



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
J.D. Fuller	Corporate Associate Director
Rukayat Ayodele	Assisted Living Director
Renee Wagner	Sales & Marketing Director
Tameka Wycoff	Wellness Director
Ashley Abdulla	Dietary Manager
Gerardo Parra	Maintenance Director
Jill Saxon	Activities Director
Norma Reyes	Activities Director
Roxanne Alinsug	Wellness Coordinator
Kathryn Mazone	Office Manager

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
Merci Gathogo, NP	By Appointment
Podiatrist	By Appointment
Mobile Dentist	By Appointment



Hello March



March 2026



A Message From Our Director, Rukayat Ayodele

We like to think of The Abbey as “warm and welcoming” and in this season of warmth and growth the month of March brings, we recognize this as a time for renewal and change.

Our community is buzzing with excitement as we get to know our new residents and enjoy new activities such as our monthly lunch outing. In March we will dine at the Houston Landmark, St. Arnold’s Brewery and Restaurant, in celebration of St. Patrick’s Day. As warmer weather arrives, we will focus our energy on planting a new Spring garden. Vernal equinox falls on Friday, March 20th, according to The Almanac, and a perfect time for planting a garden. (Continued page 2)

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March is also 'Rodeo month' as Houston Livestock and Rodeo rolls into town. Dig out your denim and dust off your boots as we celebrate our hometown's biggest event. Our Activity Directors will have some fun events coming up so stay active, stay informed and live your best life here at the Abbey Assisted Living and Memory Care.

Welcome Spring!

The vernal equinox, which marks the beginning of spring in the Northern Hemisphere, occurs on March 20th when the sun is directly over the equator.



Annual Planting of the Abbey's Spring Garden

We will hold our annual planting on Thursday, March 19th, and Friday, March 20th (Vernal Equinox).



Kensington Korner

The Residents are excited for Spring's arrival and preparing for planting our raised bed garden boxes. Here are some photos from last year's annual planting day. Bring on the sunshine!



More Kensington Highlights





Lovely Ladies



Kensington Community Dining

We love seeing our Kensington community enjoying family-style dining during special occasions such as Valentine's Day lunch.

Thank you Norma for the beautiful decorations.



The Abbey Assisted Living will be dining at St. Arnold's Brewery Restaurant in celebrations of St. Patrick's Day. St. Arnold Brewery has a fabulous Micro-brewed Root Beer and great food! We would love to have you join us for our monthly lunch outing.



RESIDENT MARCH BIRTHDAYS

- | | |
|------------|------|
| Chris H. | 3/04 |
| Janet F. | 3/07 |
| Julie C. | 3/14 |
| Janette M. | 3/15 |
| Alan H. | 3/16 |
| Francis M. | 3/16 |



STAFF MARCH BIRTHDAYS

- | | |
|----------------------|------|
| Ione S. (Dietary) | 3/07 |
| Anotony P. (Dietary) | 3/09 |
| Cynthia K. (CNA) | 3/13 |
| Trina V. (CNA) | 3/23 |
| Maria H. (HSK) | 3/25 |
| Nimi E. (CNA) | 3/29 |
| Isela A (Dietary) | 3/30 |





Our cheerful staff is always here to serve you!

“This Month In History” MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1959: Barbie makes her debut at the American International Toy Fair in New York City.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.