

Our Harbourviews Summer Newsletter 2021 Bulletin d'été

Your support makes a real difference | Votre appui fait une différence

Phil's 5 km Challenge

Running has always been an important part of my life. I started trail running during my time at the University of Colorado where I lived a few blocks from the foothills of the Rockies. I began running to stay in shape after sports injuries prevented me from doing most activities other than moving forward in a straight line (running and biking being ok). I have since realized how important physical exercise is for my mental state as well; running or biking is my meditation, my way to disconnect and recharge.

This is the inspiration for Our Harbour's **Defi 5 km Champlain Bridge Challenge**, as well as the threat posed by Covid. When I started at Our Harbour, I wanted to highlight the importance of being active and making better eating choices for our residents. Unhealthy eating and activity habits can be some of the most durable and difficult to change. Covid has raised awareness of these issues and I think it helped our residents recognize the connection between diet, exercise and immune system strength.

I have been impressed by the response of our residents to Our Harbour's **Defi 5 km Challenge**. We are following a 'couch to the 5K' eight-week training schedule. The idea is to start small, for example taking a 15-min walk the first week and slowly building up to 5 kilometers. Many of our residents took it upon themselves to start training prior to the official start date. Simply talking about doing this inspired many to start their own training regime. The most impressive aspect is the culture change I have witnessed: there has been more willingness to walk and talk about eating healthier. We have also tried to make sure the Clubhouse snacks on offer include fruit and vegetables. It is great to see these changes and I am proud of all our residents for their response to this challenge.

My fellow coordinator Chloë and our stagiaire Tanya have helped bring this idea to life. Thank you team!

If you would like to sponsor a resident or a resident team, please call me at 450-671-9160, or contact the resident directly if you have their coordinates.

Phil Otto, Coordinator



Focus on Tanya Angelo, stagiaire

"I like to see their eyes light up," replies Tanya to my question about what she enjoys most about being at Our Harbour and getting to know the residents.

"They've started opening up to me and we've started having our own inside jokes."

Tanya began a writing group. She offers residents a choice of various one-sentence prompts as starting points: they each choose one and off they go. "Some of them have a real talent for writing and it's been wonderful to hear them share and encourage each other," explains Tanya about her group of 5-6 residents. But it's not just a writing group that engages Tanya's interests. She also does artwork with them, will challenge them to a ping-pong match and has them helping her make sandwiches and chop vegetables for communal lunches. Most of her work with the residents takes place in the increasingly popular Clubhouse but she also visits the apartments for those who prefer to stay home or go for walks.

Tanya is well trained for this type of work. She is currently enrolled in a Special Care Counselling program at Champlain CEGEP which embraces psychology, human development and intervention planning among other subjects. In the past, she has been a Kids Help Phone Ambassador and volunteered with a wide range of age groups at the Old Brewery Mission in Montreal. She is now back with Our Harbour for four months having already done a two-month stint with our organization in 2020. We are lucky to have her back.

Interviewed by Lesley Régnier, volunteer and board member



Le havre Our Harbour

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| Our Harbour ANNUAL GENERAL MEETING Wednesday, June 30, 2021 Via Zoom 3:45 pm - Question Period 4:00 pm - Annual General Meeting Kindly register for the meeting by emailing ohevents@ourharbour.org For more information: (450) 671-9160 | Le havre à nous ASSEMBLÉE GÉNÉRALE ANNUELLE Mercredi, le 30 juin 2021 Via Zoom 15 h 45 - Période de questions 16 h 00 - Assemblée Générale Annuelle Veuillez vous inscrire à la réunion en envoyant un courriel à ohevents@ourharbour.org Pour plus de renseignements : (450) 671-9160 |
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A haven for people living with mental illness

Refuge pour personnes ayant des problèmes de santé mentale

Registered Charity

87723 1803 RR0001 N° d'enregistrement

Horsing Around

Recently, a grant for equine therapy* has treated our residents to a breath of fresh air. Every Thursday this year, they can learn how to groom, manage, feed and bond with the horses at **Centre Équestre Saphir** in La Prairie. Participants are finding that social skills apply to horses as well as people. Walking the horses, residents learn to direct them by using body language to speak their language. Applying hygiene measures to limit the spread of disease echoes the Covid precautions we live with day to day.

The horses, much like the residents, have been socially isolated throughout this pandemic. Being around people again has boosted the morale of both. So far it has been a fantastic experience and the owner and staff at the equestrian center are wonderful and kind. It's the start of a wonderful new chapter for our residents.

