



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
Rukayat Ayodele	Assisted Living Director
Renee Wagner	Sales & Marketing Director
Karleann Leite	Office Manager
Jill Saxon	Activities Director
Priscilla Gildon	Wellness Director
Roxanne Alinsug	Wellness Coordinator
Ashley Abdulla	Dietary Manager
Gerardo Parra	Maintenance Director
Norma Reyes	Activities Director

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 or Mobile Dentist	By Appointment

August is National
Wellness Month

Wellness is not the absence of disease,
illness or stress, but the presence of :

- **Purpose in Life**
- **Healthy Mind and**
- **Active Involvement**
- **Body**

August 2025



A Message From Our Director, Rukayat Ayodele

I can hardly believe August is here and we are heading toward the end of our Summer season. Although we have no major holidays in August, we do have many things to celebrate and learn from. Did you know August is National Wellness Month? August 14th is World Diabetes Prevention Day. Our Wellness team is hosting our August Family Night on the 14th, 4:00 pm, in the Wellness Bistro, and we would like to invite our family members to join us for informative Health & Wellness updates from a qualified guest speaker.

As seasons come and go, we would also note that August is National Sunflower Month. The durable sunflower is often considered resilient, possessing a combination of traits that enable it to thrive in challenging conditions. A few of these traits include adaptability and heat tolerance. Even though we may feel as though we are accustomed to the heat, seniors are more susceptible to dehydration than younger people because seniors don't sweat or recognize thirst as effectively as they used to. Continued on page 2.

A Message From Our Director, Continued . . .

Many seniors take diuretics, also called water pills, to treat high blood pressure, chronic kidney disease, congestive heart failure and other conditions, which cause the body to lose fluids.

To prevent dehydration, caregivers and other staff make sure seniors drink plenty of water. If your loved one is alert and eating normally, water is enough to keep them hydrated. But if they are going outdoors or have diarrhea, give them a sports drink containing electrolytes. The essential minerals that are needed from drinking Gatorade or Pedialyte help maintain bodily functions like muscle contraction and nervous system signaling. These beverages replenish the body's stores of sodium, potassium, and other electrolytes, in addition to providing hydration. Let's use these last days of summer to learn, and use these important measures to be resilient and durable like the showy colorful Sunflower.

Our Lifestyles Directors have fun plans for August all month long. We will be painting a beautiful Sunflower on canvas, learning about nutritional benefits of sunflower seeds, setting up a fun Farmers' Market right here at The Abbey, plus a lot of other activities to keep everyone enjoying these last hot days of summer.

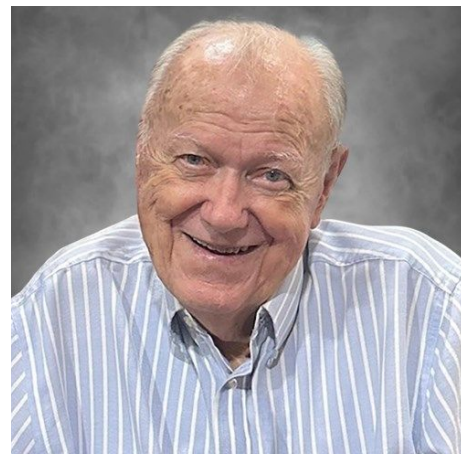
AUGUST BIRTHDAYS TO CELEBRATE:

Mary C.	08/02 (Staff)
Adelaide S.	08/03
Annette R.	08/04 (Staff)
Dorothy R.	08/05
Gerald M.	08/10
Lee S.	08/14
Hannah A.	08/15 (Staff)
Margaret P.	08/16
Alice C-J	08/17 (Staff)
Janet C.	08/17
Norma S.	08/17
Adriana G.	08/19 (Staff)
Happiness I.	08/20 (Staff)
Janie N.	08/22
Ed C.	08/28
Barbara M.	08/31



AUGUST RESIDENT BIRTHDAY BASH IS ON THURSDAY, AUGUST 21ST AT 10:00 AM IN THE MAIN DINING ROOM

LIVE ENTERTAINMENT WITH JESUS ALVARADO!



Remembering Our Friend, Mr. Ray Scott, March 24, 1929 - May 28, 2025



On Sunday, June 29th, family and friends gathered in The Abbey Assisted Living Media Room to remember Ray Scott and share heartfelt memories with his son, daughter-in-law, and daughter.

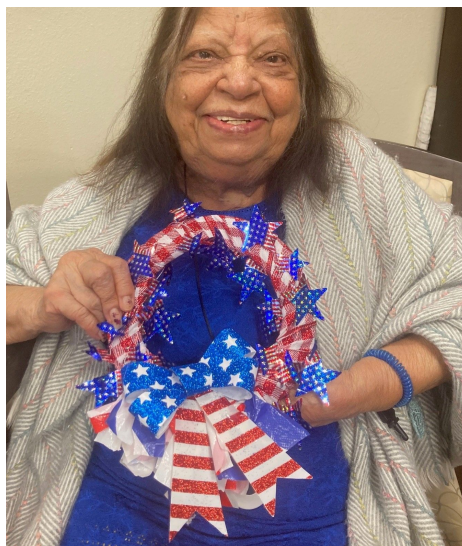
The family presented a video of photos from his early life until recent days providing an endearing celebration of his life.

We are so grateful for the opportunity to share special memories, laughter and tears together with the family.

July Luau Was a Fun Party!



July 4th Celebrations Included Good Food, Crafts and Fun Senior Games!



A Poem by Merryl: "Messed Up Telephone Call on Party Line"



Party 1: "Hey Mary, would you please tell our group that I have some good news."

Party 2: "Who did you say spilled soup on Mary's new shoes?"

Party 1: "I didn't say soup on Mary's shoes. I said 'good news.'"

Party 2: "What's so good about that, honey-there's no excuse for spreading news like that. Mary's going to have to buy new shoes, and that means money. That's not good news!"

Party 1: "That's not funny, calling me Honey and that's not good!"

Party 2: "Who's choosing her shoes, anyway? I saw her yesterday and thought perhaps she wanted shoes for biking."

Party 1: "I haven't heard her talk about biking or a new pair of shoes. But, let's get back to my original request. Oh dear, I can't even remember what it was. I'll call you again tomorrow."

Creative Writing class meets every Monday, 11:00 a.m.



Winner of the July 4th Corn Shucking Contest