



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

Danielle Olstedt Executive Director
 Stephanie Jones Assisted Living Director
 Susan Ramirez Activities Director
 Roxanne Alinsug Wellness Coordinator
 Sahar Hussain Sales & Marketing Director
 Ashley Abdulla Dietary Manager
 Karleann Leite Administrative Assistant
 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. N. Ahmed By Appointment
 Dr. R. Zock-A-Zock By Appointment
 Dr. Emmanuel Makia By Appointment
 Merci Gathogo, NP By Appointment
 Podiatrist By Appointment
 Mobile Dentist By Appointment



April 2024



CELEBRATE THE SEASON

Hello, and welcome to April! Warmer weather is on the way, and we hope all of you get a chance to enjoy the beauty of spring. The first day of spring may be in March, but April is when it really starts to feel like winter is over. Take advantage of the warmer weather and the longer days by taking a walk, going for a ride, or just sitting near a window in a ray of sunshine.

APRIL BIRTHDAYS:

- 4/02 - Cheryl T. (staff)
- 4/04 - Caroline K. (staff)
- 4/05 - Joe D.
- 4/06 - Julieta C. (staff)
- 4/10 - Ruth A. (staff)
- 4/12 - Chuck T.
- 4/19 - Fernando C. (staff)
- 4/20 - Georgia N.
- 4/28 - Josephine O. (staff)

THE HEALTH MUSEUM



Residents had fun learning of the human body at The Health Museum! Mamie

G. rode the bicycle to see the bones move in a skeleton.



LET'S RODEO!

Ridin' and ropin', along with thrills and spills, are what draw millions of spectators to the rodeo. Our cowboys and cowgirls saddled up for some fun!



ST. PATRICK'S DAY

Everybody's Irish on March 17. As we celebrated wearin' o' the green, we offered this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out!



EASTER CELEBRATION



It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter. Happy Holidays!



FAMILY COOKIE RECIPE



Nothing is better than a warm kitchen with a tray of cookies fresh out of the oven! Karen A. and her husband shared their delicious cowboy cookie recipe for our monthly cooking demo.



EMPLOYEE APPRECIATION DAY

The Abbey with the help of sponsors helped host an appreciation event for our dedicated employees with food, games, and prizes!



NAILED IT!

Whether painting your nails at home or receiving a manicure from someone else, the process itself is often relaxing, and the results are satisfying!



MARGARITA DAY



We look forward to seeing you at our new happy hour and letting the good times roll!



"This Month In History"

APRIL

1902: Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

1917: The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

1923: Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4–1.

1938: Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

1954: The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

1969: The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

1977: Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

1997: At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

2004: Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.

Flower of [April]

Botanical name | *Bellis perennis*

Other names | Many plants share the name, though the *Bellis perennis* is often considered to be the archetypal species of the name

Description | Long, narrow ray petals surround a center of tiny petals on a long stem

Colors | Many colors but the quintessential daisy has white ray petals with a yellow center

Facts | During the Middle Ages, the Crusaders made an ointment from the daisy plant, which they used to treat bruises, broken bones and wounds. Many people continue to use the plant for homeopathic remedies.

[Daisy]

Meaning |
Innocence, loyal love, purity

