



Chalet Malouin

March Newsletter



St. Patrick's Day is on Monday, March 17th and commemorates the death of Saint Patrick, the patron saint of Ireland, and is a day to celebrate Irish culture, heritage, and the arrival of Christianity in Ireland, often marked by wearing green, parades, and traditional Irish music and food.

St. Patrick's Day



SPRING FORWARD!

Thursday, March 20, 2025 marks the first day of Spring!

“In like a lion, out like a lamb” is a proverb that describes the changing weather in March. It means that March starts with wintry weather and ends with spring-like weather

In some years, March has started with frigid cold and biting winds, and ended with fluffy white fleece and sunshine. In other years, March has had brutally cold beginnings and cold finishes.

Conclusion...

The saying is more of a rhyme than a true weather predictor. However, it often rings true because March is a month of transition

With the arrival of March, we reflect on the year’s progress so far and set intentions for the months ahead. March is a month of transition, a month of emergence to something new, and it’s the last month of the first quarter of the year. March is also a time to let go of the old and welcome the new!

Whatever transition you face, even though it may be tinged with both excitement and fear, it can be an opportunity to tune into your own energy and let it pull you into a new exciting direction!

Enjoy this month of transformation!



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Daylight Saving Time 2025: When Does the Time Change?



Daylight Saving Time always begins on the second Sunday in March and ends on the first Sunday in November. To remember which way to set their clocks, folks often use the expression, “spring forward, fall back.”

- Daylight Saving Time begins on Sunday, March 09, 2025 at 2:00 A.M. On Saturday night, clocks are set forward one hour (i.e., losing one hour) to “spring forward.”
- Daylight Saving Time ends on Sunday, November 02, 2025, at 2:00 A.M. On Saturday night, clocks are set back one hour (i.e., gaining one hour) to “fall back.”

Note: Since the time changes at 2:00 A.M., we generally change our clocks before bed

WHAT'S NEW AT THE CHALET MALOUIN?

Did you hear the news? All of the automatic doors are FINALLY completed! Can I get a BIG AMEN!?! Having automatic doors for all of our entrances will definitely make life A LOT easier for our senior residents.

Thank you to Grunthal Lumber for the recent wonderful referral of George Wiebe Finishing Inc.. George and his team were wonderful to deal with and we thank them for taking this stagnant project on!

We also completed the installation of a new “Air Curtain” at our front entrance. This new “Air Curtain” should definitely help keep the cold north winds from coming through our main entrance. Extended thanks also go out to our maintenance team, Dan Gobeil and Mario Roy as well as to Chris Klassen, Dave Gobeil (Power Pro) and Jonathan Marcotte for their assistance with both of these projects.

These projects were completed with the generous donation from the Manitoba Liquor and Lotteries Commission (MLCC) – HUGE thank you from all of us at the Chalet Malouin for their generosity!



FLOWER BED UPDATE: Growing Smiles at the Chalet Malouin!

Details are still being finalized, but the Chalet Malouin anticipates having new raised Garden/Flower boxes installed around the building. Gardening brings a lot of joy to our residents and is wonderful in assisting mental health and providing quality of life.

These new garden boxes will create lots of gardening space for people to plant personal veggies or maintain something beautiful, as well as letting folks not have to bend over to use it due to its height. We will be setting up a donation drive – allowing people to “Sponsor” a raised flower box for a Chalet Malouin Resident to use. Sponsorship of a flower box can be “In Memory of “ or in Celebration of a loved one or special event or can also be done as a personal or business donation.

We anticipate sponsorship to be approximately \$200 and will include:

- A 2' x 4' raised pressure treated garden box filled with premium gardening soil.
- A commemorative plaque attached to the planter with Sponsor details

We are currently reviewing and finalizing things for this anticipated fundraiser and hope to have details out within the next month. Please watch our Facebook page and website for details!

www.ChaletMalouin.com



FLU UPDATE:

Every year, February is always the big test at the Chalet Malouin for protecting & fighting against many viruses going around. This years viruses definitely seem extra nasty! I'd like to thank everyone for doing their part in keeping these viruses under control and to date, avoiding an "outbreak" at the Chalet Malouin. Our diligent Staff, residents and families have all assisted greatly in keeping things under control. Recently, the following memo was sent out to all families and residents:

FEBRUARY 26, 2025

MEMO TO : ALL RESIDENTS AND FAMILIES OF CHALET MALOUIN INC.

