



The Abbey[®]
 AT WESTMINSTER PLAZA
 A Luxury Retirement Community

2855 Westminster Plaza Drive • Houston, TX 77082 • (281) 556-6020

Staff Directory



Independent Living Managers at Your Service:

Danielle Olstedt	Executive Director
Sahar Hussain	Sales & Marketing Director
Raquel Tiller	Move In Coordinator
Gerardo Parra	Maintenance Director
Roger Elkhouri	Executive Chef
Kathi Hill	Fitness Director
Irina Wardrip	Social Director
Karleann Leite	Office Manager



HAPPY EASTER!

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, our staff wishes all of you a wonderful holiday.

Come join us for EASTER BRUNCH on Sunday, March 31st!



March 2024



The Gift of Life

Perhaps no gift is more precious than the gift of life, and that's exactly what you give when you donate blood. A single donation can help save the lives of three people.

Every two seconds someone in the United States needs blood—from trauma emergencies and patients having surgery to those fighting chronic illnesses. Less than 38 percent of Americans are eligible to donate blood, which intensifies the need for regular donations.

All types of blood are needed, especially type O-negative since it can be given to people of any blood type. About 7 percent of Americans have O-negative blood.

An average adult body contains about 10 pints of blood; roughly one pint is given in a donation. Donating blood is a safe and simple process that can be completed in about an hour. Donors begin by completing a registration process, followed by a mini-physical to ensure that it's safe for the donor to give blood. Once this has been confirmed, the actual donation typically takes about 10-15 minutes.

Following the donation, donors are provided with refreshments.

Date: Friday, March 22nd, 2024

Time: 8:00am- 11:30am

Location: Wellness Center, Bistro



Activities



NATIONAL TEXAS DAY!



February 1st we recognized the Lone Star State, along with its independent people and

history. Don't mess with Texas, y'all!



Find us on 

Let's Get Artsy



It was great collaboration between The Abbey

Independent

Living and "Amada" Senior Services on February 2nd. We hosted holiday cookie decorating class to set the Valentine's Day vibes!



Resident Party

Celebrating Chinese New Year, Year of the Dragon!



It was such a fun party done by dance company "Houston Lion Kings."



SUPER BOWL XVIII



What's ^{NEW!} New?



THE ABBEY INDOOR SHOPPING EVENT

Invite your family and friends to our Spring Market on: Tuesday, March 26th (12-4pm) Wellness Center, MPR



What's Cooking

Chef's Corner

While we try to provide a wide variety of delicious food each day, we understand that you may sometimes crave a favorite dish, have a suggestion or would like to share your ideas. Starting in March we will host monthly "Round Table with Chef Roger."

Everyone is welcome to come to our first meeting on Tuesday, March 26th at 3pm in the Dining Room.





Women Who Changed the World

Women have significantly shaped the history of both our nation and the world. But very few women have been featured on U.S. currency—until recently, thanks to the American Women Quarters Program.

The U.S. Mint launched the program in 2022, with the goal to release five new quarter designs each year through 2025.

The reverse of each new coin pictures a notable woman from U.S. history who made waves in fields such as civil rights, science and art. Like standard American quarters, these coins feature George Washington on the front, but he's facing right instead of left. Sculptor Laura Gardin Fraser designed this portrait of the president back in 1931.

Writer Maya Angelou was on the first coin released in the series. Other quarters in the program feature astronaut Sally Ride, pilot Bessie Coleman, first lady Eleanor Roosevelt and ballerina Maria Tallchief. Visit USMint.gov to see the complete list of honorees.

Team Member Spotlight



Kathi Hill, our very own Fitness Director, was honored on February 3rd by her former School District's Athletic Department for her many years of outstanding leadership and dedication training and mentoring student athletes through her position as a coach.

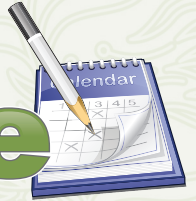
Tickle the Ivories

On the World Piano Day, remember Bartolomeo di Francesco Christofori, who invented the fortepiano in 1709. It was the forerunner of the modern-day piano and the first instrument to overcome earlier limitations by producing soft and loud sounds.



Come join us for a Piano Performance by Steve & Diana Warner on Thursday, March 28th at 3pm in the Wellness Center, MPR.

Save the Date



OPEN PUBLIC EVENTS

3/2 - Music, Dance & Theatre Performance by "RISE"

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3/5 - Early Election Voting

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3/12-Bingo event

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3/14 - Health Chat with "Benchmark"

Importance of eating healthy & exercise

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3/15 - "Your Life, Your Legacy" Seminar is presented by "Dignity Memorial"

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3/19 - Doc Talk "Kidney disease"

Presented by "Village Medical"

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3/22 - Blood Drive

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3/23 - "Houston Boychoir" Spring Concert

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3/26 - Spring Market



JOIN US AND HELP CELEBRATE OUR MONTHLY BIRTHDAYS & WEDDING ANNIVERSARIES ON THURSDAY, MARCH 7th, AT 3PM IN THE ACTIVITY ROOM. WE WILL HAVE LIVE MUSIC WITH AN AWESOME ENTERTAINER, RODNEY RASBERRY!

MARCH BIRTHDAYS ~ RESIDENTS:

- 3/1- Maria F.
- 3/7- Janet F.
- 3/8 - Dorothy U.
- 3/16- Connie B.
- 3/20- Elsa S.
- 3/29- Dennis H.
- 3/31- Emily G.



MARCH BIRTHDAYS ~ STAFF:

- 3/25- Bernabe T. (dishwasher)
- 3/28- Sierra H. (server)
- 3/28- Lazara M. (pantry)
- 3/31- Robert Q. (maintenance)

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Get \$2000

THE ABBEY AT WESTMINSTER PLAZA

Explore our High-End of Luxury Senior Living



Contact Marketing Dept. for more information