

Welcome March!

As we continue to welcome new residents – we encourage everyone to extend a warm welcome and assist in any way they can to make others feel comfortable in their new surroundings. A simple greeting with a sincere smile can make all the difference in someone's day.

After living independently for years, it can be very difficult to transition into Assisted Living, especially if the decision is made by someone else. Focusing on the future and not the past can also be a hard thing to do at first. There can be a lot to look forward to about moving into Assisted living – making new friends, having more opportunity for socializing and planned events, prepared meals, light housekeeping done and so forth.

A few things that can help families and loved ones with the transition:

- Help with downsizing – create a “safe passage” for treasured items. Let your parent tell you the significance of important pieces, and respectfully help them find a new home for everything they can't take with them.
- Help with finances & paperwork– Because there is a lot to process with a transition – helping out with finances & paperwork can alleviate a lot of stress (cancelling home bills prior to moving, changing address information, sorting out new requirements, etc.)
- Plan to Visit – Hopefully your loved one will have in-house social activities to look forward to, but family relationships will still make up a large part of their identity. Losing family relationships is a very common concern for seniors moving into an assisted living situation. Plan visits ahead of time – hang a calendar so they can look forward to the visits. Take turns amongst family members. Co-ordinate visits and create a group calendar if possible. Plan group visits or outings also.
- Any resident can go out for outings, meals or visits – arrangements needs to be made with a Health Care Aide on site (if applicable) and also the kitchen (for missing meals).
- Anyone can join a resident for meals – meal tickets can be purchased from the admin office.

“Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in your life you will have been all of these.” – Dr. Robert H. Goddard

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Health & Safety:

Recalling our visit from the St. Malo Fire Department – It was discussed how clutter in a residence is a very big *Fire Safety Hazard*. As we all must work together to keep the Chalet a safe place for everyone (including your neighboring suites) here are the '**Five Ds of Decluttering**' which are helpful to use in your own residence:

1. **Deliberate**. Intentionally and purposefully re-home items to keep them out of a landfill; preserve family history; avoid burdening someone else with having to do it; simplify; avoid storage fees.
2. **Discover** things that you can let go. Do I use it or need it? Does it have special meaning to me? Do I love it? Is it beautiful?
3. **Decide**. Put a plan in place; do a little bit at a time (15 minutes a day makes a big difference). Don't wait until there's a crisis, and someone else may have to choose for you.
4. **Divest**. You probably won't get the value you think you should if you sell. Also, selling takes time. If you decide to sell, consider Facebook Marketplace, Kijiji, and a yard sale. Research collectors and antique dealers. Find out about curbside giveaway dates.
5. **Document**. Track and celebrate your accomplishments. Take photos. Make a video or lists.

Why is it so hard to let stuff go?

- **Guilt** (somebody gave it to you). Guilt can play a big role in our resistance to decluttering. It's hard to remind ourselves that a person will still love us, even if we no longer own the item they gave us. So instead of shoving that gift a friend bought you into a closet to collect dust – let it go!
- **Sentimental value**. – If you're tempted to keep the item for nostalgia's sake, take a photo of it instead and jot a few sentences about its importance.
- **Fear that you might need it someday**. – There's a difference between "needing" something and "Possibly needing" something someday. Ask yourself when you last used the item in question. If it's been a year or longer – you can let it go. You may sometimes get rid of something you may want again – that's OKAY. You can borrow it, rent it or repurchase it if you must.
- **It was expensive**. Decluttering becomes even harder when we're reluctant to let something go because we've spent a significant amount of money on it. Just because money was spent on something at one point doesn't mean it still has that dollar value. Ask yourself if that dollar value is worth the space it takes up in your home. What is that space and calm worth to you?
- **Inertia/procrastination**. Sometimes, when we say goodbye to an item, we're also saying goodbye to the hope that the item represents for us. We keep boxes full of craft supplies because "someday" we'll complete that craft or hobby. Letting go of these things might feel like a failure or an embarrassment. It might feel like giving up on a dream. But as tough as it is to let go, it's much harder to hold onto something that doesn't bring tangible joy to your life.
- **Fantasy**...clothes (but they're three sizes too small), items for elaborate dinner parties (except, you prefer to eat alone). Be honest with yourself and let the item go so you can create more space for something that better suits your habits and lifestyle.

We don't want to go back to living in want and so we may hold onto things because we're afraid we won't be able to replace them if we need them again. People can also tend to feel guilty about getting rid of things even if they have too much stuff.

Where to start? If it is too overwhelming to complete the task of decluttering yourself – there are many professionals who can assist. A quick on-line search results in over 12 different companies located in Manitoba alone that can assist. If you need assistance please contact the office @ 204.347.5753 or Sherisse (Services to Seniors) at 204.347.5234 .



Our next big fundraiser: “BUD, SPUD & STEAK” dinner will be held on Saturday, March 23rd at Lucky Luc's Bar & Grill. As the Chalet Malouin houses residents from many surrounding communities – we were approached and it was decided to hold this fundraiser in St. Pierre. Tickets for this fundraiser are \$30.00 per person with support tickets also available. Tickets can be purchased at the Chalet Malouin Office or from any Board Member. Dinner will be served between 5:00pm and 6:00pm. Our huge Silent Auction draw will be held at 7:00pm.

