



*The Abbey*<sup>®</sup>  
 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:

- Danielle Olstedt ..... Executive 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
- Karleann Leite ..... Office Manager



Happy Birthday



## December 2023



## Upcoming Community Events

### CHRISTMAS CASINO PARTY

Tuesday, December 12 ~ 3pm-5pm  
 Wellness Center, 2nd floor MPR  
*Blackjack & Roulette Tables*

*Tenor Saxophone Entertainment with Jack T. Carr*

### HOLIDAY PICTURE DAY

Thursday, December 21 ~ 2pm-4pm

*Oh, snap, Polaroid on wheels! Be ready, dress festive, we are coming to your apartment!*

### JINGLE & MINGLE COCKTAIL PARTY

Friday, December 22 ~ 3pm-4pm  
 2nd floor, Activity Room

*Live music with showman Jim Connors!*

### NEW YEAR'S EVE DINNER PARTY

Sunday, December 31 ~ 6pm-8pm  
 Wellness Center, 2nd floor MPR

*Dress to impress and come for dinner party with entertainer Dennis Evans. Champagne toast to 2024!*

### HAPPY HANUKKAH

*We'd like to take a moment to wish Happy Hanukkah to all our residents celebrating the Festival of Lights. Have a joyful holiday!*





❄️ ❄️ ❄️ Just For Fun ❄️ ❄️ ❄️



Oktoberfest Celebration



The Real Witch Wives of Houston



Chocolate Fondue Party

🎤 Resident Spotlight 🎤

**BOOK SIGNING EVENT**



In celebration of her 90th birthday, Mrs. Bowers wrote a book "The Ginny We Remember," a tribute to her friend, Virginia Irvin. Our community welcomed about 200 guests that day! Many people came to show their love and support to Mrs. Bowers!



Out & About 



"Hearts & Hands" Holiday Market at Memorial Drive United Methodist Church



Peddler's Marketplace



Santa Claus Museum

Find us on 



## THANK YOU FOR YOUR SERVICE

This year we are honored to have 21 veterans in our Independent Living community.



ceremony!

We appreciate Katy VFW members for their support and beautiful flag

## Community News



### Walk To End Alzheimer's



contributions!

This year The Abbey team raised 1,300 dollars! We appreciate all of your efforts and

## 'Souper' Good for You

It's soup season! This classic comfort food is brimming with more than just savory flavors and cozy vibes. Here are a few reasons why you should shift into soup mode this month.

*More veggies.* People of all ages may struggle to eat enough vegetables daily. But you'll usually find plenty of veggies in soup, where they provide rich flavor, color and nutrition.

*Healthy hydration.* Essential for good health, hydration doesn't just come from drinking water, but also from what we eat—and soup is high on the list of hydrating foods.

*Symptom soother.* Many people swear a bowl of chicken noodle

soup can cure certain illnesses. At the very least, sipping on warm soup can soothe a sore throat, clear a stuffy nose and settle a troubled tummy.

*Bone benefits.* Soups made with bone broth contain calcium, magnesium and, most importantly, collagen—a protein that promotes strong bones, muscles and joints as well as healthy hair and skin.



## Team Member Spotlight



### Please Welcome Our New Executive Director, Danielle Olstedt

Danielle Olstedt developed a passion for caring and advocating for seniors and individuals with disabilities 8 years ago while working for the State of Oregon, Department of Human Services. Since then, she has worked with the geriatric population along with youth in Special Education. Danielle moved to Texas a year ago with her husband and daughter from the Pacific Northwest. Her interests include spending quality time with family and friends, fun home renovations, and enjoying the outdoors.





JOIN US AND HELP CELEBRATE OUR MONTHLY BIRTHDAYS & WEDDING ANNIVERSARIES ON TUESDAY, DECEMBER 19TH, AT 3PM IN THE ACTIVITY ROOM. WE WILL HAVE LIVE MUSIC WITH "KING'S MEN BARBERSHOP."

DECEMBER BIRTHDAYS ~ RESIDENTS:

- 12/8 - Linda P.
- 12/9 - Janet S.
- 12/20 - Carol D.
- 12/26 - Rosemary M.
- 12/28 - Brenda B.

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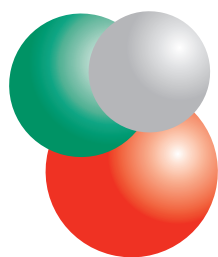
DECEMBER BIRTHDAYS ~ STAFF:

- 12/1 - Emanuel C. (server)
- 12/8 - Doris G. (server)
- 12/10 - Maria B. (housekeeping)
- 12/10 - Jose P. (lead cook)
- 12/26 - Hayfa O. (server)
- 12/28 - Jesus T. (cook)

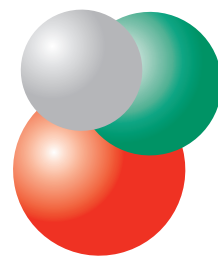
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WEDDING ANNIVERSARIES:

- 12/23 - Franklin & Gail O.
- 12/27 - Bob & Ruth C.
- 12/30 - Dennis & Jeanne H.



*Greetings  
of the  
Season*



**Happy Holidays!** Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!