



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
 Christi Scurlock-Riley 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



January 2024



Word of the Month: Motivate

It's assumed that with the start of a new year, people make resolutions. This year, to make sure you accomplish your goals and achieve your dreams, create ways to motivate yourself. If you want to slim down, reward yourself when you've lost 15 pounds by buying a new outfit. If you want to redecorate, finish a room and then buy that special piece that will pull the whole look together. Motivational checkpoints will help keep up your momentum as you journey toward accomplishing your goals!

JANUARY BIRTHDAYS:

- 1/01 - Virginia R.
- 1/02 - Mui L.
- 1/04 - Crystal J.
- 1/18 - Inez J.
- 1/19 - Glenn B.
- 1/30 - Karen A.

HOLIDAY MARKET

The Abbey Holiday & Senior Expo Market was available to the community and the public. Residents and guests used this opportunity to buy their holiday presents, and took advantage of the free health screenings being offered!



THANKSGIVING LUNCH

Friends and families sat down and enjoyed a bountiful meal together! A day to express thanks—to be thankful for our freedom, our loved ones and our lives, as well as mindful of the ways we are blessed, not just on Thanksgiving, but each and every day!



"The Golden Girls"

Assisted Living, Memory Care, and Independent Living enjoyed watching the senior dancers make rhythmic percussion sounds, striking the floor with metal tap shoes!



WHAT'S COOKING?

Our Dietary Manager serves up some impressive culinary skills at our cooking demos. Last month we used Shirley P.'s delicious recipe. Residents brought their appetites and were amazed with mouthwatering Chili!



MAGGIANO'S "Little Italy"



Trying to get more whole grains in your diet? Next time you go out for Italian food, ask whether your dish can be made with whole-grain pasta. Don't feel saucy for making such a request!



WINE & CHEESE HOUR



Come socialize with all the Abbey Community and enjoy delicious nibbles at our

Happy Hour. Nonalcoholic beverages are available! Plan to join us for a good time! We used the time to also celebrate Virginia's 100th birthday!



HOLIDAY JAZZ "Little Day Music"

Assisted and Independent living residents enjoy going to the monthly DACAMERA events held at the Wortham Theater.



HOLIDAY SPIRIT

The holiday tunes filled the air at the Abbey and inspired the residents to show their talents! Janet C. played the piano in her spare time, when Merryl P. joined her with singing along. Music lowers your stress and elevates your mood!



PICTURES WITH SANTA

Ho, ho, ho! Santa Claus came to our community to spread some holiday cheer! He met with our residents and staff to take some festive photos!



Tech Trends

Each year since 1967, the Consumer Electronics Show has unveiled innovations in all types of technology, and many of them have become part of our everyday lives. Rewind through the years for highlights of the products and advancements that have taken center stage at the show.

<u>Decade</u>	<u>Innovation</u>
1960s	Color TV, stereo, transistor radio
1970s	Electric keyboard, laser disc player, turntable, VCR
1980s	Camcorder, CD player, cordless phone, digital watch
1990s	DVD player, high-definition TV, personal computer
2000s	Blu-ray Disc, digital camera, plasma TV, satellite radio
2010s	Driverless car technology, virtual reality, 3-D printer

"Then & Now"

"This Month In History" JANUARY

1906: "M'm! M'm! Good!" Campbell Soup Company registers a trademark for the red and white label design of its canned soups.

1927: Outside Chicago, the Harlem Globetrotters exhibition basketball team plays its first game.

1949: Honoring the new medium of television, the first Emmy Awards are presented at a ceremony in Hollywood.

1959: The jet age takes off as American Airlines begins the first cross-country jet service. Passengers could fly between Los Angeles and New York City in about five hours.

1961: John F. Kennedy becomes the first U.S. president to hold a live televised news conference.

1977: When a cold front barrels across Florida, snow falls for the first—and only—time in the city of Miami.

1980: American Mary Decker becomes the first woman to run a mile in under 4.5 minutes.

1991: The Persian Gulf War begins when the U.S. launches Operation Desert Storm.

2002: Twelve countries in the European Union officially change their currencies to the new euro.

2010: At 2,717 feet, the Burj Khalifa skyscraper in Dubai, United Arab Emirates, opens as the world's tallest building.

2019: Missy Elliott makes music history as the first female rapper inducted into the Songwriters Hall of Fame.