



# 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
Imrai Sanvicente	Assisted Living Manager
Susan Ramirez	Activities Director
Christi Scurlock-Riley	Wellness 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



## March 2024



## 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.

## MARCH BIRTHDAYS:

- 3/04 - Christopher H.
- 3/04 - Alade S. (staff)
- 3/06 - Moya M.
- 3/07 - Ione S. (staff)
- 3/10 - Bob P.
- 3/15 - Janette M.
- 3/16 - Frances M.
- 3/17 - Dinah O.
- 3/24 - Ray S.
- 3/25 - Catalina H. (staff)
- 3/30 - Isela A. (staff)
- 3/30 - Hermine B.
- 3/31 - Kathy N.

## CHINESE NEW YEAR CELEBRATION

Happy Lunar New Year! The Year of the Dragon was on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it's associated with power, intelligence, confidence and prosperity.



## TASTE OF TEXAS



A prime cut of beef, a baked potato and a side of greens. Across America, those are the makings of a classic steakhouse meal. Over the decades, steakhouses became the ideal setting for a business meeting or a celebratory meal, often capped off with a dessert such as cheesecake, baked Alaska or bananas Foster!



## EASY AS PIE!



The Abbey hosted their Annual Pie eating contest with residents and staff. The correct way to eat a pie is with a fork, but when you are racing to finish first place you use both hands!



## SWEET & SAVORY



The sweet-and-salty combination of fluffy waffles and fried chicken drizzled with maple syrup is a delight at Cracker Barrel!



## LOVE IS ALL AROUND



"When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected." — Laverne Cox



## MARDI GRAS CELEBRATION

Mardi Gras, or the last day of Shrovetide, is the final celebration of feasting before the fast of Lent. It takes place between Epiphany and Ash Wednesday, the official start of the Roman Catholic Lenten season.



## HIP, HIP, HOORAY!



We raise a big hearty cheer for our residents special day at our monthly birthday bash!



## DOOR DECOR



Residents love creating their holiday themed decorations for their doors!





## COVID-19 BOOSTERS



Many of our residents and staff members are eligible for a COVID-19 vaccine booster shot. Please contact the front desk for assistance with scheduling your next booster with us on March 7th. For more information on the COVID-19 vaccine and booster shots, visit [CDC.gov](https://www.cdc.gov).

One of the best ways to prevent illness is by practicing good personal hygiene. Take these steps to protect yourself:

*Wash your hands well and often.* This is especially important after coughing, sneezing, blowing your nose or being in a public space.

*Use hand sanitizer if soap and water are not available.* Be sure your hand sanitizer contains at least 60% alcohol.

*Avoid touching your face.* Although it can be difficult and requires conscious effort, keep your hands away from your eyes, nose and mouth.

*Follow proper etiquette when you sneeze or cough.* Cover your nose and mouth with a tissue when you sneeze or cough.