Tanya Angelo, stagiaire

**Our Harbour is grateful to the Canadian Health and Social Services Network for a grant from the Canadian Mental Health Initiative program.*



Monika sharing a moment with Abby the horse at Centre Équestre Saphir, where Carole Doyle and her team have made Our Harbour welcome.



Dolly Shinhat, Tanya Angelo, Phil Otto and Chloë Lévesque sport Défi 5Km T-shirts while examining early growth in the raised planters. The beautiful, sturdy planters were built by Michel Pouliot, Chloë's step-father, who donated his time and skills, and delivered them to boot!

Our Harbour is especially grateful to our partner, St. Lambert United Church, for allowing us to use the Notre Dame side lawn and garden in our wellness and activity programs.

A Legacy Gift: Ensuring Our Harbour's Future

Have you considered leaving a gift in your will for Our Harbour?

What is a legacy gift? A legacy gift or bequest, also known as planned giving or estate giving, happens when you set aside a charitable gift for an organization you care about. This gift goes to the charity when you pass away. Most charities have legacy gifts, and it's a wonderful opportunity to help your charity plan for the future.

Is a legacy gift complicated to set up? It's actually quite straightforward! Most Canadians have a will, and the simplest way to organize a legacy gift is to include a statement in your will. You might decide on a specific amount or a percentage of your estate that will go to your selected charity. Your financial advisor or notary can help you with this step.

Are there advantages to legacy giving? Not only are you helping to ensure that Our Harbour's mission will continue, long-term, but there are also financial benefits for your estate. Because of Canada's tax laws, your legacy gift can save your estate considerable taxes that would otherwise go to Revenue Canada. So, you can still support your loved ones and your charity with a legacy gift. It's a win-win situation for your family- and for your estate!

Why choose Our Harbour for your legacy gift? As a loyal supporter of Our Harbour, our mission, to help those living with mental illness, is no doubt close to your heart. A few of our donors who have already set up a legacy gift for Our Harbour in their will have agreed to share their thoughts:

I have been a financial supporter of and a volunteer with Our Harbour for several years. I have been able to see firsthand the excellent work done by the organization and more importantly the impressive change that happens to a new resident within the first few weeks of living in a supportive caring environment. I truly believe that it is important that this work continues after my death and it makes me feel good that I am able to contribute to this. For this reason, I have written Our Harbour as a beneficiary into my will.

Naming Our Harbour as one of my beneficiaries is something that gives me a sense that I would be doing something truly worthwhile after I pass on to the next life. I decided to include Our Harbour as one of the beneficiaries of my estate because bringing comfort to people who struggle with mental illness is very meaningful to me. I also know that Our Harbour is a trustworthy and well-run organization and I've been able to see the results of their hard work. I can be at peace knowing that I've chosen well.

I believe in Our Harbour's mission and I want to do my part to ensure that people who live with mental illness receive the support they need to lead fulfilling lives. I recently updated my will and included a simple statement (name and charity number) for future funds to be diverted to Our Harbour.

I'd rather see my money go to my charity than to taxes!

Stay tuned for more details on legacy giving from Our Harbour's Individual Fundraising Committee. Any gift — regardless of its size — is welcome, and your gift of a lifetime can make the difference of a lifetime to someone living with mental illness! Please contact Our Harbour Director-General, Dolly Shinhat, if you have further questions. 450-671-9160

Susan Kerwin-Boudreau, Board Member

Caring people make the difference.
Les gens attentionnés font la différence.

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Our Harbour donors and volunteers: Awesome!

During a year of upheaval and uncertainty, your loyal and steadfast support allowed Our Harbour to respond quickly and creatively to an unprecedented situation. Our mission and residents flourished outdoors last spring and summer and late into the fall. A stronger Our Harbour community has emerged and a new awareness of our commitment to better health, wellness and the importance of caring for one another.

Without your gifts, the gifts of our volunteers' time, love and energy, and the outstanding contributions of the staff team, Our Harbour would not be the warm, welcoming and resilient community that it is.

There are close to 165 donors listed below. Donors with an asterisk * contributed COVID-relief funding in addition to their annual funding. 100% of Board members are also donors, and many Our Harbour volunteers contribute financially, over and above their gifts of caring, time, energy and expertise.

Thank you all for your generous, philanthropic spirit!

