



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



Celebrating Moms

May is the month for celebrating our wonderful MOMS! Greeting cards, flowers and chocolates are the top three most popular purchases for Mother's Day gifts and consumers spend more than \$34 Billion each year for Mother's Day.

May 2026



Message From Our Director, Rukayat Ayodele

May is one of my favorite months, largely because it gives us the opportunity to celebrate the incredible individuals who call our community home. We are dedicated to providing a supportive environment where you can thrive, engage in lifelong learning, and make meaningful connections.

We also want to wish a very special Happy Mother's Day to all the wonderful mothers and grandmother figures in our community. Sunday, May 10th, is Mother's Day and we are proudly celebrating our wonderful MOMS! We have plans for a lovely Mother's Day Lunch and hope families can join us in honoring the women who have shaped our lives. We will have a Mother's Day Tea at 3:30 p.m. in Kensington and hope family members will come for Tea & Dessert.

Thank you for letting us serve you and celebrate with you. It is a privilege and joy to be a part of your lives.

April Highlights From Easter Celebration



Kensington Korner

Something OLD, Something
NEW!

We are trying a new way of playing BINGO with the addition of the game "LOTERIA," the Spanish name for Lottery. The game was recently donated by a caring family member and the residents are loving it!

We appreciate the engagement of family members for creating an environment of inclusion within all of our Abbey Senior Living communities.



Resident Vicki
Playing Loteria

Older Americans Month

In honor of Older Americans Month, consider the hard-earned advice these famous Americans encouraged people of all ages to live by.

"Hope for the best. Expect the worst. The world's a stage. We're unrehearsed," advised filmmaker and comedian Mel Brooks, who turns 100 next month. This wisdom combines a few classic adages to encourage people to be prepared and gracious optimists.

"Be nice to people and kind," now 92-year-old actress Shirley MacLaine counseled to once-upon-a-time set-mate Elvis Presley, and that wise guidance holds true today. Practicing daily

acts of kindness not only helps the recipient of that kindness, but studies show that it improves health and happiness for those practicing kindness.

"You have to be brave," encouraged award-winning singer, dancer and actress Rita Moreno, now 94, who has accomplished a rare "EGOT," earning Emmy, Grammy, Oscar and Tony awards throughout her career.





The Abbey at Westminster Plaza, Assisted Living & Memory Care

**ALZHEIMER'S[®]
ASSOCIATION**

Kick-off for 2026 Fundraising for Alzheimer's Research

It was a wonderful team effort combined with support from our caring and generous residents that resulted in raising over \$800.00 with our first fundraising event of 2026. We will continue hosting Quarterly events throughout the Spring and Summer, until Fall, in conjunction with the National Alzheimer's Association's annual "Longest Day Walk." Our team is dedicated to making a substantial contribution toward Alzheimer's research and the prevention of Alzheimer's-related dementia. We thank all who participated in this successful event.