



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

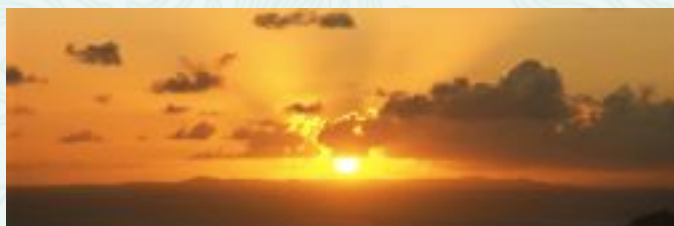
Medical Services

Dr. Aman Ali Jafar	By Appointment
Dr. N. Ahmed	By Appointment
Merci Gathogo, NP	By Appointment
Podiatrist	By Appointment
Mobile Dentist	By Appointment

Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie



August 2026



A Message From Our Director, Rukayat Ayodele

Hello friends! We are happy to extend a very warm welcome to a number of new residents who recently moved into The Abbey Assisted Living and Memory Care community. With strong leadership and our exceptional Sales and Marketing team working hard to bring new energy into our senior residential living community, we are seeing a lot of new faces. Per Renee, our Sales Director, "They bring a love for gardening, reading, and dancing." We also have a large number of retired educators in our family now and are excited to announce a new August social just for our former educators to visit and reminisce about "school days." A healthy and thriving community is built on great people, and we are so excited to see the positive energy and talents they will bring to our family. Please be sure to give them a friendly wave, stop by to introduce yourselves, and make them feel right at home!



Resident August Birthdays

Adelaide S.	08/03
Vicki M.	08/05
Dorothy R.	08/05
Margaret P.	08/16
Janet C.	08/17
Janie N.	08/22

Staff August Birthdays

Annette R. (CNA)	08/04
Hannah A. (Receptionist) ...	8/15
Omobolanie S. (CNA)	08/16
Alice C.J. (CMA)	08/17
Adriana G. (HSK)	08/19
Lilian A. (CMA)	08/21



Happy Anniversary

Work Anniversaries

Dan L. (Maintenance)	08/02
Gerardo P.S. (Director)	08/07
Adriana G. (HSK)	08/17
Vladimir G.J.	08/25



3 Ways to Celebrate Senior Citizens Day

Behind every community is a generation of trailblazers. This National Senior Citizens Day on Aug. 21, we honor the roughly 60 million older adults whose hard work and wisdom paved the way for us all. Here are some ideas to celebrate the day with people of all ages, both in person and virtually.

Make a masterpiece. Visit a local art studio to take a painting class together. If in-person art isn't an option, set a time to watch a painting tutorial online together and make your masterpieces miles apart but close at heart.

Learn something new. Long-distance learners can attend a virtual webinar together and share ideas afterwards. For in-person bonding, find a public lecture to attend at a local library, university or museum.

Bring on the harmony. If you're celebrating in person, attend a concert. Long-distance loved ones can make their own concert by creating a collaborative playlist online and taking turns adding songs. Send messages with favorite lyrics or stories about each other's favorite tracks.

Save the Date for August Events



August Birthday Bash "Happy Days" at The Abbey Soda Shoppe

Residents are invited to join in the '50s Fun on Tuesday, August 18th, 2:30 p.m., in the Assisted Living Dining Room
'50s Entertainment by Jack T. Carr, Saxophonist

Keeping It Cool in August

August is going to be "HOT" but we're not letting the heat keep us from having fun. Assisted Living Residents can enjoy a virtual road trip during the month of August along the infamous Route 66 that crosses the United States with landmarks such as Cadillac Ranch in Texas, the Burros of Oatman, AZ, Painted Desert & Petrified Forest, and many attractions to explore, all the way to the Pacific Ocean. This is a month-long travel expedition, so buckle up and watch for more details about the travel itinerary.



Highlights from our Father's Day Celebration



Happy 250th Birthday USA



Photo Highlights From July





HAPPY 250th BIRTHDAY, AMERICA!

“This Month In History” AUGUST

1926: 19-year-old Gertrude Ederle becomes the first woman to successfully swim the English Channel. Her time of 14 hours and 31 minutes beat the existing men’s world record by nearly two hours.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1964: “A Hard Day’s Night,” the Beatles first feature movie, debuts in the U.S.

1962: Little Eva travels to the top of the pop music chart with the hit song “Loco-Motion” and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago’s Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day. As of August 2025, more than 2 billion people use Facebook daily.