Silent Auction details:

As prizes are still being received – we expect/hope to post a listing of ALL the available prizes the 1st week of March.

Silent Auction tickets will go on sale March 1st - A sheet of 25 tickets will be sold for \$10.00 and will be available in the office or via e-transfer. E-transfers will be accepted using email address : Director@ChaletMalouin.com

The full complete listing of prizes & donors will also be listed in our next monthly newsletter and on our website/on-line. Ticket purchases and auction selections can be made virtually / on-line / in person – Please call our office for more details at 204.347.5753.

A HUGE THANK YOU to the many resident families & businesses who have donated. Everyone's support is truly appreciated from the bottom of our hearts!



Some of the prizes received to date are:

Red River Seeds	\$3,400 Soybean Seed Gift Certificate
Eastman Sealcoating	\$100 Co-OP Gift Card, 2 x \$50 Princess Auto Gift Cards, Gift Bag Blanket
Stella's Custom Flooring	\$500 Gift Card
Pritchard Engineering	XL Jacket, 2 Hats, 2 Tuques, Yeti Mug
MG Cabinets	Cutting Board, Water Bottle, 2 Cups, Jar openers
Grunthal Lumber	2 Jackets, 1 Carry Bag, 2 Contigo Mugs, 2 Hats
Co-Op St. Malo	Golf Hat, Sleeve of 3 golf balls, Golf Towel
Ayotte Excavating	LARGE Kids Basket
Triple Jay's	BBQ Sampler Gift Certificate
Canadian Tire	Porch Swing Set

Maxine Morin & Alain Carriere	Gift Cards: \$100 Santa Lucia, \$40 Steinbach Aquatic Centre, \$50 The Puzzler Escape Room in Steinbach
Marie-Lynne Catellier	6pc LED Candle Set with Remote
Claudia & Marc Hince	T-Fal Air Fryer
St. Pierre BigWay	2 x \$25 Villagio Gift Packs
Caisse St. Malo	Carry Bag, Hat, Mug, Apron, Cheese Board, Small Speaker, Rain Gauge, Beer Cozies, Pens, Keychain, Phone tab, fidget toy, cup

(With MANY more promised to come in)

Ridgeville Meats	2 x \$50, 1 x \$100 Gift Certificates
McVicars	Case of Oil 5W30
St. Malo Cabins	\$250 Gift Certificate
John Deere	STHIL Weed trimmer
Ledinghams	Hat, Car Wash Bucket, Chamois & Glass Cleaner
UFCW Local	Slate Coaster Set, 2 x \$50 Co-Op Gift Cards, Flashlights, Keychains, pens & chapstick
Monicas Hair Salon	Beautiful Gift Basket including free haircut, blowdryer and hair products
G & R Garbage	Thermea \$230 Gift, Med Jacket, Hat, Beer Cozies, Travel Mug
South Beach Casino	1 free night - High Roller Room
Diane Moal	Espresso Machine

Instead of Prizes – some preferred to simply provide the Chalet with a CASH donation towards our projects. For this, we are GREATLY thankful:

St. Malo Pharmacy	\$2,500.00
Help Me Shop Enterprises	\$ 100.00



Advertising:

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.**



DID YOU KNOW?

Coffee Corner News:

**Did you know anyone can rent the Coffee Corner / Activity area?
The Chalet supplies the Kitchen, tables, and chairs.**

Fees are as follows:

For Residents:

Room Rental	FREE
Refundable Security Deposit (for use of Pool Table and Shuffle Board)	\$50.00
Coffee Machine and Supplies (includes: Coffee, Tea, Cream, Sugar)	\$20.00

For Non-Residents:



Room Rental	\$50.00
Refundable Security Deposit (for use of Pool Table and Shuffle Board)	\$50.00
Coffee Machine and Supplies (includes: Coffee, Tea, Cream, Sugar)	\$20.00

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

March



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:00 English Mass	2
3	4 1:00 Bible study 2:00 Card Games	5 10am exercises 1:30 chair exercises 2pm Bingo	6 1:00 Funeral of Mr. Collette on TV in main area	7 10am exercises 1:30 chair exercises 2pm Bingo	8 1:00 French Mass	9
10 Borderview school singing 4:30pm	11 1:00 Bible study (Pastor Dylan Barkman speaking)	12 10am exercises 1:30 chair exercises 2pm Bingo	13 1:00 Shuffleboard Tournament	14 10am exercises 1:30 chair exercises 2pm Bingo	15 1:00 English Mass	16
17 	18 1:00 Bible study 2:00 Easter craft	19 <i>First Day of Spring</i> 10am exercises 1:30 chair exercises 2pm Bingo	20 1:00 MOVIE with pop & popcorn! "Knight & Day"	21 10am exercises 1:30 chair exercises 2pm Bingo	22 1:00 French Mass	23
24	25 1:00 Bible study (Ernie Frechette speaking) 2:00 Bake Cookies	26 10am exercises 1:30 chair exercises 2pm Bingo	27 2:00 Birthday Party of the month! (Piano/Orchestra group)	28 10am exercises 1:30 chair exercises 2pm Big Easter Bingo	29 (Staff off) Good Friday 	30