



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



The Abbey Assisted Living Community would like to express its deepest condolences to the Seth Family. Your Mother was a wonderful person. She will be missed.

September 2025



A Message From Our Director, Rukayat Ayodele

I enjoy thinking about Fall and all the changes that are to come with cooler temperatures and colorful displays of trees turning into shades of gold and orange, like art unfolding before our eyes. I also reflect on Fall being a season of transition and opportunity for becoming the best version of ourselves. August gave us some obstacles and the reality is, there will always be obstacles. It is not whether or not we will have challenges in life, but how we face our challenges makes all the difference. We are a family of Residents, guardians, sons and daughters, caregivers, and providers of a quality lifestyle that takes each and every one of us working together to make a difference. (Message continued next page)

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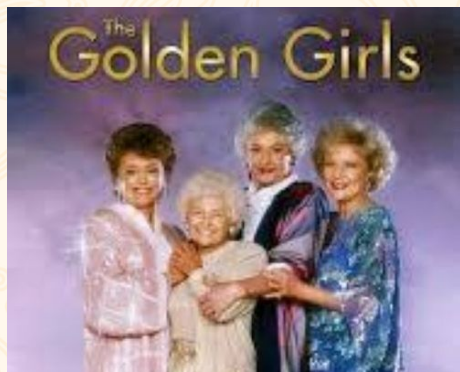
I would like to personally thank everyone who contributes to making our Assisted Living and Memory Care communities a loving and nurturing place to live and grow into the best version of what it is meant to be. Have a joyful and healthy September and Fall season as we cozy up to simple comforts like Hot Cocoa and our favorite sweaters. Cheers!

THE ONLY PERSON
YOU ARE DESTINED
TO BECOME IS THE
PERSON YOU
DECIDE TO BE.

-Ralph Waldo Emerson

TV's Golden Girls

Television viewers first met Blanche, Rose, Dorothy and Sophia, collectively known as "The Golden Girls," on Sept. 14, 1985.



The Facts Behind Autumn's Falling Leaves

The color of autumn's glorious palette comes from pigments in leaves. Pigments are natural substances produced by leaf cells. The three pigments that color leaves are: chlorophyll (green), carotenoid (yellow, orange and brown) and anthocyanins (red).

Most of the year, the chlorophyll masks the other colors. But in autumn, changes in the length of daylight and temperature cause chlorophyll to break down. The green color disappears, and the yellows to oranges and reds become visible.

Autumn color is helpful in a way you might not have imagined: it can help you identify different tree species.

- *Oaks*: Red, brown or russet
- *Hickories*: Golden bronze
- *Dogwood*: Purple-red
- *Birch*: Bright yellow
- *Poplar*: Golden yellow
- *Sugar maple*: Orange-red
- *Black maple*: Glowing yellow
- *Red maple*: Bright scarlet



LET'S MAKE SEPTEMBER A TIME TO REMEMBER!

What are some of your favorite Fall memories? Many folks think of Harvest Festivals, County Fairs, crafting & sewing, canning, the aroma of Apple and Pumpkin Pies, Country Music Hoedowns, & BBQs, just to name a few. Many of you are Football fans, Fall gardeners, or Masters of a great pot of Texas Chili. Whatever your favorite Fall memories are, we are ready to make some old memories come true and some new ones, too!

Make sure to review the September Activity Calendar for Assisted Living and Kensington communities for some "jam-packed" fun!

Activity Highlights for September

September 22nd is Centenarians Day, and we have 4 lovely Ladies who are 100+ in years. We want to celebrate them with a Tea Social on Monday, September 22nd, 4:00 pm. Please join us! You may sign up at the Front Desk.



Bees & Butterflies Activity

Many of you know that Jill was a Beekeeper before moving to Houston. September 11th is Bees & Butterflies Day and she would like to share her love of Bees with you. Watch for details of her Bees & Butterflies Program as part of "Ageless Adventure" Assisted Living Week celebration, September 7th through September 13th. Enjoy a sampling of several varieties of Honey.

Commemorating 9/11

Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance. As patriots, the residents and staff of The Abbey Assisted Living and Memory Care will set a table for the Fallen Heroes who sacrificed their lives in the effort to save the lives of others.



Save the Date for Mamie's Enchiladas when Mamie & Jill cook again on September 16th, 10:30 am, 2nd Floor AL Kitchen.



GRANDPARENTS DAY 9-7-25

We will be celebrating Assisted Living Week beginning with a Grandparents Social on Sunday, September 7th, at 4:00 pm, and daily activities through September 13th. More details to come.



September Birthdays: Staff

Abinye R. 9/4 (Dietary)

Residents

Marilyn F. 9/07

Dolores B. 9/10

Shirley A. 9/10

Michael R. 9/20

Sarah B. 9/24

Angie E. 9/25



Happy 101st Birthday Ms. Clara



