



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 Associate Exec. 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
Karleann Leite 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



Annual Thanksgiving Dinner With Family And Friends

Our annual Thanksgiving Dinner is set for Thursday, November 20th, in the main dining room from 5:00 p.m. to 7:00 p.m.

Please contact the concierge for your reservation and save your seat at the Thanksgiving table. See you there!

November 2025



Message From Our Director, Rukayat Ayodele

Happy Thanksgiving!

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

We are so pleased to introduce our newest members of the Abbey Management Team. Many of you have met Tameka Wycoff, LVN, who is already making valuable contributions as the Director of the Wellness Team. Tameka brings over 20 years of nursing experience, with 13 of those years devoted specifically to assisted living and memory care.

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With a unique blend of clinical and heartfelt compassion, Tameka is committed to making a meaningful difference in the lives of those she serves every day.

Known for her warm, outgoing personality and genuine love for people, Tameka is a true source of comfort and encouragement to both residents and staff alike.

Outside of work, Tameka cherishes time with her family and enjoys shopping, reading, and exploring new destinations through travel.



Welcome to the Abbey Team, Tameka!

“What if today, we were just grateful for everything?” — Charlie Brown



Welcome J.D. Fuller, Associate Executive Director

We are excited to welcome J.D. Fuller as the newest member of the Abbey Management Team.

J.D. brings a wealth of experience in strategic consulting, project management, and business operations. He excels in driving growth, improving operational efficiency, and leading teams.

With a double major in Business Management and Corporate Innovation from Baylor University (Sic 'em Bears), J.D. is passionate about delivering excellence in both strategy and execution. His leadership experience in both volunteer and professional settings, including staff development and client engagement, aligns perfectly with our company's values and mission.

We are so happy that you are here, J.D.

Engaging Conversation With Your Dining Partners

With the holiday season fast approaching, memories of family traditions make for friendly conversation with your tablemates.

Here are a few conversation starters that you can use to initiate meaningful memories.

1. Did your family have any mealtime traditions when you were a child, such as Sunday dinners or special foods served on holidays or birthdays? What was your favorite meal or food?

2. Who prepared the meals? Did you help?

3. How many people were at your table during a meal? Did everyone have their own place at the table, or did you switch seats?

4. Did you have an adult table and a kids table when other family members visited during the holidays?

5. Did you have a special recipe that everyone expected you to make or bring to the dinner?

6. As an adult, did you continue your family's mealtime traditions with your own children? Tell us about it. We'd love to know!

Bring a copy of your best family recipes to Jill and Norma, our Activity Directors, and we will select some to make and share with the community. Bon Appetit, Friends.

Hey Good Lookin', What You Got Cookin'?



Upper left: Homemade Plum Jam demo

Left: Breakfast at Tiffany's
Above: Mamie's Mexican Cocina-Enchilada demo
Below: Cooking Club



November Staff Birthdays

Roxanne A. (Dir)	11/06
Hazel S. (CMA)	11/07
Hannah W. (CMA)	11/07
Blessing O. (CNA)	11/15
Karleann L. (Dir)	11/18
Nimota A. (CMA)	11/25



November Resident Birthdays

Patricia I.	11/02
Elsa K.	11/09
Deborah W.	11/16
Donna H.	11/21
Charles F.	11/26

Wit & Wisdom

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."

—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

"The essence of all beautiful art, all great art, is gratitude."

—Friedrich Nietzsche

"A man's indebtedness is not virtue; his repayment is. Virtue begins when he dedicates himself actively to the job of gratitude."

—Ruth Benedict

"Silent gratitude isn't much use to anyone."

—Gertrude Stein



The Abbey Assisted Living and Kensington Team
Left to right: Roxanne A., Rukayat A., Ashley A., Tameka W., Norma R., Jill S., Ashley A., Karleann L.



The Witch Wives of Houston performed for our Residents and it was FUN!