Please be advised we have a number of residents affected with the latest flu viruses. Although, it is NOT YET considered an outbreak at the Chalet Malouin , we hope that once again, with everyone's participation, we can avoid any outbreaks at all!

Gastroenteritis (GI) Virus:

- Gastroenteritis virus is caused by viral or bacterial infections of the bowel. These infections can be caused by viruses such as norovirus, rotavirus or COVID-19, or bacteria such as C. difficile. Symptoms for these infections usually are a sudden onset of nausea, vomiting or diarrhea. The length of the GI virus is dependent on the cause of infection. The best prevention of these illnesses is to practice proper hand hygiene (using soap and water).

Respiratory (RSV) Virus:

- Respiratory illnesses are usually caused by viruses such as influenza A, influenza B, COVID-19, respiratory syncytialvirus (RSV) or common cold viruses. Symptoms for these infections can include coughing, fever, sore throat, fatigue, and body aches and pains. The length of time that symptoms last depends on the cause of infection. The best prevention of these viruses is to practice proper hand hygiene. Respiratory Hygiene also helps prevent spread of germs that make you sick.

How does the Chalet Malouin respond to these illnesses?

Our goal is to prevent further spread of the infection through:

- Careful monitoring
- Increased environmental cleaning
- Educating staff, persons who receive care, as well as friends and family
- Reducing resident movement within the Chalet facility
(Avoiding puzzle rooms, common rooms, dining room)

- Restricted visitation

How can the families help?

- Call and check on your loved one – do they need anything to help them through the illness?
- Arrange a Doctors visit if necessary.
- Explain to loved ones that proper respiratory hygiene and hand washing is necessary.
- Ensure loved ones understand the need to stay in their room to avoid spreading their illness to others.
- Request blander meals from the kitchen and arrange room delivery of meals, if necessary. This can be done by calling the kitchen directly at 204.347.5210.
- If someone is ill, please visit in their room only / Ill residents should remain in their rooms.
- Please do not visit if you are ill - this puts everyone in the facility at risk.
- Do not visit more than one resident within the facility
- Please restrict visitation to designated caregivers only.

Thank you everyone for doing your part in helping to keep our vulnerable seniors safe!

CVITP Free Income Tax Clinic

Sherisse Harder, Services to Seniors Coordinator, will be hosting her annual CVITP Free Income Tax Clinic again this year.

The CVITP service is offered **free of charge** to everyone who meets the eligibility criteria.

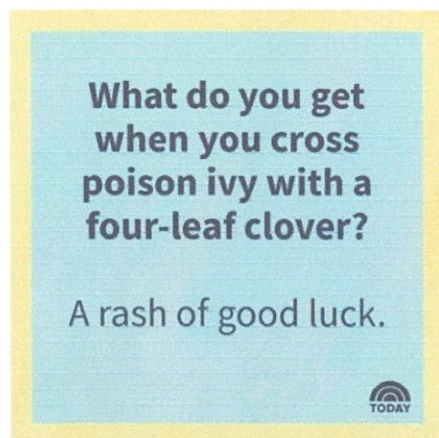
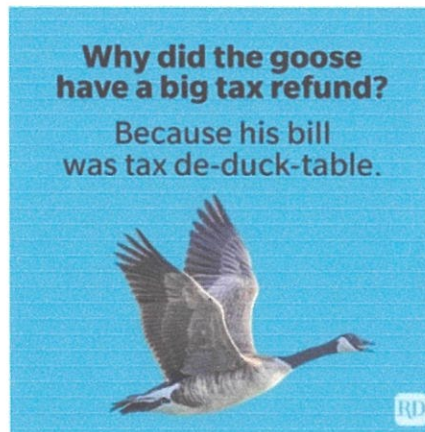
In order to be eligible for the CVITP, individuals must have a modest income and a simple tax situation.

Individuals assisted by the program include:

- Indigenous Peoples
- newcomers and refugees
- persons with disabilities
- seniors
- youth/students
- homeless and housing insecure individuals
- individuals with a modest income



Anyone wishing to benefit from this **FREE service** can bring their slips, receipts and information to my office anytime during office hours Monday to Friday until April 30, 2025.



March

The doctor's schedule is below for appointments available
at the Chalet Malouin
(Note: Schedule is subject to change and updated
monthly)

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 NIC	15
16	17	18 TIMO GOSSELIN	19	20	21 BLOODWORK	22
23	24	25	26	27	28 DR. KIANI	29
30	31	Dr. appointments are available in St-Pierre Jolys or at the Chalet Malouin and must be made in advance by calling (204)433-7263				

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