



The Abbey®

AT WESTMINSTER PLAZA

A Luxury Retirement Community - Assisted Living & Memory Enhancement

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

Your Friendly Staff

Sahar Hussain	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



June 2026



Message From Our Director, Rukayat Ayodele

We are so happy to announce our new Executive Director, Sahar Hussain is hard at work. She is excited and grateful to be back here at The Abbey. Welcome, Sahar!

This year is going by fast. In the month of June we will be celebrating our DADS on Father's Day, Sunday, June 21st, which also falls on the single longest day of the Year, Summer Solstice, marking the start of Summer! I can say that our combined teams have some big summer fun planned for our Community. Other celebrations occurring this month are National CNA week, celebrated annually during the first week of June. Then there is Flag Day on Sunday, June 14th, and Juneteenth commemorates the formal announcement of the end of slavery in Texas, when General Granger sailed into Galveston, Texas on June 19th, 1865. Summer is upon us and we are ready for it. Please remember the importance of staying well hydrated as the temperatures rise. Stay safe, and have fun!



June Resident Birthdays

- Dorothy S. 06/03
- Shirley B. 06/18
- Anna Belle P. 06/25



June Staff Birthdays

- Margaret T. CNA 06/04
- Rafiat O. CMA 06/05
- Tammy R. CMA 06/15
- Ndayisenga A. CNA 06/21
- Shanice S. CNA 06/30

Staff Work Anniversaries

- Abinye R. Dietary 06/04
- Veronica O. CNA 06/04
- Norma R. Director 06/06
- Isela A. Dietary 06/10
- Olaide A. CNA 06/19
- Ajoke A. CNA 06/26



Celebrating Freedom

When President Abraham Lincoln’s Emancipation Proclamation went into effect on Jan. 1, 1863, it signaled the end of slavery in the United States. Then why is Freedom Day or Emancipation Day, commonly known as Juneteenth, celebrated as a federal holiday on June 19 instead?

After Confederate Gen. Robert E. Lee surrendered on April 9, 1865, news of the war’s end took time to reach every state. On June 19, 1865, Union soldiers, led by Gen. Gordon Granger, arrived in Galveston, Texas — the western-most state at the time — and announced that the war was over and slavery was abolished.

Combining June and 19, the day was named Juneteenth and sparked numerous celebrations among African American communities. Knowledge of the unofficial holiday faded as many former slaves moved north, but it regained popularity during the civil rights movement in the 1960s.

Juneteenth has been called the country’s “second Independence Day” and is marked by a variety of joyous and solemn celebrations.

SAVE THE DATE FOR JUNE BIRTHDAY BASH!

Every month provides us with another reason to celebrate our Residents and this month, for those who have June Birthdays, we are hosting a “Gilligan’s Island” themed birthday party. “Just sit right back and you’ll hear a tale, a tale of a fateful trip that started from this tropic port, aboard this tiny ship.” Break out your tropical shirts and muumuus, your captain’s hats and sunglasses, and be prepared for an Island Party you’ll not soon forget. Save the date for Thursday, June 11th, 2:30 p.m., in the AL Dining Room. Entertainment by Danette McMahon, who will entertain us as the character “Ginger” from the Gilligan’s Island show. You won’t want to miss this one.



We Salute You, Caregivers

Think of the word “caregiver” and you’re unlikely to question how the term got its name. To care is “to be concerned” and to give is to “offer to another.” Someone who offers their concerns for another is compassionate, kindhearted and undoubtedly needed. For all the things caregivers do, from assisting with everyday tasks to providing companionship and a listening ear, they deserve much praise. We offer a heartfelt thanks and a special salute to all the caregivers in our community!

National CNA Week begins June 11th and goes through June

17th. Let’s show our wonderful caregivers how much we care about them!



Norma and the Activities Team Did a Great Job of Decorating

2nd Annual Salsa Tasting Competition



Food Service Director, Ashley, and her combined team, represented by Housekeeping and Clinical staff, won 1st place for the 2nd consecutive year. Great job, Team!

Congratulations to all who participated in this year’s competition.

Judge Jennifer and Isabel Who Took 2nd Place



We are so grateful for Benchmark and their staff, who graciously support The Abbey Assisted Living and Memory Care in many ways. We appreciate our wonderful Salon Owner and stylist, Isabel, who does so much for our residents.



What a fun time our Kensington residents had competing in the Salsa competition.





Cinco de Mayo 2026 event brought all communities together for some lively music, great food, and colorful costumes. What a fun time we all had!

“This Month In History”

JUNE

1917: U.S. Army troops arrive in France to fight in World War I.

1937: Pennsylvania is the first state to celebrate Flag Day as a state holiday. Today, it is the only state to recognize June 14 as a legal holiday.

1949: Hank Williams Sr. makes his Grand Ole Opry debut, singing his first No. 1 hit, “Lovesick Blues.” Williams was called back to the stage for six encores.

1963: Soviet cosmonaut Valentina Tereshkova becomes the first woman to travel into space. Her solo mission lasted just under three days.

1973: A U.S. patent is granted for the automated teller machine, or ATM.

1990: Comedian and popular late-night talk show host Arsenio Hall is named “TV Person of the Year” by TV Guide magazine.

2002: Brazil sets a soccer record when it wins its fifth World Cup title. The team defeated Germany 2–0 at the tournament finals in Japan.

2019: Ali Stroker makes history as the first performer in a wheelchair to win a Tony Award. She earned the best featured actress prize for her role in the musical “Oklahoma!”