The Abbey®
AT WESTMINSTER PLAZA
A Luxury Retirement Community

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Welcome to The Abbey Family

Please join us in giving a warm Abbey welcome to our newest residents! We're so glad you've made The Abbey at Westminster Plaza your home.

Sam & Susan Wiley
David & Linda White
Ann Schilling

Whether you're settling into a new apartment, meeting your neighbors for the first time, or finding your favorite spot at Wine Down Wednesday, we hope you'll feel right at home here. Be sure to say hello when you see them around the community! Welcome home, Sam, Susan, Billie, David, Linda and Ann. We're so happy you're here.

Daylight Saving Time Ends on Sunday, November 1, 2026.



November 2026

From Sahar's Desk



As the weather finally cools and we head into the Thanksgiving season, I've been thinking about how much we have to be grateful for here at The Abbey.

This year has been full. We filled the dining room for luncheons and brunches, raised our glasses at Wine Down Wednesdays, and turned out in force for Cruisin for a Cure in support of the Alzheimer's Association. Many of you went back to our activity room for AI literacy workshops, and our Book Club, Bible Study, and Bingo, Scrabble & Scattergories have never been livelier. When Martha Bair led our School Supply Drive this summer, you answered with generous donations and a box of supplies that went to children at Star of Hope. Again and again, you've shown that a community is more than a place to live. It's people who show up for one another.

I'm grateful to each of you for your friendship, your ideas, and your patience as we try new things. I'm grateful to the families who visit, call, and help keep our residents connected. And I'm deeply grateful to our staff, the dining, housekeeping, maintenance, wellness, and activities teams, who quietly do the work that makes every day here run smoothly. Their care is felt in a thousand small ways, and the holidays are when they work hardest of all.

This Thanksgiving, I hope you'll take a moment to count your blessings. Please know that you are among mine.



On September 26, The Abbey at Westminster Plaza came together for Cruisin for a Cure, our car show benefiting the Alzheimer's Association. Thanks to the generosity of our sponsors, residents, and guests, the day was a wonderful success. We raised $4,000 for a cause that touches so many families in our community.

A special thank-you goes to our *Elevated Tier Sponsors*:

- The Abbey
- VerAssist
- Medic Pharmacy
- Benchmark
- Memorial Oaks
- Don McGill
- J&T
- Alief ISD
- Serenity Psychcare
- Sugar Creek Country Club
- GenCare Hospice
- Early McClintic McMillan Wealth Services

We are also grateful to every sponsor who supported the event, including our Standard Tier, Raffle, and Custom sponsors. Your donations of time, services, food, raffle prizes, and booths made the day fun and memorable for everyone who attended.

Staff Spotlight: Darius Hart



If you've had a service call lately, you may have met Darius Hart! Darius joined our maintenance team through Gerardo, and he spends his days on service calls and helping residents with whatever they need. Asked what keeps him here, he says, "The residents and my co-workers make me feel welcome."

His first day was not so memorable. When he went with Oscar to a resident's apartment, the resident looked at him and asked, "Why is he here? He does not know maintenance." That comment shocked him, but instead of being discouraged, Darius was motivated to truly learn the craft. He also holds an HVAC certification, which gives him technical skills that carry right into his role.

Off the clock, Darius loves fishing, but football is his true passion. He played running back and receiver in high school, and today he cheers for the Arizona Cardinals and Notre Dame. After work he likes to relax, and in the fall his weekends are all about the game. "I love Saturday through Monday because it's football weekend, plus Monday Night Football!"

Next time you see Darius, say hello and ask him who he's picking this weekend!



This Veterans Day, we pause to honor the men and women who answered the call to serve our country. We are proud that so many of our residents have worn the uniform, in every branch and across generations, and that many more have stood beside them as spouses, parents, and family members.

Veterans Day began as Armistice Day, marking the end of World War I at the eleventh hour of the eleventh day of the eleventh month in 1918. Today we thank everyone who has served, in wartime and in peace. We also remember those who did not come home, and the families who waited for them. Please join us on November 11 at 3:00pm in the activity room for a special presentation by Master Sergeant Kennedy with Honor Flight.

If you'd like to share a photo from your time in uniform, please stop by the Activities office. We would be honored to display it.

To our veterans: thank you. Your service is not forgotten, and we are proud to call you neighbors and friends.



The Wellness of Gratitude

As Thanksgiving approaches, take a moment to count your blessings. Research suggests that practicing gratitude can lift your mood, help you sleep better, and ease stress. Gratitude also strengthens friendships, and staying connected with others is one of the best things we can do for our health at any age.

Try one of these:

- **Three good things.** Before bed, think of three things that went well today, even small ones.
- **Say thank you.** A kind word to a neighbor or staff member lifts both of you.
- **Write a note.** A short handwritten card can brighten a friend's week.

Some days are harder than others, and that's okay. Even on a tough day, finding one small thing to appreciate can make a difference.

This month, I'm thankful for each of you. Thank you for the energy, laughter, and friendship you bring to The Abbey.

Stay well and keep moving!



Leftovers, Reimagined

The turkey has been carved, the pies have been enjoyed, and now the fridge is full. Here's my secret: some of the best meals of the season come the day after Thanksgiving.

Turkey Pot Pie. Combine chopped turkey, leftover vegetables, and a splash of gravy, then top with a flaky pastry or biscuit crust. Bake until golden.

The Next-Day Sandwich. Layer turkey, stuffing, and cranberry sauce on toasted bread, then warm it in a skillet until crisp outside and melty inside.

Sweet Potato Pancakes. Mix mashed sweet potatoes with an egg and a spoonful of flour, then pan-fry until golden. A pinch of cinnamon makes them special.

Safety tip: Refrigerate leftovers within two hours, enjoy them within three to four days, and reheat until steaming hot.

Happy cooking, and thank you for sharing your table with us at The Abbey!



Thanksgiving traces back to the autumn of 1621, when the Pilgrims of Plymouth Colony shared a three-day harvest feast with the Wampanoag people, who had taught the settlers how to grow crops. The menu likely included venison, waterfowl, corn, and squash.

In 1789, President George Washington proclaimed a national day of thanks. In 1863, President Abraham Lincoln called for a national Thanksgiving, thanks largely to writer Sarah Josepha Hale, who campaigned for nearly 40 years. Congress set the date as the fourth Thursday of November in 1941.

This year, Thanksgiving falls on Thursday, November 26. However you celebrate, we wish you good food, good company, and gratitude.

Fun Facts

- The Macy's Thanksgiving Day Parade began in 1924.
- Football has been a Thanksgiving tradition since the late 1800s.
- Presidents have "pardoned" a turkey since the mid-20th century.
- Cranberries are one of only a few fruits native to North America.





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