

February Newsletter



A Note From The Editor

Well, before I started working on our February calendar, I was a little worried that there might be very few events. Winter weather can make it harder to get outside, and many people start to feel more sedentary during these colder months. Never fear — there is lots to do here at MLP!

January was an absolute blast! We were thrilled to welcome five of the Wellington Dukes, and they were fantastic sports about the gruelling workout I put them through — with only a few balloons meeting their untimely demise that day!

We also enjoyed a wonderful luncheon at Napanee Fish & Chips, and our residents' Birthday Party was made extra special with entertainment by Steve Battig.

I wanted to let everyone know as well that I will be away from Feb 11-21 from work as I will be attending the Olympic Games in Milan. I look forward to sharing my experience with everyone.

Lisa Conley
Activities & Wellness Coordinator



In this newsletter you can expect:

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Highlights

Resident
Kindness &
Cheers for Peers

What's
Happening at
MLP

Upcoming
Events

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Matters

Noticeboard

January Highlights & What's To Come



January might best be described as a month of crazy weather, and many of us found ourselves spending more time indoors. Despite the less-than-ideal conditions, we have still been having a lot of fun here at MLP!

We welcomed a visit from the Wellington Dukes, which was a wonderful experience for our residents. We enjoyed fantastic entertainment by Steve Battig while celebrating our residents' birthdays, took a trip to Napanee for an excellent luncheon, and shared many great conversations during our Men's and Ladies' Socials. Even with winter keeping us inside, January has been filled with laughter, connection, and plenty of good times.

Lots happening - again!! The month of kindness & love has lots to do - Vicki Spurrell will be back, Candy grams are being sold, the Dukes will be back because we are just that much fun, we are going to have a MLP Olympics Day in celebration of the 2026 Olympic Games to be held in Milan Cortina Italy. Shopping trip to Quinte Mall is planned & our Valentine's Day social is happening on February 13th. Keep an eye out for our Random Acts of Kindness table again and we have an All About Me picture frame up in the lounge where we will feature residents & staff. I have offered to go first so please check it out.



Cheers for Peers

Nikki Merchant is a wonderful example of teamwork and positivity at MLP Residence. Working in dietary, she always brings a cheerful attitude, a strong work ethic, and a willingness to help wherever she's needed. Her kindness toward residents and coworkers alike does not go unnoticed, and she truly helps make each day brighter.

Congratulations to Nikki on being the well-deserved winner of Cheers for Peers — MLP is lucky to have her! 🌟



Kindness

Elizabeth and Malcolm Wallis truly embody kindness at MLP Residence. Their warm smiles, gentle words, and genuine interest in others help create a welcoming and caring atmosphere for everyone around them. Whether it's sharing a friendly conversation, offering encouragement, or simply being present, Elizabeth and Malcolm show compassion in the small, meaningful ways that make a big difference. We are so fortunate to have them as part of the MLP family.



January Highlights



Dukes Day
MLP is a proud sponsor of the
Wellington Dukes



Thank you to our
secret admirer for
the donuts



January Birthday
Celebration



Ladies Social

Noticeboard - Post It



Bible Study -
February 10th 10:00am
February 24th 10:15am



MLP Olympics Day
February 10th



Birthday Party with Vicki
Spurrell
February 11th 2:00pm



Valentine's Day Social
February 13th 2:00pm



Quinte Mall Shopping
Trip February 17th
Depart 10am
Return 1:30pm



Dukes Visit
February 10th 10:00am

February Events

Valentine's Day Cards - February 3

Residents Meeting - February 4

Free Methodist Church - February 4

Candy Gram Orders Due - February 6

Salvation Army Church Service - February 8, 22

Bible Study with Emmanuel - February 10, 24

Dukes Visit - February 10

MLP Olympics Day - February 10

Birthday Party with Vicki Spurrell - February 11

Valentine's Day Social - February 13

St Gregory Church Service - February 17

Quinte Mall Trip - February 17

Anglican Church Service - February 20

Program Dates:

Hair Salon: by appointment – Fridays
Open Swim: Monday & Thursdays 1:30pm – 2:30pm
Tuck Shop: Thursdays – 10:00am-11:00am
Exercises: Monday, Wednesday & Friday
Library Drop Off: February 16
Happy Hour: Fridays 2:30pm Cash Only Please



Candy Gram Orders Due February 6

\$3

See Jamie, Lisa, Krista or Joanne
to purchase

February Birthdays

Lisa C - February 1st
Ron F – February 9th
Elizabeth W – February 10th
Lydia A – February 11th
Audrey W – February 12th
Pauline M – February 16th

Welcome New Residents

Bill Bell
Fred Deroche
Frank Sargeant

Welcome to MLP! We're so happy to have you join our community and look forward to sharing many moments of laughter, friendship, and meaningful experiences together.



LAUGHING MATTERS



1. Love at our age means falling asleep during a romantic movie... and still calling it a perfect date.
2. My Valentine and I don't need candles for romance — we just turn off the big light and call it “mood lighting.”
3. They say love keeps you young... so my sweetheart and I must be doing it very slowly.
4. At this stage of life, true love is someone who brings you a snack without being asked.
5. Roses are red, violets are blue,
If I forget why I walked in here... please remind me, will you?
6. Valentine's Day is when you realize the best gift isn't chocolates — it's something easy to chew.
7. Love is holding hands... mostly so one of us doesn't wander off.
8. I asked my spouse what they wanted for Valentine's Day. They said, “Nothing.”
So I bought them nothing — and they loved it!
9. Romance after 60 means asking, “Did you take your pills?” and really meaning “I love you.”
10. They say love makes your heart skip a beat — at our age, we call that “time to sit down.”



Understanding Seasonal Affective Disorder: When the seasons affect our mood

As the seasons change and daylight becomes shorter, many people notice a shift in how they feel. For some, this change goes beyond the winter blues and becomes something more persistent. This condition is known as Seasonal Affective Disorder, often called SAD.

Seasonal Affective Disorder is a type of depression that follows a seasonal pattern, most commonly appearing in late fall or winter and improving in the spring and summer. The reduced sunlight during these months can affect the body's internal clock, sleep patterns, and levels of chemicals in the brain that influence mood.

For seniors, SAD can be especially challenging. Less daylight, colder weather, and fewer opportunities to go outside or socialize may increase feelings of low mood, fatigue, or isolation. Some people experience changes in appetite, sleep more than usual, or lose interest in activities they once enjoyed.

It's important to understand that SAD is a medical condition—not a weakness or something to simply “snap out of.” Recognizing the signs is the first step toward managing it. Symptoms may include ongoing sadness, low energy, difficulty concentrating, irritability, or withdrawing from others.

The good news is that help is available. Simple strategies can make a meaningful difference. Spending time near windows, keeping curtains open during the day, and maintaining a regular daily routine can help support both mood and sleep. Staying connected—through phone calls, visits, group activities, or shared meals—can ease feelings of isolation.

Many people also find comfort in gentle physical activity, such as stretching or short walks when weather allows. Talking to a healthcare provider is important, especially if symptoms feel overwhelming or interfere with daily life. Treatments may include light therapy, counselling, or medication, depending on individual needs.

Most importantly, remember that you are not alone. Many people experience SAD, and support is available. The changing seasons can be difficult, but they do not define you. With understanding, compassion, and the right support, brighter days—both literally and emotionally—are ahead.

If you or someone you care about is struggling, reaching out for help is a sign of strength. No one should face the darker months alone.

Thank you for reading!

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