



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

Danielle Olstedt	Executive Director
Imrai Sanvicente	Assisted Living Manager
Susan Ramirez	Activities Director
Janice Hoffman	Wellness Consultant
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



December 2023



HAPPY HOLIDAYS!

With the cooking, the decorating, the parties and the gift-giving, the holiday season can sometimes feel frenzied instead of festive. Fortunately, there are ways to minimize stress and keep your holidays happy. *Think ahead. Divide and conquer. Take care of yourself. Focus on fun!* As you spend time with friends and family, focus on the fellowship and don't worry about what's still on your to-do list. In the midst of this hectic season, we'd like to take time out to wish you all Happy Holidays and the best of luck in the new year. Thanks for being such great neighbors!

DECEMBER BIRTHDAYS:

- 12/01 - Martha J.
- 12/05 - Pauline B.
- 12/06 - Olaj A.
- 12/08 - Winasha S.
- 12/10 - Tommie A.
- 12/13 - Mary Ann S.
- 12/20 - Ruth C.
- 12/20 - Barbara M.
- 12/22 - Yaa A.
- 12/24 - Mary Helen C.

OKTOBERFEST



The Abbey community strapped up their lederhosen and put on their dirndls to celebrate a big Bavarian bash Oktoberfest!



SCARING UP SOME FUN!

We asked our witches and warlocks to join us for a truly spook-tacular time this past Halloween. We invited The Real Witches' Wives of Houston to show us their fun dance performance!



THE ABBEY PUMPKIN CONTEST



Carved, painted or simply sitting in decorative displays, pumpkins

symbolize the fall season. The Abbey staff and residents participated in the pumpkin contest. Yolanda won 1st place with her Abbey home themed pumpkin!



DACAMERA "Little Day Music"

Assisted and Independent Living enjoy the musical performances by great musicians played in the Wortham Theater.



HARVEST CELEBRATION

Autumn is full of special moments to celebrate. We savored the season at our harvest party, where we enjoyed music and goodies!



HONORING VETERANS

Veterans Day is defined by the Department of Veterans Affairs as: "A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good." We pay tribute to the men and women who have served and who continue to serve our country in the armed forces!



We took a moment to honor our residents, our heroes, whose dedication has kept our liberties intact!



If you are a veteran, we'd like to thank you for your courage and service!

WALK TO END ALZHEIMER'S

Assisted Living, Memory Care, Independent Living staff and residents participated in the Walk to End Alzheimer's fundraising event.



THE ABBEY WALL OF HONOR

Our community's Wall of Honor recognizes a few of our Abbey veterans with each veteran's name, photo and branch of service. Our oldest veteran, Virginia M., just celebrated her 100th birthday!





Wishing You

JOY & CHEER

THIS HOLIDAY SEASON & NEW YEAR

“This Month In History” DECEMBER

1913: Created as a new game to entertain readers, the first crossword puzzle is published in the Sunday edition of the New York World newspaper.

1925: The world’s first motel opens in San Luis Obispo, Calif. It charged \$1.50–\$3 a day.

1947: A snowstorm hits the Northeast, burying New York City in more than 25 inches of snow in less than 24 hours.

1955: Rosa Parks is arrested after refusing to give up her seat on a public bus in Montgomery, Ala. Her actions helped spark the civil rights movement.

1979: The first Susan B. Anthony dollar coins are minted. This marked the first time a woman appeared on a circulating U.S. coin.

1987: Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to shoot and score a goal.

2006: Legendary blues musician B.B. King is awarded the Presidential Medal of Freedom.

2018: Tom Brady, quarterback of the New England Patriots, breaks the record for most touchdown passes in NFL history, with 580.