



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
Stephanie Jones	Assisted Living Director
Susan Dorantes	Activities Director
Priscilla Gildon	Wellness Director
Roxanne Alinsug	Wellness Coordinator
Ashley Abdulla	Dietary Manager
Karleann Leite	Office Manager
Sahar Hussain	Sales & Marketing Director
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. Emmanuel Makia	By Appointment
Dr. Zock-A-Zock	By Appointment
Merci Gathogo, NP	By Appointment
Podiatrist	By Appointment
Mobile Dentist	By Appointment



August 2024



Guilt-Free Snacking

August is the perfect time to enjoy a cold, juicy hunk of watermelon—without the guilt that usually accompanies sweet treats. It's fat-free and packed with nutrients such as lycopene (the most of any fruit or vegetable), vitamin A, vitamin C, and potassium.

MONTH'S BIRTHDAYS:

- 8/02 - Karyme L. (staff)
- 8/14 - Lee S.
- 8/16 - Margarette P.
- 8/17 - Janet C.
- 8/17 - Norma S.
- 8/17 - Alice C. (staff)
- 8/20 - Happiness I. (staff)
- 8/22 - Janie N.
- 8/22 - Toyin A. (staff)
- 8/28 - Ed C.
- 8/28 - Kate O. (staff)

INDEPENDENCE DAY

Let freedom ring! With Stars, stripes, and smiles all around, we celebrated our independence!



NATIONAL BINGO DAY

Assisted Living residents had fun on National Bingo Day with door prizes. Bring your good-luck charms and take a seat next to our other bingo fanatics!



SUMMER PARTY

Aloha! We had a luau with our Hawaiian shirts, grass skirts, and leis!



LET'S HYDRATE!



In addition to plain water, other beverages and foods, help you stay hydrated, too.

Mix it up with flavored or sparkling water, smoothies, fresh fruit, and even ice pops!



FASHION SHOW



Independent living residents modeled Chico's clothing for our Alzheimer's Fashion Show.



CELEBRATION SINGERS

From its first notes to its last lyrics, a favorite song can send the brain into a crescendo of activity. Let's sing along together at our next musical performance!



Spotlight on Alzheimer's

THE ABBEY FRIENDS



Say Hi to our furry friends around our community. We spotted these adorable bunnies at our Abbey sign!



SILENT AUCTION



We hosted a silent auction to raise awareness for the Alzheimer's disease. Not only does the disease affect the patients who have it, but also the family and friends who care for them. Find additional details at www.ALZ.org.



Flower of [August]

Botanical name | Gladiolus

Other names | Sword lily, glad

Description | Large, thick stems with multiple, tightly packed blossoms on one side only. Blossoms' shape and texture vary from fringed to ruffled, trumpet-shaped and rosebuds.

Colors | Pink, red, white, orange, yellow, purple and bicolor

Facts | Very fragrant. Often used in sympathy bouquets.

[Gladiola]

Meaning | Gladiolus is Latin for "sword." It also is said to represent gracefulness and a strong sense of character.



"This Month In History" AUGUST

1901: Louis Armstrong is born. His rich, gravelly voice and jazzy trumpet-playing made him one of the most influential figures in his genre and generation.

1911: The "Mona Lisa" is stolen from the Louvre! All Vincenzo Peruggia had to do to steal the Leonardo da Vinci painting was hide out in a closet and wait for the museum to close. The famous artwork was recovered two years later.

1936: The Berlin Olympics open with 3,963 athletes. The "hero of the games," African American Jesse Owens won four gold medals in track and field.

1944: The Forest Service authorizes Smokey Bear as the new face of fire prevention.

1955: A trusty source for wonderful, wacky and wild achievements, "The Guinness Book of Records" is published for the first time.

1965: "I Got You Babe" by Sonny & Cher hits No. 1. The duo's signature song would stay there for three weeks.

1978: Ben Abruzzo, Maxie Anderson and Larry Newman complete the first successful transatlantic balloon trip! Piloting the helium balloon Double Eagle II, it took them 137 hours to fly from Maine to Miserey, France, just northwest of Paris.

1981: MTV shows its first music video, "Video Killed the Radio Star" by the Buggles.

2006: Pluto is demoted. The International Astronomical Union voted to change Pluto's official label from ninth planet from the sun to dwarf planet.