



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

Green Spaces Linked to Longevity

Access to green space may contribute to longer life expectancy. The presence of trees, gardens and houseplants can reduce air pollution and improve mental well-being, leading to increased health and happiness.

Thank a Tree

Breathe easy on National Arbor Day, the last Friday in April: One large tree provides a day's supply of oxygen for up to four people.

April 2026



Message From Our Director, Rukayat Ayodele

Dear Residents, Families, and Staff,
As the April showers bring out the vibrant colors of spring, we welcome a season of renewal and growth here at The Abbey Assisted Living and Memory Care community. There is a special energy in the air as the flowers we planted last month begin to bloom, inviting us to step outside, enjoy the warmer sunshine, and reconnect with nature. This month, we are focusing on fresh starts and new adventures. We encourage everyone to participate in our gardening activities, enjoy a morning walk, and take advantage of our outdoor spaces. Let us cherish the beauty around us and bloom where we are planted. Wishing you a joyful and bright spring.

Hippity, Hoppity: Easter Is on Its Way!

The Abbey is bouncing with anticipation as we prepare to celebrate Easter 2026 with joy and reflection by engaging in nostalgic traditions like egg decorating, attending Church services, and enjoying a celebratory Easter Brunch here at The Abbey Assisted Living and Memory Care community. This season focuses on renewal and connection, offering wonderful opportunities for seniors to share stories, enjoy spring flowers, and spend meaningful time with family and friends.



Annual Easter Brunch on Sunday, April 5th

Your invited to join your loved ones for the Annual Easter Brunch. RSVP is required and there will be a charge for non-residents, but no charge for Residents.

Ashley and her team will present a lovely Brunch from 11:00 a.m. to 12:30 p.m. in the Main Dining Room.

Happy Birthday



April Resident Birthdays

Lynn H.	04/01
Ruby C.	04/14
Georgia N.	04/20
Doris C.	04/26



April Staff Birthdays

Maria M.	04/02	Dietary
Cheryl T-G	04/02	CNA
Vladimir G	04/19	Driver
Nkem U.	04/24	CNA
Nneamaka U	04/26	CNA

"Let's Jazz It Up" For April Birthday Bash

Save the Date for a Special Jazzed up Birthday Bash featuring The Jazz Duo of Xavier Keys and Mr. C.

WHEN: Friday, April 17th, at 2:30 pm

WHERE: Assisted Living Dining Room

April Is Jazz Appreciation Month ~ Let's "Jazz It Up" For Birthday Bash

Let's celebrate with a look at some of the legendary talents who helped make Jazz a musical mainstay.

Louis Armstrong, affectionately called "Satchmo," was born in New Orleans and taught himself to play cornet as a boy. He is considered to be the founding father of jazz. Armstrong served as a worldwide ambassador for the new sound.

Charlie Parker of Kansas City, MO, got his first taste of music while playing in his high school band. Famously known as "Bird", the saxophonist great invented the style of Jazz called Bebop along with trumpeter Dizzy Gillespie.

Billie Holiday, "Lady Day," got her start as a Baltimore teen. Holiday became a fixture of the Harlem Jazz scene.

April is a great time to reflect on Jazz music and artists who brought so much joy to the music world. We will explore the gifts these artists left us through documentaries and with our April Monthly Birthday Bash featuring local Jazz artists for entertainment. Let's "Jazz it Up" for April.





Taking Care of Your Feet

Your feet are complex structures that require regular care to keep them in tiptop shape. April is National Foot Health Awareness Month, a reminder to give your feet the attention they deserve.

Regular inspections. Examine your feet daily, or have someone else inspect them for you. Pay attention to any changes, and see a doctor if you have pain,

swelling or discoloration.

Good hygiene. Wash your feet with a mild soap and dry them thoroughly, especially between the toes. Apply lotion to alleviate dry, cracked skin. Change your socks daily and alternate the shoes you wear.

Nail care. Toenails should be trimmed straight across, and any rough edges should be filed smooth. If you need help doing this, see a podiatrist or health care professional.

Proper shoes. Wearing shoes that fit properly will help ward off calluses and blisters and reduce the chance of falling. Your feet can widen as you age, so have them measured when buying new footwear.



Kensington Korner

From welcoming babies and Spring blossoms born from our March planting, we are excited about all things new.

Here are a few highlights to share our joy and excitement.

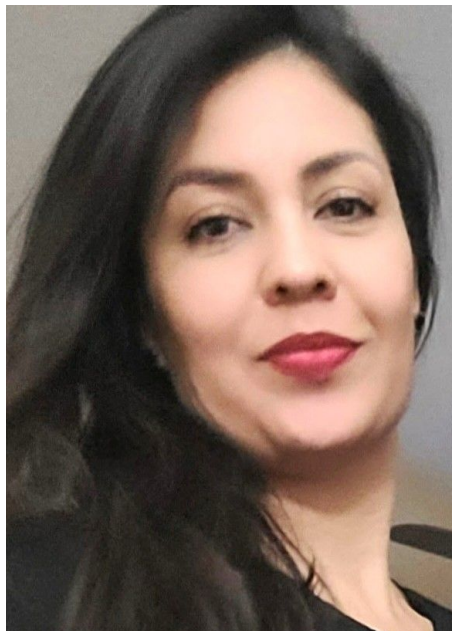


Did You Know We Offer Many On-site Services?

The Abbey strives to offer the best service to our residents, which include on-site Podiatry Service, Mobile x-ray, Dental, Medical, and Physical Therapy Service.

Plus, we have the best in Salon Service provided by our favorite Stylist, Isabel Gonzales.

For more information about on-site services and hours of operation, please contact the Front Desk or call the salon directly at 832-316-0172.



Salon owner/operator, Isabel Gonzales, provides services Monday through Thursday from 9:00 a.m. to 3:00 p.m.: Friday service by appointment only.





It's a Baby boy! Kensington had fun celebrating the upcoming arrival of Jeremy and Jasmine's Baby Boy!



Laissez les bon temps rouler!