



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



OKTOBERFEST COMING 10-15-2026

October 2026



**Message From Our Director,
Rukayat Ayodele**

Welcome to October! As the summer heat begins to fade and the leaves begin to turn, our community is ready for a wonderful month filled with crisp air, cozy gatherings, and seasonal celebrations. October brings so much to look forward to such as pumpkin decorating contests, dancing witches, virtual scenic fall foliage drives, autumn Oktoberfest featuring live entertainment by Jim Connors and a Magic show by Paul Driscoll. It is also a wonderful time to slow down, share stories with friends, and enjoy warm apple cider. Special thanks to Norma Reyes, Kensington Activity Director, who proposed the idea of a Fall Car show that evolved into an all-community Alzheimer's fundraiser. With generous donations from residents, family, vendors, and staff, we were able to present a significant contribution to Alzheimer's Research. We are so proud of our community and the good works that make us who we are. Thank you to all who made our annual Fundraiser a huge success. We look forward to seeing you at this month's activities!

Wit & Wisdom

"The horizon leans forward,
offering you space to place new
steps of change."

—Maya Angelou

"Never look down to test the
ground before taking your next
step; only he who keeps his eye
fixed on the far horizon will find
the right road."

—Dag Hammarskjöld

"The horizon of many people is
a circle with a radius of zero.
They call this their point
of view."

—Albert Einstein

"Exploration is wired into our
brains. If we can see the horizon,
we want to know what's
beyond."

—Buzz Aldrin

"I trudge on, I gain a little, I feel
encouraged, I get more eager
and climb higher and begin to
see the widening horizon. Every
struggle is a victory."

—Helen Keller

"We have always held to the
hope, the belief, the conviction
that there is a better life, a better
world, beyond the horizon."

—Franklin D. Roosevelt

"For no matter how far a person
can go the horizon is still way
beyond you."

—Zora Neale Hurston



How 'Bout Them Apples?

Fresh apples covered in
caramel and candied "glass"
served on a stick are one of the
signs that fall has arrived. Thank
Dan Walker for the confection.
In the 1950s, the Kraft Foods
salesman came up with a way to
use the company's excess supply
of caramel candies. Today, the
sticky treats are often made with
additional toppings, such as
nuts, chocolate, sprinkles and
candy bits.

Our own wellness director,
Rashetta Jackson, is a master at
making "Candied Glass Apples"
and will be treating us to a
demonstration this month.
Details in the monthly calendar.

Active Aging

During Active Aging Week
(Oct. 5-11), seniors are focusing
on the health, dignity and joy of
aging. These simple balance
exercises can help older adults
stay strong and steady, as long as
the moves are performed safely
and with the approval of
individual health care providers:

- Heel raises
- Forward and backward
stepping
- Standing on one leg
- Standing with feet together



SAVE THE DATE FOR OKTOBERFEST

The Abbey Assisted Living
and Memory Care welcomes
back one of our favorites to
entertain us for Oktoberfest.
Jim Connors returns in his
Lederhosen, scheduled for
Thursday, October 15th, 10:30
a.m., in the AL Dining Room.

Enjoy oompah music,
singing lively tunes such as "99
Bottles of Beer on the Wall,"
polka dancing, and delicious
snacks and Cider. Be ready for
a good time at
Oktoberfest. Prost!



**THURSDAY, OCTOBER
15th, 10:30 A.M.**



Buon appetito! October 17th is National Pasta Day, and in my Kitchen, that's a celebration worth savoring. There's something about a warm bowl of

pasta that just feels like comfort, whether it's a rich, slow simmered marinara, a creamy Alfredo, or a simple toss of butter and parmesan.

Pasta has always been one of my favorite dishes to cook because of how versatile it is. It brings people together, it's the kind of meal that pairs perfectly with good company and good conversation, which is exactly

what we love here at the Abbey. To celebrate, I'll be featuring a special pasta dish in the dining room this month, so be sure to stop by and enjoy a taste of Italy with your neighbors. I hope it brings a little extra joy to your table.

Buon appetito



Wash Hands the Right Way

Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. These songs can help folks reach the 20-second mark: "Happy Birthday" (at least twice), Dolly Parton's "Jolene" or Prince's "Raspberry Beret."

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.



Fall Into Fitness

As the leaves change and the air turns crisp, it's the perfect time to fall into a healthy fitness routine! Staying active supports strong muscles, better balance, and a brighter mood, especially as the days get shorter.

Join Kathi for a lineup of fall fitness classes designed just for you:

***Noodle Workout**-a fun, impact pool session using foam

noodles for strength and flexibility.

***Walking Club**- lace up and join your neighbors for a friendly group walk.

***Pedal the World**- hop on the stationary bike and take a virtual ride through scenic destinations.

No experience needed, just come ready to move and have fun!

A little movement each day goes a long way. See you in class!





"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1950: American novelist William Faulkner wins the 1949 Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery.

2006: The U.S. population reaches 300 million.

2021: "No Time to Die," the 25th film in the "official" James Bond series, premieres in the U.S.