



# 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

Maria Alvarado ..... Executive Director  
 Rukayat Ayodele ..... Assisted Living Director  
 Susan Dorantes ..... Activities Director  
 Priscilla Gildon ..... Wellness Director  
 Roxanne Alinsug ..... Wellness Coordinator  
 Ashley Abdulla ..... Dietary Manager  
 Karleann Leite ..... Office Manager  
 Sahar Hussain ..... Sales & Marketing Director  
 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. Aman Ali Jafar ..... By Appointment  
 Dr. N. Ahmed ..... By Appointment  
 Dr. Zock-A-Zock ..... By Appointment  
 Merci Gathogo, NP ..... By Appointment  
 Podiatrist ..... By Appointment  
 Mobile Dentistry ..... By Appointment



### March 2025



### When Everyone's Irish

You don't need to be Irish to celebrate St. Patrick's Day. Cook up some corned beef and cabbage, look for a four-leaf clover, and make sure you wear green on March 17.

### THIS MONTH'S BIRTHDAYS:

- 3/4 - Alade S. (staff)
- 3/4 - Christopher H.
- 3/7 - Janet F.
- 3/7 - Ione S. (staff)
- 3/14 - Julie C.
- 3/15 - Janette M.
- 3/16 - Alan H.
- 3/16 - Frances M. turns 101st!
- 3/17 - Dinah O.
- 3/24 - Ray S.
- 3/25 - Catalina H. (staff)
- 3/25 - Mario L.
- 3/29 - Nimi E. (staff)
- 3/30 - Isela A. (staff)
- 3/31 - Kathy N.

## SNOW STORM

We are blessed to have our Abbey staff who stepped up and ensured residents were cared for during the historic snow storm in Houston, January, 2025.



## SUPER BOWL LIX

There's more to love about Super Bowl Sunday than just the game. Who can resist all the good food that goes along with it? Residents enjoyed each other's company before they started cheering for their teams.



## Health Perks of Positivity

March is National Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

*Better physical health.*

Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

*Increased life span.* Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

*Stronger immune system.*

Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

*Lower depression rate.*

Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.



## HAPPY 101ST BIRTHDAY!

Jeanette K's enjoyed her celebration. We have FIVE centenarians living at The Abbey at Westminster Plaza!



## CHINESE NEW YEAR



Lions and dragons, oh my! Our community celebrated with the Buddhist Family, Huen Quang Dancing Lions performers.

2025 is the Year of the Snake.



## VALENTINE'S DAY



"There is nothing better than a friend, unless it is a friend with chocolate."

—Charles Dickens



## THE SMELL OF ROSES



Residents spread the joy of love to their neighbors and staff of the Abbey for Valentine's.



## SPA SOCIAL

We use our hands every day, so we need to take care of them. Getting manicures and hand massages using moisturizing lotions will help them feel pampered and relaxed.





Valentine's Day 2025



Chinese New Year - 2025, Year of the Snake