



The Abbey[®]

AT WESTMINSTER PLAZA

A Luxury Retirement Community - Assisted Living & Memory Enhancement

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

Your Friendly Staff

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



August 2023



Birthday Wishes

We have a lot of birthday babies this month, and we hope you'll help us in wishing them a fantastic birthday. If you know any of the following people, don't let them off the hook! Wave them over and sing "Happy Birthday" to them!

AUGUST BIRTHDAYS:

- 8/7 - Opeyemi S.
- 8/10 - Lara F.
- 8/15 - Chet P.
- 8/15 - Cheynia S.
- 8/16 - Margaret P.
- 8/17 - Alice C.
- 8/17 - Norma S.
- 8/19 - Adriana G.
- 8/20 - Doris G.
- 8/22 - Toyin A.
- 8/27 - Imrai S.
- 8/28 - Ed C.

NURSING ASSISTANTS

The residents appreciate all the hard work who help provide patient care by celebrating National Nursing Assistants Week in June.



FATHER'S DAY LUAU!

Aloha! Residents got out their Hawaiian shirts, grass skirts and leis!



We had Hawaiian dancers for a Father's day celebration!



JULY 4TH CELEBRATION

In honor of our great nation's Independence Day, We celebrated our liberty! We displayed our flags. Wore red, white and blue. We sang patriotic songs with music entertainment, and had fun!



*** U.S. FLAG ***
U is for Union, S is for Star - Spangled, F is for Freedom, L is for Liberty, A is for America, G is for Glory!



LET'S PARACHUTE!

Summer is full of enjoyable activities, including finding ways indoors to keep cool when the sun is blazing!



Arts and Crafts



Jackie and her daughter Marni enjoyed water-cooling the Statue of Liberty with Fireworks!

ALZHEIMER'S LONGEST DAY!

All residents from Assisted Living, Memory Care, and Independent Living, took part in The Longest Day by getting pampered by staff and sponsors. In addition to wearing purple, the color for Alzheimer's awareness, a silent auction fundraiser was hosted for Alzheimer's awareness!



BENIHANA JAPANESE STEAKHOUSE



Residents watched a highly skilled personal chef, who cooked Japanese styled steak, chicken, seafood and fresh vegetables on a hibachi table!



GERALD D. HINES WATERWALL PARK

There's nothing better than ice cream on a hot day, when memory care goes on their trips!



Out & About





{AUGUST} HAPPINESS HAPPENS MONTH

Make it happen!

“This Month In History”

AUGUST

1790: With 10 small vessels to patrol the Atlantic coastline, the service that would later become the U.S. Coast Guard is created by an act of Congress.

1884: The cornerstone for the Statue of Liberty’s pedestal is laid in New York Harbor.

1905: Ty Cobb makes his MLB debut with the Detroit Tigers. The Hall of Famer hit a double in his first at-bat.

1916: The National Park Service is established.

1922: A New York radio station broadcasts the first paid radio commercial. It was an ad for a new apartment complex.

1934: The comic strip “Li’l Abner” by Al Capp begins its 43-year run.

1945: Celebrations break out across the U.S. when President Harry S. Truman announces Japan’s surrender to the Allies, ending World War II.

1958: The USS Nautilus submarine completes the first undersea crossing of the North Pole.

1961: In Toronto, the Hockey Hall of Fame opens.

1977: The Department of Energy is created.

1983: Space shuttle Challenger astronaut Guion S. Bluford Jr. becomes the first African-American to travel into space.

1993: Ruth Bader Ginsburg is sworn in as an associate justice of the Supreme Court. She was the second woman in history appointed to the position.

2015: Mount McKinley, North America’s highest peak, is officially renamed Denali, its traditional Alaskan name.

2016: At the Summer Olympics in Rio de Janeiro, American athletes earn a record-breaking 121 medals.