14 Anonymous donations
ARC Health and Social Services
Dennis Armstrong
Virginia Assaf
Bank of Nova Scotia
Wendy Barnes
Dianne Bateman
Nancy Beaton
Bell Canada (Benevity Fund)
Neil Bonema
Patricia Borlace
Bepie Boudres-Alexander
Spencer Boudreau
Jocelyn Brace
Mary Ann Bresba
Barbara Brown
Harvey Campbell
Canada Summer Jobs Program
Hector Cantor
Marilyn Carr
John Carr
Ann-Marie and Ray Cassin
Marlene Cave
Jody and Vincent Ceccarelli
Centraide du Grand Montréal/ Government of Canada
Workplace Charitable Campaign
Gretchen Cheung
Maria Chiarelli
Albert Coccia
Nancy Cousins-Viau
Judith Crouchet
Ileana Cusiuc
Petra Dando
Ellen de Grandpré
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Barbara Duguid
Juliet Dunphy
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Margaret Eastwood
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John Evdokias
Hoda Faltas
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Fondation Jacques Francoeur
Vivien Freedman
James Fresco
Bev and Robert Geraud
Johanne Gaudreau

Patricia Geary
Soad (Angèle) Ghattas
Catherine Gillbert
Allan and Carol Globensky
David Gobby
John Godley
Good Shepherd Lutheran Church
Christine Gosselin
Kohur Gowrisankaran
Marie Gravelle
Giuseppina Greco
Greenfield Park Lion's Club Inc.
Greenfield Park United Church
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Margaret Jackson
Ronald Jones
The Estate of Margaret Joan Kennedy
Monica Kerwin
William Kerwin
Honore Kerwin-Borrelli
Susan Kerwin-Boudreau
Eileen Kerwin-Jones
Johanna Kratz
Jill Lacoursière
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Midge Lane
Jane Horvat and Jonathan Lang
Heather and Dennis Langway
Carole Lanthier-Strickland
Linda Laroche
Connie Leigh
Carolle Lépine
Sandra Libby
Andrew Louison
Linda Magher
Susan Magher
Michael Malone
Louise Maltais
Loredana Marino
Lamiaie Marzouki
Ann McKinnon
Lloyd Meinar
Nicole Ménard, *Deputée de Laporte**
Mosaic/que Quilters Guild
Marie Muldowney

Jim Munro
Nine & Dine Golf Group
Lorette Noble
Kenneth O'Connell
Renée O'Dwyer
Mary O'Malley
Edna Ouellette
Our Harbour sale of art cards at Taylor's and Photo René
Patricia Owens
PayPal Giving Fund Canada
Jarmila Philipp
Charlene Pincombe
Jeanne Potvin
Renée Prendergast
Programme de soutien organisme Communautaire (PSOC)*
Gerald Ratzer
Employment and Social Development Canada: Reaching Home Funding*
Lesley Régnier
Nancy Reid
Claire Richardson
Diane Riendeau
Robert J. Ross
Renaud Roy
M. Christopher Schoch
Judith and Dave Schurman
Marilyn (Lyn) Scott
Dolly Shinhat
Surjit Shihhat
Beverley Smalridge
Penelope Speiran
Saint Lambert United Church
Kimberley Stephenson
Marla Stovin
Beverly Stride-Coté
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Diane Tessler
Yolande Thibeault
Christopher Thomson
René and Sharon van der Aa
Vito Volterra
Susan Warden
Katherine Waters
Francine Weston
Holly Ann White-Gormley
Paul Wiebe
Susan and Peter Woodruff
Marilyn Zaslawsky
Joseph A. and Leslie Zebarth
Zeller Family Foundation

We are extremely grateful to the Chartered Accounting Firm Desautels Di Santo Inc. and Mr. Sam Del Giudice for preparing Our Harbour's Financial Statements.

Donations listed were received between April 1, 2020 and March 31, 2021. We strive to publish a complete and accurate list. For any errors or omissions, please accept our sincere apologies and contact Dolly Shinhat, Director General, at 450-671-9160.

Projet Créneau

Nous avons eu la chance de travailler en partenariat avec Olivier Guérin qui travaille au Carrefour Jeunesse et Emploi (CJJE). Le projet Créneau offre de l'aide et du financement aux jeunes adultes pour un projet qu'ils aimeraient entreprendre qui a pour but de redonner à la société et dans laquelle ils se trouvent.

