



# 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

Maria Alvarado ..... Executive Director  
 Rukayat Ayodele ..... 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. Aman Ali Jafar ..... By Appointment  
 Dr. N. Ahmed ..... By Appointment  
 Dr. Zock-A-Zock ..... By Appointment  
 Merci Gathogo, NP ..... By Appointment  
 Podiatrist ..... By Appointment  
 Mobile Dentistry ..... By Appointment



## December 2024



## 'Tis the Season

Ho, ho, ho! Break out the mistletoe! Merry Christmas and Happy New Year, and Happy Holidays to you and your family! With the holidays coming quickly, we hope yours will be wonderful. The holidays are fast approaching, and we're looking forward to a safe and joyful season for all of our residents. Please watch for information about all the activities we have planned for this special time of year.

## THIS MONTH'S BIRTHDAYS:

12/05 - Janelle H.  
 12/05 - Pauline B. (staff)  
 12/10 - Tommie A. (staff)  
 12/13 - Mary Ann S.  
 12/17 - Anthony S.  
 12/20 - Bobbie M.  
 12/20 - Ruth C.  
 12/23 - Linda K. (staff)  
 12/24 - Mary Helen C. (staff)

## WALK TO END ALZHEIMER'S



We raised \$2,000 for the Walk to End Alzheimer's research. This cause is priority and dear to our hearts.



## BREAST CANCER AWARENESS



Breast cancer affects not only the women and men who develop the disease, but their families and friends, as well. Research treatments and finding a cure continues with funding aid for The Breast Cancer Research Foundation at [bcrf@bcrf.org](mailto:bcrf@bcrf.org)



## SALUTE TO VETERANS

"Veterans Day gives all Americans a special opportunity to pay tribute to all those men and women who, throughout our history, have left their homes and loved ones to serve their country," declared President Ronald Reagan in 1986.



## NATIONAL APPLE DAY



Residents enjoyed a tasty combination of sweet apple crisp topped with ice cream.



## UNIVERSITY OF HOUSTON



Our Abbey community gathered together to enjoy the performance from University of Houston students.



## "We Gather Together"

With a grateful heart, we celebrated with residents and family. In that spirit, we want you to know how thankful we are that you selected our community to call home. Our staff appreciates each and every one of you and hopes that you have a memorable time spent with family and friends during the holidays!



## MONTHLY RESIDENT BIRTHDAY BASH



Join us for our monthly birthday bash for music and fun! Check our calendar for details.



## LET'S SING TOGETHER

Come join us for our resident sing along on Thursday, and sing praise on Sunday!



