

HELLO february

Beyond the frosty windows and chilly air, February is a time for reflection, connection and the celebration of love in its many forms. It is a reminder to cherish the deep bonds we share as a community, the friendships forged in our lives, and the love that comes from the wealth of experiences we carry. It can be a time to reflect on partnerships, friendships and the love shared with significant others and family members. In the midst of winter, February invites us to reflect on the journey we've traveled and the lessons we've gathered along the way. It's an opportune time to embrace self-reflection, appreciate our individual and collective stories and find renewal in the wisdom that accompanies age.

The winter months, including February, can unfortunately also bring challenges such as colder temperatures and reduced daylight hours. As a result of this, some older adults may be more susceptible to seasonal affective disorder (SAD). Recognizing this, it becomes essential to join activities that boost mood, such as social interactions, exercise and exposure to natural light when possible. It is important to chase away the winter blues and welcome the warmth together.

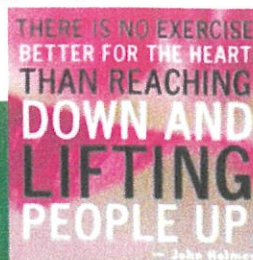
Feeling a bit glum may seem like an ordinary reaction to the fading glow of the holidays and the darker winter months. But, when that feeling of sadness persists for more than a week or two, it's a red flag. As the weather gradually gets colder and the days get shorter, people affected by winter-induced SAD will generally begin to feel the symptoms of depression. Signs of SAD include a loss of energy, changes in appetite and sleeping habits, irritability, and loss of interest in socializing and other activities.

The main difference between SAD and general depression is that SAD only strikes during certain times of the year. A decline in the amount of daylight during fall and winter affects circadian rhythms and causes hormonal changes that lead to depressive symptoms in people with SAD. These effects can be compounded if a person cannot or does not want to regularly spend time outdoors or with others, which is particularly impactful to seniors who are housebound or live in areas prone to ice and snow. According to the National Institute of Mental Health, SAD is more prevalent in women and people who live further from the equator, where the sun is not as strong or constant. Individuals with existing mental disorders, such as anxiety disorders, major depressive disorder and bipolar disorder, more commonly experience the so-called "winter blues."

If you are feeling down and not yourself – Please do not brush off that yearly feeling as simply a case of the "winter blues" or a "seasonal funk" that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year. I encourage you to not only reach out to your circle of support, but also speak with your family doctor. A physician can assess and work with you to devise an appropriate course of treatment that will help you improve your mood and energy so you can feel like yourself again.

Please take good care of yourself and those around you!

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Albert Morin and his family would like to thank the amazing staff at Chalet Malouin. He is very appreciative of all the wonderful care you provided throughout the years to his wife, Thérèse, and himself. He wanted to make sure everyone knew this. A big thanks to all the residents as well. Know that every kind word or smile was always appreciated! He is doing well at Repos Jolys.

Un gros merci à tout le personnel et les résidents du Chalet Malouin!!!!

Flu Season:

Thanks to everyone for working together to ensure the Chalet has had minimal viruses floating around these past 6 months. We are aware of other facilities still recently having to “lock-down” once again due to flourishing viruses – I hope we can continue to all do our part to ensure this doesn’t have to happen at the Chalet. Although we have had a few sick residents from time to time, we have been thankful that we have been able to minimize and stop any nasty viruses from running completely rampant throughout our facility. This can only be done if we continue to be vigilante with our handwashing and making sure to wear a mask whenever we feel sickness coming on. If you are feeling unwell – we continue to ask that you refrain from visiting anyone at the Chalet. Everyone’s co-operation is greatly appreciated in keeping our seniors healthy & safe!



Fundraising:

We once again look forward to your support for our next fundraiser – Bud, Spud & Steak to be held on March 23rd .

More details to be announced shortly!

If any families or businesses would like to donate a prize for our next Silent Auction – please contact Sheryl @ 204.347.5753.



We hope to make our next Silent Auction open to the public with ticket sales to begin mid-February and the draws to be made on March 23rd at our Bud, Spud & Steak fundraiser.



Thanks to all for your ongoing support!

Advertising:

Looking for a great way to market your product or service? Consider advertising in our monthly newsletter! Our newsletters are sent to approximately 100 residents and staff plus their families from surrounding areas. Our newsletters will also now be posted on-line to our website <https://www.ChaletMalouin.com>. Newsletter sponsorships are one of the most effective ways to reach your target audience and build trust among potential customers. We would like to create an “Advertisement/Sponsorship” section in our monthly newsletter as another way to achieve our fundraising goals. Current rates will be as follows for any advertisements or articles:



Advertising or Articles	<u>Monthly</u>	<u>Annual (12 months)</u> <u>Discounted Cost</u>
FULL Page	\$40.00	\$400.00
1/2 Page	\$30.00	\$300.00
1/4 Page	\$20.00	\$200.00
1/8 Page	\$10.00	\$100.00

Please contact Sheryl @ 204.347.5753 or by email: Director@Chaletmalouin.com if you wish to advertise in our newsletter.

Emergency Contact Information

It has come to our attention that many emergency contact names and contact details on file are no longer valid, therefore, we have implemented a new process to have this information fully updated every couple of years. It is imperative that we have this information on file for each resident living at Chalet Malouin. Please keep an eye out in your mailboxes as we will be sending everyone a blank “Emergency Contact” information form for update. The updated and completed form can be returned to the Chalet Admin office (can also be dropped off in mail slot) or sent via email to: Chalethousing@outlook.com.

Thereafter, should you wish to make further changes regarding your Emergency Contact information – please advise Sara or Diane in the office immediately so we can update our files. Everyone’s co-operation is greatly appreciated!

Fire Safety:

Please note that the Chalet Malouin will now be testing our fire alarms on the first THURSDAY of each month at 10:30am



There is no need to leave your rooms during these alarm tests.

As we continue to work with the St. Malo Fire Department to upgrade the details of our Disaster Plan – more details will be announced in the future regarding our mock practice evacuation which we intend to conduct in the Spring/Summer months.

Tax Season:

By now, all Chalet residents should have received their 2023 Rent Receipts (for tax purposes) – if you have not received, please contact Diane in our Admin office @ 204.347.5753.



**DID YOU
KNOW?**

Our monthly newsletters can also be found on our website www.ChaletMalouin.com – under the 'News/Events' tab



Fresh Tomatoes in January/February?

Look what we are growing at the Chalet! We weren't sure if they would survive but have a look at the most recent pictures! Our tomato plants are loving it in the Lorette Courcelles family room!



*Take care everyone,
Sheryl*