



DISASTER PREPAREDNESS WHAT SHOULD YOU DO?

HURRICANE



- **BE PREPARED.** In your home, keep a disaster kit that includes food, water, a first-aid kit, prescription medications, a radio, a flashlight, batteries, and a phone charger.
- **STAY INFORMED.** Watch the news and listen to the radio during severe weather.
- **PLAN AHEAD.** Create a plan in case of evacuation.

Visit www.RedCross.org for more tips.

"This Month In History" JULY

1929: The first hotel built at a U.S. airport opens in Oakland, Calif.

1933: Major League Baseball holds its first All-Star Game at Chicago's Comiskey Park.

1964: President Lyndon B. Johnson signs the Civil Rights Act into law.

1970: "American Top 40" debuts on seven radio stations. Created and hosted by Casey Kasem,

the countdown of the most popular songs in the U.S. is now heard all over the world.

1986: The 100th anniversary of the Statue of Liberty is commemorated with a four-day celebration in New York City.

1994: Crayola introduces a scented version of its crayons, called Magic Scents.

2000: At age 24, Tiger Woods wins the British Open and becomes the youngest golfer to complete a career grand slam in the sport.

2019: Marvel Studios' superhero blockbuster "Avengers: Endgame" overtakes the 2009 sci-fi epic "Avatar" as the world's highest-grossing movie of all time. "Avatar" reclaimed the spot in 2021 after it was rereleased in China.



The Abbey
AT WESTMINSTER PLAZA

A Luxury Retirement Community - Assisted Living & Memory Enhancement

2865 Westminster Plaza Drive • Houston, TX 77082 • (281) 556-6020

July 2023



With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition! So while you're enjoying the all-American foods and breathtaking sights of Independence Day, take some time to thank those first Americans who took a leap into the unknown in the hopes of a better tomorrow!

JULY BIRTHDAYS:

- 7/2- Mary A.
- 7/5- Layo O.
- 7/15- Jan O.
- 7/16- Nimi D.
- 7/22- Olatunji O.
- 7/23- Russell W.
- 7/25- Sandra H.
- 7/29- Nadya V.
- 7/30- Elizabeth M.
- 7/31- Grant H.

Your Friendly Staff

Kaitlan Faubion	Executive Director
Imrai Sanvicente	Assisted Living Manager
Kimberley Alexander	Wellness Director
Susan Ramirez	Activities Director
Sahar Hussain	Sales & Marketing Director
Robin Tucker	Business Development Director
Ashley Abdulla	Dietary Manager
Karleann Leite	Administrative Assistant
Kathi Hill	Fitness Director
Gerardo Parra	Maintenance Director

Important Numbers

Main Number	281-556-6020
Fax	281-556-0136
After-Hours Security	713-876-5134
After-Hours Assisted Living	281-925-6950
Isabel/Salon	832-316-0172

Medical Services

Dr. N. Ahmed	By Appointment
Dr. R. Zock-A-Zock	By Appointment
Dr. Emmanuel Makia	By Appointment
Podiatrist	By Appointment
Mobile Dentist	By Appointment



WATERMELON EATING CONTEST

Shirley came and accepted the challenge, and won her prize!



Win or lose, the Abbey staff members got a tasty treat participating in the contest!

BAYOU BEND GARDENS & LA MADELEINE

The residents explored the collections at the Houston Museum of Fine Arts, with a guided tour learning the history.



Mamie had the delight in choosing from all the delicious French desserts at La Madeleine!

FATHER'S DAY LUNCH-IN

In our community, we hosted a celebration to say thank you to all our center's dads who've raised generations!



We had a feast fit for the kings! Ed loved his Pappas Greek salad followed by his Shrimp Étouffée.



MEMORIAL DAY

On Memorial Day, we honored all men and women who have served and are serving. Also, who have sacrificed their lives for our country, both at home and abroad!



QUENCH THE THIRST WITH LEMONADE

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished.



NATIONAL CELEBRATION

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our national pride. "From sea to shining sea," our abundant natural resources support and inspire us. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event!



WIG OUT SOCIAL

Doris had fun wiggling out like the rest of the residents! Nancy asked for a mirror to see her wig.



NATIONAL SENIOR HEALTH AND FITNESS DAY

This is an annual health and wellness event for older adults to promote the importance of regular physical activity.



Residents watched fun fitness demos and learned from guest speakers while enjoying healthy smoothies!



Healthy Lifestyle 