

the Eastridge Express

...joyful expressions from Eastridge Senior Living Suites

Eastridge Senior Living Suites, Abbeville, LA (337) 898-1944

March 2017

Parading Around

Mardi Gras season is Louisiana's peak time for liveliness and festivity. Residents joined in on the Mardi Gras mambo as they prepared for the Eastridge Community's Krewe Ridge Mardi Gras parade. Thank you to all who came and celebrated this event with us!



Department Heads:

Executive Director

Dietary Manager

Life Enrichment Director

Business Office Manager

Resident Services Director

Angie Leblanc, LPN

Sheneal Turner

Jeneen Broussard

Shara Leleux

Mary Landry, LPN



Meal of the Month

Fried Shrimp Poboy
 French Fries
 Cole Slaw
 Chef Salad
 Ice Cream

Inspirational Quote

“Motivation is when
 your dreams put on
 work clothes.”

-Benjamin Franklin

Upcoming Events

Mark your calendars and join us!

3/02	Tour Blacksmith Shop	2:00 pm
3/03	Out-to-Lunch (Chili's)	11:00 am
3/06	Resident Council Meeting	1:00 pm
3/07	Pet Therapy	1:30 pm
3/09	Coffee Social	10:00 am
3/09	Ice Cream Social	1:00 pm
3/13	Mass (ERNC)	9:00 am
3/14	VFW Social	10:00 am
3/15	Anytime Fitness	10:00 am
3/16	Resident Birthday Party	2-4 pm
3/17	Casino Trip	8:30 am
3/21	Out-to-Supper (Duffy's)	4:00 pm
3/29	Joy Ride (Coastal View)	1:30 pm

Birthdays and Anniversaries

Residents:

Jim P.	3/03 (A - 2 years)
Frank F.	3/03 (A - 1 year)
Lucille B.	3/04 (B)
Lona B.	3/12 (B)
Claire C.	3/23 (A - 1 year)
James D.	3/23 (B)
Estelle P.	3/28 (A - 2 years)
Florence S.	3/31 (B)

Employees:

Jeneen B.	3/10 (B)
Angie L.	3/12 (B)
Madalyn	3/12 (B)
Tiffany V.	3/29 (B)

Music to our Ears

Residents enjoyed their recent trip to St. Mary Magdalen Catholic Church to attend the Acadiana Symphony's performance. It was a truly beautiful evening!



Let's Go Green!

St. Patrick's Day is all about green: wearing green clothes, eating green foods and attending parties and parades with green decorations. This St. Paddy's day, however, let's make the green theme mean more than just the color – by going “eco-friendly green”. Here are five ways to really “go green” for this holiday:

St. Patrick's Day Earth-Friendly Ideas

1. **Buy locally-produced foods for your St. Patrick's Day meal:** Keep your dollars in the local community, and cut down on pollution all at once. Buying local foods allows consumers to directly engage with the people who grow their food. It creates a sense of community and cuts down on the transportation costs associated with trekking foods across country. Plus, your foods will always be fresh and taste good since they've recently been harvested and are in season.
2. **Create decorations out of recycled materials:** It's easy to go buy plastic decorations from a big box store. Making your own decorations, however, allows you to recycle old household items and gives the kids a fun project to work on. Use old green bottles (like wine or even beverage bottles) to create lights or vases. Create shamrocks and hats for the kids to wear out of leftover felt. Let your imagination be your guide. Or use online resources like The Crafty Crow and Spoonful.
3. **Drink only locally-sourced beers:** The craft brewery movement is growing. Seek out a local brewery, and bring home a growler. If you're going to be hitting the town, then ask for a local draught. You'll again be supporting your local economy.
4. **Create your own green dyes:** Store-bought dyes often have chemicals in them. Instead, use fruits and vegetables like oranges, blackberries, strawberries, lemons, etc. Boil the ingredients, let it seep, and then strain out the solid parts. Soak your fabrics in the dye, or use an eye dropper to add it to foods.
5. **Walk or bike to the parade:** We all love a parade, but that doesn't mean that you have to drive to the parade grounds. Walk or bike to the viewing areas to save on gas and reduce your carbon footprint. If the parade is a little too far, consider public transportation.



Our Philosophy

Our philosophy is based on the definition of Assisted Living.

- Foster Independence for each Resident.
- Treat each Resident with Dignity and Respect.
- Promote Individuality.
- Allow each Resident Choice of Care and Lifestyle.
- Protect each Resident's Right to Privacy.





**Eastridge Senior
Living Suites**

2309 Richard Street
Abbeville, LA 70510

PHONE:
(337) 898-1944

FAX:
(337) 892-1298



We're on the Web!
See us at:
www.eastridgesuites.com

Our Mission

Our mission is to operate and manage the highest level of quality independent and assisted living communities, providing superior service and unmatched value where:

- Residents and their family members are shown compassion, understanding, respect, dignity and caring support.
- Team members feel a sense of belonging.

REMINDERS ...

- All monthly rent is due by the 5th of every month.
- Newspapers are to be handed out by staff only.
- Dietary staff requests all dishes be returned in a timely manner.
- The covered area is for drop-off and pick-up only please

Thanks!

Eastridge Senior Living Suites

2309 Richard Street
Abbeville, LA 70510

