



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
- Raquel Tiller Move In Coordinator
- Gerardo Parra Maintenance Director
- Roger Elkhouri Executive Chef
- Kathi Hill Fitness Director
- Irina Wardrip Social Director

Happy Birthday



August 2023



SQUEEZE the DAY!

**WHEN LIFE GIVES YOU LEMONS
MAKE LEMONADE!**

**Please Join Us for Our Annual Lunch
Celebration of Senior Citizens Day!**

Date: Monday, August 21st, 2023

Time: 11:00 AM-1:00 PM

Location: Dining Room

Come spend your afternoon with amazing
entertainer, Calvin Gainey!

SENIOR CITIZENS DAY

SUMMER POOL PARTY!



We thank our partners:
BENCHMARK & AT YOUR SIDE

HOMECARE for all the food, snacks & assistants!

PAM Health & Rehab for pool toys!

Tamika Hunt for mini massages!



Out & About

Spotlight on Alzheimer's



MUSEUM OF FINE ARTS



HOUSTON WING MUSEUM



Memory Care & Assisted Living Beauty Morning



We truly appreciate everyone's help. Especially Ana, Lee, Isabel, Kathi,

Hazel, Ashley, and rest of The Abbey staff for making our residents looking beautiful and feel good on that special day!

Picture for A Cure on the Longest Day!



BIG THANK YOU to our sponsors of "Silent Auction":

- The Key
- Accent Care
- Maxim at Home
- Spring Branch Medical Supply

Health

Podiatrist Visit

August is Foot Health Month!
Your feet are precious parts of your body, and you want them in tiptop shape. A podiatrist will visit our community this month to address any concerns or questions you may have about your feet. Please check at the front desk for the date and time.

Health & Fitness



Water Aerobics

Splash into fitness fun with water aerobics! This is a gentle, low-impact exercise with lots of health benefits. Check the calendar for times and join us at the pool in the Wellness Center!

Happy Anniversary

AUGUST Wedding Anniversaries:

- 8/2 Kenneth & Iris L.
- 8/21 Richard & Janet S.
- 8/30 Harry & Sally W.



Team Member Spotlight

WELCOME OUR MOVE IN COORDINATOR, RAQUEL TILLER!



Hello, I am Raquel Tiller and many of you probably remember me as a Concierge when I joined The Abbey family in 2022. I'm from Merida, Yucatan, Mexico and after graduation in Tourism and Travel Management, I spent my formative years operating in the resorts of Cancun. I relocated to Houston in 2004 and have been married for 16 years. I am very grateful and excited to start my new role as The Abbey Move In Coordinator! If you would like to refer someone for a tour I will be happy to help!



Thank You



"ACCENT CARE" graciously provided us with fresh donuts on National DONUT DAY!



IT DEFINITELY WAS A SWEET PARTY!



THERE WERE LOTS OF YUMMY APPETIZERS & MAIN DISHES ON FATHERS DAY. THANK YOU CHEF & YOUR STAFF FOR THIS GREAT LUNCH!

THE ABBEY MONTHLY CELEBRATION!



JOIN US AND HELP US CELEBRATE OUR MONTHLY BIRTHDAYS & WEDDING ANNIVERSARIES ON THURSDAY, AUGUST 10th, at 3PM IN THE ACTIVITY ROOM. WE WILL HAVE LIVE MUSIC WITH AWESOME ENTERTAINER RODNEY RASBERRY!

~ AUGUST BIRTHDAYS ~

RESIDENTS:

8/3 Richard S.

8/5 Tony B.

8/6 Jeanne H.

8/7 Jim K.

8/8 Charles W.

8/10 Gerald D.

8/16 Vicki D.

8/18 Dale D.

8/19 Bill C.

8/20 Merle C.

8/20 Bob C.

8/22 Janie N.

8/22 Kenneth L.

8/23 Margaret D.

8/31 Joanne P.

Canine Character

- 1) Toto
- 2) Fang
- 3) Argos
- 4) Tock
- 5) Nana
- 6) Buck

Book

- A) "Peter Pan"
- B) "The Call of the Wild"
- C) "The Wonderful Wizard of Oz"
- D) "The Odyssey"
- E) "Harry Potter and the Sorcerer's Stone"
- F) "The Phantom Tollbooth"

ENTERTAINMENT TRIVIA

Doggone Good Reads

During the dog days of summer, head to your favorite shady tree to cool off with a good book featuring a favorite canine hero. Can you match the wagging tail with its exciting tale?

Answers: 1) C; 2) E; 3) D; 4) F; 5) A; 6) B