



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
Rashetta Jackson	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



September 2026



A Message From Our Director, Rukayat Ayodele

September is going to be an exciting month for all at The Abbey Assisted Living and Memory Care. We have a new Wellness Director, Rashetta "Ro" Jackson, to welcome into our wonderful community. We also have our annual Alzheimer's Fundraiser event coming up on September 26th to raise money for Alzheimer's research in hope for a cure. The concept of a vintage car show was presented by Norma Reyes, Activity Director for our Kensington community, along with Kathi Hill and Jill Saxon, who recruited the entire Management Team to build this into a major fundraising event. We have amazing sponsors such as Don McGill Toyota and Benchmark, as well as many others, ready to offer fun activities, raffle prizes, a live auction, games, music, plus trophies for the winners of the auto show. Roger and Ashley will be providing a hamburger lunch with all the trimmings. This is going to be a very special day that all should attend as there will be something for everyone! Let's do good things for Alzheimer's research, as we "Cruise for a Cure" while our community grows stronger and more united for a better future.



Meet Rashetta "Ro" Jackson, Wellness Director

Our new Wellness Director comes to us as a dedicated nurse with nearly 15 years of experience in home health, assisted living, and memory care, with a passion for serving others through compassionate leadership and quality resident care. As a proud mother of three beautiful daughters, family is held dear to her heart, and is the foundation of everything she does. Throughout her career, Rashetta, or "Ro" as she prefers, has been committed to building strong teams, fostering meaningful relationships, and creating environments where both residents and staff can thrive.

Outside of work, Ro enjoys traveling and experiencing new places and cultures. Taking walks in nature, visiting parks, or simply appreciating the beauty of nature helps her recharge and find balance and gratitude.

Please stop by and say hello and introduce yourself.



Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are many ways to connect and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits, sending "just because" cards by mail or making phone or video calls. For short but meaningful connections, try texts or connecting on social media.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most is love and support. Showing interest in their lives, offering a listening ear and saying "I love you" are all simple yet shining ways of being a wonderful grandparent.

Grounded Gratitude

"Gratitude can transform our life sooner than anything else," urged spiritual leader Sri Chinmoy, who helped establish World Gratitude Day on Sept. 21. Keep your gratitude grounded with these practical paths to transformation.

One-minute messages. Each day, send a brief message to a loved one, making sure to include one or two of their specific qualities that you notice and appreciate. When you sign a receipt, include a brief thank-you note.

Bring it home. Incorporate gratitude into your environment with a gratitude jar and dedicated space for thankfulness. Consider using pages from an old gratitude journal to fill your jar and read the slips when you need a boost of peace.

Avoid thankfulness thieves. Persistent comparison, complaining or gossip can create a loop of negative thinking that impedes gratitude. If you find yourself slipping into one of these habits, consider trying a weeklong challenge with no complaints allowed or substitute gossip for bragging rights.



SEPTEMBER RESIDENT BIRTHDAY LIST

09/03	Peggy G.
09/04	Susan S.
09/06	Bonnie M.
09/06	Celeste S.
09/08	Henry L.
09/08	Francis T.
09/10	Shirley A.
09/10	Delores B.
09/13	Margaret N.
09/21	"Dee" G.
09/24	Sarah B.
09/25	Angie E.



Don McGill Toyota delivers a major donation to Alzheimer's and The Abbey's Cruisin' for a Cure Fundraiser.



Cruisin' For a Cure at the Abbey

The Abbey community is passionate about supporting Alzheimer's Research and striving for a cure for Alzheimer's and dementia.

We are partnering with many supporters, such as major sponsor Don McGill Toyota and Benchmark as well as others to be announced, for a spectacular Fundraising event at The Abbey Independent, Assisted Living, and Memory Care communities.

The event on Saturday, September 26th, from 9:30 a.m. to 2:00 p.m., is centered in front of the Wellness Center with live entertainment by Kameron, 60 beautifully restored vintage cars which will be voted on and trophies awarded to the winners. Abbey Residents enjoying the event will be served a Hamburger grilled lunch in the Bistro as their noon meal with pre-registered family members meal available for just \$15.

All attendees may purchase food from the available Food Trucks set up outdoors, with Vendors and Volunteers receiving lunch upstairs in the Ballroom, for as long as supplies last.

SEPTEMBER STAFF BIRTHDAY LIST

09/04	Abinye R.C. (Dietary)
09/08	Miya L. (CNA)



Staff Work Anniversaries

09/17	Ione S. (Dietary)
09/22	Amina T. (CNA)
09/23	"Jummy" K. (CMA)

SEPTEMBER BIRTHDAY BASH RENAISSANCE FAIR

Seasonal changes bring big opportunities. The September Birthday Bash celebration will be a Renaissance Fair Activity with fun games, food, and music fit for a Fall Fair. Activities craft class will prepare the Royal Ladies for the event by making Hennins (pointy cone hats worn by royalty in Medieval times). The Men will have Robbin Hood hats to wear.

Please save the date of Thursday, September 10th, at 2:30 p.m. for the event.



✦ ✦ ✦ Happy ✦ ✦ ✦
✦ ✦ ✦ Anniversary ✦ ✦ ✦



SAVE THE DATE FOR "CRUISIN' FOR A CURE" ALZHEIMER'S FUNDRAISER ~ SATURDAY, SEPTEMBER 26TH, 9:30 AM TO 2:00 PM
WE HAVE MANY BEAUTIFUL CARS TO SEE PLUS 50/50 RAFFLE, SILENT AUCTION, DUNKING BOOTH, AND LIVE ENTERTAINMENT
BY KAMERON!

"This Month In History" SEPTEMBER

1868: The first volume of "Little Women" by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.