



June 2014



www.bayou-shadows.com

Did you know that you can:

- Pay rent online
- Submit service requests
- Post items of interest

All on our website. Sign up now.

Please go to our website and rate us with our resident survey ... we would appreciate your feedback!!

Bayou Shadows

APARTMENTS

101 Westwood Drive
Lafayette, Louisiana 70506
(337) 233-4428

Welcome New Residents

We are so happy that you chose to stay with us at Bayou Shadows.

 find us on
facebook!

Happy birthday to all of our residents celebrating a birthday this month!!



Bayou Shadows Staff

Martha Carver	Community Mgr.
Roxanne Soileau	Assistant Mgr.
Margeaux Graham	Assistant Mgr.
Bonnie Labbie	Assistant Mgr.
Tiffany Chaisson	Assistant Mgr.
Kishment McClosky	Assistant Mgr.
Fred Begnaud	Maint. Engineer
George Moreau	Maint. Supervisor
Eddie Sanders	Maint. Engineer
Harold Morrison	Maint. Tech.
James Nolan	Maintenance Tech.
Rodrick Gary	Maintenance Tech.
Nicholas Parfait	General Maint.
Darnell Sonnier	General Maint.
Bodie Graham	General Maint.
James Meche	General Maint.
Wiley Landry	Painter
Patricia Vallier	Janitorial Staff
Genevieve Leopaul	Janitorial Staff
Mary Collins	Janitorial Staff

OFFICE HOURS

Monday–Friday	9 a.m.–6 p.m.
Saturday	10 a.m.–4 p.m.

After-hours Answering Service
(337) 572-4131




Sensible Advice

You can enhance your ability to learn and remember by involving as many senses as possible. *HelpGuide.org* suggests relating information to colors, textures, smells and tastes. Writing out information on paper can also help imprint it onto your brain, as can reading out loud something you want to remember.

Super Food: Spinach

Popeye knew the power of spinach. The leafy green is full of nutrients. Spinach is high in lutein, which promotes eye and heart health. It is also rich in iron, for healthy red blood cells, and the B vitamin folate. This salad staple is also an excellent source of vitamins C, K and A, plus several important minerals.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rent Is Due	2	3	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Oh No! Late Fees Begin Today ...	7
8	9	10	11	12 	13	14
15	16	17	18	19	20	21
22 celebrate SUMMER! 	23	24	25	26 Pest Control Buildings 31-36	27 Pest Control Buildings 37-41	28
29	30	 JUNE 				

"This Month In History" JUNE

1731: Martha Washington is born on a Virginia plantation.

1815: Napoleon and his troops are defeated in the Battle of Waterloo, ending 23 years of warfare between France and other European countries.

1928: Amelia Earhart becomes the first woman to fly solo across the Atlantic Ocean.

1935: After 22 seasons and 714 home runs, baseball legend Babe Ruth retires.

1944: Joe Nuxhall becomes the youngest player in Major League Baseball, pitching for the Cincinnati Reds at age 15.

1967: The Beatles release one of the most widely acclaimed albums of all time, "Sgt. Pepper's Lonely Hearts Club Band."

1973: Secretariat becomes the first horse in decades to win horse racing's Triple Crown.

1974: Henry Heimlich publishes an article outlining his new technique for dislodging an object from a choking victim. His method is soon dubbed the Heimlich maneuver.

1975: Steven Spielberg's thriller "Jaws" premieres and ushers in a new kind of marketing: the summer blockbuster.

2002: Simon Cowell, Paula Abdul and Randy Jackson critique talented and not-so-talented singers during the first season of "American Idol."