



The Abbey[®]
AT WESTMINSTER PLAZA
A Luxury Retirement Community

2855 Westminster Plaza Drive • Houston, TX 77082 • (281) 556-6020

Staff Directory

Independent Living Managers at Your Service:

- Kaitlan Faubion Executive Director
- Robin Tucker Business Development Director
- Sahar Hussain Sales & Marketing Director
- Gerardo Parra Maintenance Director
- Roger Elkhouri Executive Chef
- Kathi Hill Fitness Director
- Irina Wardrip Social Director

Happy Birthday



July 2023

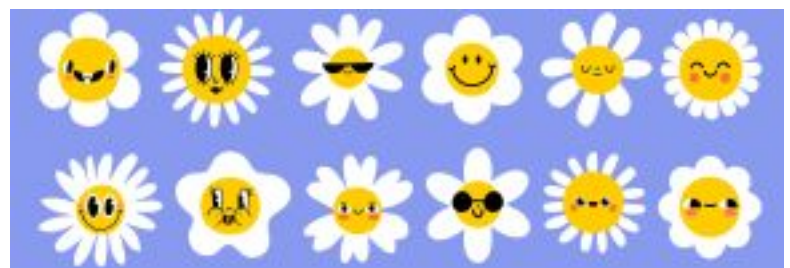
SHARE THE BUZZ...



**REFER SOMEONE FOR A TOUR &
YOUR NAME WILL BE ENTERED
IN A JULY PRIZE DRAWING!**

PLUS RECEIVE A
**\$2000 RESIDENT REFERRAL FEE
PER MOVE IN**

"BEE Happy at The Abbey"



KINDNESS ROCKS

Drop a Rock Day is July 3rd and it is dedicated to painting, hiding and finding rocks with an uplifting message or symbol. The purpose is to bring hope, show kindness and have fun.

Painting. To begin, choose a small, smooth stone. Wash away any dirt and let it dry; then, it's time to paint. Some people draw designs, including flowers or suns, and others write words, like "be kind" or "you rock." Acrylic paint is ideal for this project because it dries quickly. Once dry, seal the rock with a nontoxic spray sealant. This is your kindness rock!

Hiding. The key is to place your rock in a public area so someone can find it, but not in a spot that will cause harm to people, animals or the environment. Go to a park or near a bench or fountain.

Finding. You can actively search for kindness rocks or simply let yourself stumble upon one-not literally, of course! Once you see one, let its positivity inspire you before re-hiding it. Or you can bring the rock home if the message really touches you.

If you like to express your creativity or paint just for fun, please join our Art & Craft Workshop for some Rock Painting on
Monday, July 3rd, at 2:00pm
2nd floor, Activity Room.



Out & About



HEMI HIDEOUT tour in Pattison, TX.



"FISHERMAN'S WHARF" restaurant



HISTORIC HARBOR TOUR & DOLPHIN WATCH



NATIONAL SENIOR HEALTH & FITNESS DAY



SQUIGGLE BALL DEMO

TOP WINNER



Ms. Ethel won 1st place in women's category by attending the most fitness classes during National Senior Health & Fitness Contest Week. Bravo and well done, Ms. Ethel!

TOP WINNER



Mr. Wendell, a relatively new resident at The Abbey, already impressed many people by his passion for sports. Mr. Wendell won 1st place in men's category by attending the most fitness classes during National Senior Health & Fitness Contest Week. Our applauses goes to you, Mr. Wendell!



Please check your monthly calendar and join us for fitness classes in the Wellness Center, Monday through Friday!

Resources at a Glance



One of the workshops offered at The Abbey is the Tech Workshop. Our aim is to teach basic usage skills to residents who are unfamiliar with iOS and Android phones or tablets. Please check your calendar for the dates. We'd love to see you there!

National Wine Day



Employee Spotlight

Let's Welcome Our New Culinary Employees:

- Aisha Sheikh
- Yaritza Rodriguez
- Sarah Nguyen
- Connie Garcia



Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.



Hurricane Season

DISASTER SUPPLY KIT CHECKLIST

Water- At least seven day supply (one gallon per person per day)

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Food- At least seven day supply of nonperishable/ canned food (Change out stored water and food supplies every six months)

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First aid Kit

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Flashlight with extra batteries

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Battery powered radio

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Medications & special items (pain relievers, diapers, etc.)

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Tools & supplies

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Sanitation (toilet paper, personal hygiene items, etc.)

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Change of clothes & bedding

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Cash

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Important family documents (Birth certificates, insurance/ bank account info, etc.)

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Food, water & medicine for your pets

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Kennels or crates for pets

Hurricane season of 2023 (June 1st -November 30th)

THE ABBEY MONTHLY CELEBRATION!



~ JULY BIRTHDAYS ~

RESIDENTS:

07/03 - Betty S.

07/13 - Beth L.

07/30 - Janet P.

07/31- Ruth L.

07/31 - Ethel W.

STAFF:

07/11- Daniel M. (DR Supervisor)

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WEDDING ANNIVERSARIES:

07/04 - Dale & Sarah W.

07/20 - Grace & TC H.

JOIN US AND HELP US CELEBRATE OUR JULY BIRTHDAYS & WEDDING ANNIVERSARIES ON THURSDAY, JULY 13th, at 3PM IN THE ACTIVITY ROOM. WE WILL HAVE LIVE MUSIC WITH AWESOME ENTERTAINER RODNEY RASBERRY!



American
Anthem
Apple pie
Fireworks
Flag
Fourth
Freedom

Independence
Parades
Parks
Party
Patriot
Picnic
Stars
Stripes
Summer

E	Q	C	A	B	A	P	S	E	F	E	I	Y	C	F
E	L	J	M	N	X	U	X	I	P	N	N	P	O	N
T	P	E	O	S	M	H	R	P	D	A	Y	U	C	J
E	A	T	D	M	T	E	W	E	A	S	R	B	Q	L
B	R	M	E	W	W	R	P	L	U	T	V	K	F	U
E	A	R	E	O	N	E	I	P	H	A	R	P	S	S
R	D	I	R	H	N	E	P	P	S	R	L	I	P	V
D	E	K	F	D	T	M	P	A	E	S	F	C	O	T
Y	S	V	E	Z	G	N	G	M	R	S	O	N	R	T
K	R	N	L	B	C	B	A	E	R	T	V	I	A	N
Y	C	S	Y	V	S	L	L	R	L	H	Y	C	W	E
E	Y	B	T	K	Y	X	F	I	Q	E	J	J	V	V
A	J	E	I	G	Z	A	A	C	M	K	A	B	A	E
N	R	V	B	O	U	K	L	A	R	T	M	A	M	M
C	T	G	C	E	Z	M	M	N	V	B	S	Y	M	L