month and other fun observances like Mardi Gras and Valentine's Day. Inside this newsletter, you will find details on our heart-healthy initiatives and exciting upcoming events. Continued . . .

## Message From Our Director, Continued From Page 1

Here are a few of the upcoming events to look forward to in the month of February:

- Piano Recital, Rada Bukhman Russian School, Feb. 1st
- Groundhog Day Feb. 2nd
- Winter Olympics Opening Ceremony Feb. 6th
- Super Bowl Sunday Feb. 8th
- Resident Valentine Photo Shoot Thurs. Feb. 12th
- Valentine's Day Sat. Feb. 14th
- Mardi Gras Resident Birthday Bash/Fat Tuesday Party on Tues. Feb. 17th
- Ramadan begins at sundown on Tues. Feb. 17th
- Ash Wednesday "Day of Ashes" Feb. 18th
- Lunar New Year "Year of the Horse" celebration here at The Abbey on Fri. Feb. 20th with the famous Lion Dance performance
- Black History Month - all month

## SAVE THESE DATES!

### Layered in Warmth

Older adults are more sensitive to cold weather yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors. Our wish for your well-being is to stay safe, warm and healthy.



### Winter Olympics Preview

The Milano Cortina 2026 Winter Olympics—the 25th Winter Olympics—are scheduled to be held from Feb. 6-22. Here are some sports and stars to watch:

*New kid on the ice block.* Ski mountaineering, a combination of alpine skiing and mountain climbing, is making its debut at this year's games.

*Comeback kids.* After a 12-year Olympics hiatus, National Hockey League players are back to play ice hockey for their home countries. In the 2022 Beijing Winter Olympics, both the U.S. and Canada were eliminated in the quarterfinals, not having the NHL stars on their rosters. This year, Team USA is heavily favored to take home the gold.

*Frozen fan favorites.* Along with ice hockey, figure skating and snowboarding are some of the top-watched events for American viewers. Young snowboard stars to watch include gold medalists Chloe Kim and Red Gerard. Male figure skating star Ilia Malinin is expected to shine at the 2026 games. The 21-year-old is the only athlete in history to have landed the quadruple axel—the hardest jump in figure skating—during a competition.



### Kensington Korner

#### NEW ACTIVITY IN KENSINGTON:

The Residents are now taking the bus on the 2nd Wednesday of each month for a Whataburger lunch outing. If you wish to join your loved one, please make a reservation in advance with Norma. The monthly Joy Ride will be the 4th Wednesday of each month.





## Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

*Eat healthy foods.* Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

## Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

*Wear red.* Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversations about heart health.

*Know your numbers.* Take advantage of blood pressure

*Stay hydrated.* Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

*Exercise.* Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

*Get plenty of sleep.* Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

checks and cholesterol screenings in the community. Record your numbers and work with your doctor to make any needed changes.

*Get fit with a friend.* Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

*Give back.* Participate in health fundraisers and events, such as a 5K or blood drive.



## JANUARY BIRTHDAY BASH



## Will He See His Shadow on Feb. 2nd?





Your community directors for Independent, Assisted Living and Memory Care at The Abbey at Westminster Plaza are ready to serve!