Un de nos résidents voulait donc créer des Covid Car Packages pour apporter aux refuges, tels que Abri de la Rive Sud, La Halte du Coin, Refuge Grands Froids, L'Avant-Garde en Santé Mentale et Pavillon Marguerite de Champlain. Ces boîtes contenaient des masques, du désinfectant, du shampoing, du conditionneur, des brosses à dent, de la pâte à dent, des rasoirs, de la crème à rasage, des serviettes sanitaires, des pansements, etc.

Le projet choisi par notre résident avait comme but d'aider ceux qui sont le plus dans le besoin, surtout dans ces temps plus difficiles. Nous voulons remercier Olivier et son équipe infiniment, ainsi que féliciter notre résident qui a eu cette admirable idée et a pu l'exécuter à merveille.

Chloë Lévesque, la coordinatrice



Patrice Depault, adjoint à la direction, l'avant-garde en santé Mentale/Refuge Grand Froids

Walking to a Better Future

For about 3 months now, I have been joining some residents on walks on Sundays at noon. We make a short stop at McDonald's for a cup of coffee/hot chocolate, but as it gets warmer, maybe we will switch to cold drinks.

Our walks are about 1 hour long but some residents decide to join us on the walk to McDonald's and go back to the apartment afterwards. We talk about pretty much anything! Which movies we like, our future goals, our current hobbies, etc... And if residents don't want to talk, that's fine too! Getting fresh air is very good for our health!

I am very grateful for learning more about Our Harbour residents! Unfortunately, as I write this, Covid guidelines require distancing and walking with more than three people is not possible. I do have my loyal two, Michael and Jordan, but sometimes Allan, Robert, Darryl or others join in.

In the future, maybe the more the merrier!

On the right, we see Bianca with Kyle and Michael, ready for a stroll.



By Bianca Beauregard, a young volunteer about to start a Master's program in social work

Our Harbour is deeply grateful to important Covid relief funding from the federal Reaching Home program. It has allowed us to invest in the space, equipment, supplies and materials required to maintain the Our Harbour Community Clubhouse as a resource and a respite for our residents throughout the winter and now, into the summer.

We would like to thank all our writers, our senior editor, Lesley Régnier and our layout editor, Peter Woodruff.

Projet Créneau from the Inside

I recently worked on a project with the organization called Créneau. They work with people 16-35 years old on different community projects.

Originally, giving care packages to the homeless wasn't even my idea. It was my boss's idea. He had done this at my work. He launched this non-profit organization because he would receive extra supplies and donations, so he started giving back by putting personal care products and Covid protection products in lightweight backpacks.

So, I talked with other residents, workers and volunteers about what to include in these packages. We decided not to include food since some shelters already supply food and meals. We included items like masks, toilet paper, toothbrushes, and dental floss.

There was a lot of shopping, sorting supplies and organizing. We got a plenty of eager residents to help put the boxes together. Olivier from Créneau helped with a lot of the bigger purchases. He also helped us with the connections to get a lot of the supplies and find the shelters.

The package drop-off went very smoothly. We delivered the care packages to four shelters on the South Shore. The people at the shelters were so appreciative and happy. It made me feel happy to give back to the community and to see their smiles and kind words to all of us.

I would like to do this again, but I would like to do some different kind of community work to help. I think what Créneau is doing is amazing and I would like to work with them again if I get the opportunity. In the meantime, I continue to give back to the people in need and who need the extra support with my work.

Jordan Gillis, resident

Lavis d'un nouveau résident

Le clubhouse offre une place où aller autre que notre appartement. C'est cool que nous ayons autant d'activités offertes et qu'il y ait de la nourriture et du café. J'aime pouvoir voir du monde, surtout en temps de Covid. J'aimerais qu'il y ait plus de personnes qui viennent au Clubhouse car c'est vraiment un endroit amusant. C'est un endroit calme avec une belle ambiance. J'aime avoir les coordinateurs et les stagiaires proches, avec qui nous pouvons jouer et parler. Le studio d'art est aussi vraiment plaisant avec Sarah, ça aide à faire sortir notre créativité. J'aime aussi qu'on nous demande notre aide pour améliorer l'espace, comme de monter et assembler des meubles IKEA. J'aime beaucoup la gang du Havre car tout le monde est gentil, respectueux et chaleureux.



Sarah Feber, the new art teacher, brightens the Clubhouse. Sarah comes to Our Harbour from one of our partners, the Preville Arts Centre.