



# 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

Imrai Sanvicente	Assisted Living Manager
Susan Ramirez	Activities Director
Kasey Payne	Wellness Director
Tamika Anderson	Wellness Assistant
Sahar Hussain	Sales & Marketing Director
Ashley Abdulla	Dietary Manager
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	346-480-5112
Isabel/Salon	832-316-0172

## Medical Services

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



## November 2023

### Give in to Gratitude

It's tradition to show your appreciation for others on Thanksgiving, but don't let your displays of gratitude end when dinner is over. Here are some other ways to express your thankfulness for all the good things in your life:

*Volunteer.* Finding a cause that resonates with you is the first step to giving back. Volunteering at your local community or youth center, or at events in your area, such as local charity runs, is a great way to actively show your support.

*Donate.* Take canned goods or other nonperishable items to a homeless shelter or food kitchen to ensure that others can enjoy a Thanksgiving meal, as well.

*Reflect.* Alone, or with family and friends, take a few minutes to reflect on all the blessings in your life. Whether big or small, remembering all that you have to be thankful for will encourage you to pay it forward this holiday season.



### NOVEMBER BIRTHDAYS:

- 11/02 - Pat I.
- 11/07 - Hazel S.
- 11/07 - Hannah W.
- 11/09 - Elsa K.
- 11/11 - Marlene C.
- 11/16 - Virginia M.
- 11/18 - Karleann L.
- 11/25 - Susan R.
- 11/26 - Chuck F.

## WELCOME NEW RESIDENTS!

We are proud to have so many wonderful residents here at our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.



**Welcome**  
New Residents



## ALZHEIMER'S KICKOFF PARTY!

Residents from Assisted Living, Memory Care, and Independent living enjoyed the Alzheimer's kickoff party; many family members and residents donated to the cause. The Alzheimer's Association is the leading voluntary health organization providing support to families facing Alzheimer's and funding research that will get us closer to a cure. For more information, visit [www.ALZ.org](http://www.ALZ.org).



## CHOP TO IT!

Chopsticks pick up smaller bites of food, helping you eat slower and chew your food more thoughtfully. This prevents digestive problems caused by overeating or eating too fast, and also lowers the meal's glycemic index. Additionally, working with the utensils boosts hand-eye coordination and is an exercise for your brain.



Eating a meal with a pair of chopsticks instead of a fork and spoon is not only fun, but it also has health benefits!



## VACCINE REMINDER!

We love our residents, and we want everyone to stay as healthy as possible! Please make sure to get your flu or vaccinations if you haven't done so already!



## EGG-CELLENT DAY AT THE ABBEY!



Residents loved the taste and smell from the omelet bar! What do you call a mischievous egg? A practical Yolker



## COOKING UP SOME FUN!

We host cooking demos for our residents monthly, so they taste delicious, new recipes! This month, they tried Ashley's seafood cakes and grilled asparagus, along with a glass of wine!



## WE SCREAM FOR ICE CREAM!



Residents and families loved watching the ice cream truck deliver ice cream directly to their rooms!



## What's **NEW!** New?

**Wii SHOOTING RANGE**  
Residents have started playing a new Wii game: the object of the game is to pass through five stages and shoot various objects to gain points!



**NOVEMBER IS**

**NATIONAL  
ALZHEIMER'S DISEASE**

**.....  
AWARENESS  
MONTH**



# “This Month In History”

## NOVEMBER

**1929:** Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

**1930:** The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

**1942:** In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase “Old enough to fight, old enough to vote.”

**1960:** John F. Kennedy becomes the youngest person to be elected U.S. president.

**1989:** The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative “Iron Curtain” between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

**1994:** Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. “Big George” still holds the record.

**2011:** The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

**2022:** The global population reaches a new high of 8 billion people.