



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



July 2026



A Message From Our Director, Rukayat Ayodele

Welcome to July, friends! As the summer sun shines bright over The Abbey Assisted Living and Memory Care community, our campus is buzzing with vibrant energy. This month, we are focusing on connection and celebration — from our upcoming July Events to simply enjoying the beautiful weather in the outdoor common areas. So, grab a cold glass of lemonade, settle in and read on to see what makes our community so special this summer season. We recognize this great country's 250th Freedom Anniversary celebration with an early kickoff on Thursday, July 2nd, while enjoying a Hot Dog Cookout in the back patio area behind the Activity Craft Room. Our Monthly Resident Birthday BASH theme is RED, WHITE & BLUES featuring the Rhythm and Blues artist, Jimi Cochran, scheduled for Tuesday, July 14th. Remember the importance of hydration for wellness and well-being as the summer temperatures rise.

It's officially summer and we are ready to celebrate!

July Resident Birthdays

07/16	Nalda K.
07/28	Twila J.
07/29	Nadya V.
07/30	Clara W.



Ms. Clara will be celebrating a special centenarian birthday as she turns 102 this July! We are so amazed by you every day and wish you the very best on your upcoming birthday.

July Staff Birthdays

07/05	Atsufui N. (Dietary)
07/12	Ajoke A. (CNA)
07/22	Lola A. (CMA)
07/25	Sandra H. (CNA)
07/25	Celia R. (CNA)
07/28	Jill S. (Director)



Staff Work Anniversaries

07/11	Ruth A. (CMA)
07/23	Aniso A. (CNA)
07/23	Alice C-J (CMA)
07/24	Nkem U. (CNA)
07/27	Rafiat O. (CMA)



The Ground Zero Gunboat

In July 2010, construction workers building the new World Trade Center, where the Twin Towers stood before 9/11, found something unexpected: a shipwreck.

The vessel, nicknamed Ground Zero Gunboat, was quickly extracted, studied and preserved as best as possible. Experts determined that the ship was built during the American Revolution era in Philadelphia, maybe even from the same white oak trees used to build Independence Hall, where the Declaration of Independence and Constitution were signed.

Historians and scientists believe the boat was made to patrol shallow waters but may have traveled as far as the Caribbean. In spite of extensive study, it's still a mystery as to how the boat ended up in Lower Manhattan.

The Ground Zero Gunboat now permanently resides at the New York State Museum, where visitors were invited to watch the preservationists reconstruct the ship in 2025. The ship is a much-anticipated piece of the museum's celebration of America's 250th anniversary.



Independence Day by the Numbers

- 150 million. Hot dogs eaten on the Fourth of July.
- 56. Signers of the Declaration of Independence.
- 2.5 million. Approximate population of the U.S. in July 1776.
- 342 million. Approximate population of the U.S. today.



The Abbey Assisted Living & Memory Care Hot Dog Cookout Is Coming!

On Thursday, July 2nd, the Admin Team will be grilling hot dogs for our Assisted Living and Memory Care Residents. We will be serving hot dogs with chili and other trimmings for a traditional summer cookout. Enjoy great food, patriotic music and connecting with other residents during this old-fashioned American celebration. See you there!



June Ocean Month Activities & Celebrations

Celebrating Resident Birthdays & America's 250th Freedom Anniversary

What better way to celebrate in July than hosting a Red, White & Blues party? R&B Musical Artist, Jimi Cochran, will be entertaining our July Birthday crowd on Tuesday, July 14th, at 2:30 p.m., in the Assisted Living Dining Room. Residents and staff will proudly wear our Red, White and Blue for this rowdy celebration!

Be there for all the fun and dancing as we Yankee Doodle all throughout the dance floor.



Our Bodies' Water Ways

It's important to stay hydrated throughout the year, but it's especially important during warm weather. Water is essential for many of the body's organs and functions. Here's a rundown of all the ways water keeps your body working well:

Heart. Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water can also help with maintaining a healthy weight and regulating blood pressure, both of which reduce

stress on the heart.

Brain. Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, as well as help prevent fatigue and headaches.

Digestion. Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.





SUPER DUO! THANK YOU TO ALL OUR WONDERFUL CNAs AND CMAs!

"This Month In History"

JULY

1904: The ice cream cone debuts at the World's Fair in St. Louis.

1913: Alfred Carlton Gilbert is granted a patent for the Erector Set. His invention became one of the most popular toys of all time.

1922: A new sport is invented on a lake in Minnesota when 18-year-old Ralph Samuelson skis on water using two planks of wood.

1930: Congress creates the Veterans Administration.

1946: The new flag of the Philippines is raised over Manila after the U.S. grants the Asian nation full independence.

1957: John Glenn, then a major in the U.S. Marines, sets a new transcontinental speed record, flying a jet from California to New York in 3 hours, 23 minutes. The record was broken in March 1990 with a flight from Los Angeles to Washington, D.C., that took 1 hour and 4 minutes.

1963: To help speed up mail delivery, the Postal Service begins implementing the ZIP code system.

1976: Bicentennial celebrations are held all over the U.S. to celebrate the 200th anniversary

of the signing of the Declaration of Independence.

1981: President Ronald Reagan announces he will nominate Sandra Day O'Connor to be the new associate justice of the U.S. Supreme Court. She was the first woman to serve on the court.

1999: The U.S. women's soccer team wins the World Cup, defeating China in front of a record crowd at the Rose Bowl in California.

2005: NASA's space probe Deep Impact slams into a comet as part of a mission to learn more about the solar system.