

Linda Magher's tip for the COVID blues: When you wake up in the morning, say to yourself, "This is going to be a great day." It works!

### It's in the Cards!

I love Christmas! Last year, I was honored by Our Harbour to have my painting from the previous year, "Reflections of Christmas", an image of a good old-fashioned Santa putting gifts under the tree, produced and sold as a Christmas card to help with their fundraising. This year, Our Harbour has gone a step further and will be adding a new card "The Choristers" from my last year's painting. This image depicts choir boys carrying lit candles tramping through the snow to a church entrance. St. Lambert United Church, which I find the most "Christmassy" in our neighborhood, was the inspiration for this picture. This year, Our Harbour will be selling these Christmas cards, along with two more from beautiful scenes painted by Nancy Cousins-Viau, in sets of eight for you to send to your friends and family. These cards are available for sale at Taylor's Department store in St. Lambert and Photo René on Taylor's third floor, reasonably priced at \$10 per packet. All proceeds go to Our Harbour's mission and activities. Lyn Scott



### Coach Joe Makes Spirits Bright

Local basketball coach Joe Eveleigh thought of Our Harbour recently when faced with several boxes of running shoes and gym clothes left unclaimed by Champlain College students at the end of the summer. He invited the Our Harbour staff team to drop by the college gym to see what was available. Our Harbour benefited from about 70 pairs of running shoes, several pairs of winter boots and assorted sports clothing, all in excellent condition. Residents are being invited to come and find a pair or two that fits ... so as to be ready for the "Couch to 3K, 4K or 5K Marathon" being planned by the staff team for next Spring. What a cool gift-in-kind! Thanks Coach Joe!



Finding a furry friend at Ferme Cariphaël in St-Marc-sur-Richelieu with thanks for the great welcome from Luc

Lesley Régulier, Susan Kerwin-Boudreau, Peter Woodruff and Dolly Shinhat made this Newsletter possible.

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Le havre  
Our Harbour

A haven for people living with mental illness  
Registered Charity

Refuge pour personnes ayant des problèmes de santé mentale  
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### Our Harbour Navigator Program Helps Resident Plot Better Course

Remarkably, Linda (not her real name) can find a job at the drop of a hat working at restaurants as a dishwasher, cleaner, server, etc. But the expectations of working 12-hour days, six or seven days a week mean that such jobs are not sustainable if she is to maintain the stable mental health she has worked hard to achieve at Our Harbour. To contribute to the community, she volunteered at a local respite centre once a week, preparing and serving lunch to 12 people who came for the day. However, her dream was to work towards gaining her equivalencies as a nurse-auxiliary (training which she received many years ago in Morocco) to be able to work again in her field. With her Coordinator, she planned and saved from her social security payments, registered, and paid for the course. Then, using her expanded and growing computer skills and confidence, she began to study the online curriculum.

She took the exam after a spring and summer of study, taking online sample exams to renew and hone her knowledge. She passed! Linda is once again a nurse-auxiliary, accredited by L'Ordre des infirmières et infirmiers auxiliaires du Québec (OIIAQ). After gaining some work experience, she plans to build upon this achievement next year by training to become an infirmière en soins podologiques so that she can work one-on-one with clients and have more control over her work schedule. She has changed her life and her future, thanks to the Navigator Program and her own determination and aspirations. Bravo!

Another important benefit for Linda has been learning how to use WhatsApp and FaceTime to talk with her parents who live overseas. She no longer uses a telephone, avoiding expensive long-distance charges, nor does she buy calling cards. This was especially meaningful as her father had been ill and her internet skills have allowed her to stay in touch more frequently than if she had to pay for expensive calls. He passed away recently - in a sad contrepoint to Linda's joyful achievement.

The Navigator Program is supported by the Fednav Community Employees' Committee and the Zeller Family Foundation.



Jody, presenting her Traditional Spaghetti Sauce cooking class

### Shot in the arm: \$15,000 donation from the Fednav Community Employees Committee!

What a boost it was to receive news from Neil Bonnema, Our Harbour Board member and Fednav employee, that the Fednav Community Employees' Committee (FCEC) has increased their donation to Our Harbour this year by 50%!



In addition to renewing their loyal support for the Navigator Program and Our Harbour's Cooking Club, the FCEC will sustain the extraordinary effort of front-line staff in taking our mission to the street this year. Staff have worked longer hours in all weathers, entirely outside since March.

The Street Café, which has been an integral part of our mission and activities this summer, ensures that residents are out in the fresh air, coming together safely on an almost daily basis to minimize isolation and anxiety and learn how to manage the disruption caused by the pandemic.

We are deeply grateful to the Fednav Employees' Committee, and particularly our representative on the Committee, Melissa Hynes, Operations Officer at the Pathy Family Foundation, and Neil for their caring championing of Our Harbour and the particular challenges we are facing this year.

The Our Harbour Street Café is supported by FCEC, the Greenfield Park Lion's Club and Mme. Nicole Menard, Députée de Laporte.

Art Studios *al fresco*  
with thanks to the Assistance and Referral Centre and the André Gauthier Foundation



Cradling a keepsake terrarium



Making Fall Candles

### Presents of Mind

Being present for the holidays is one of the simplest, yet most insightful bits of advice I've come across recently. As we head into the winter months and the prospect of getting together with our loved ones diminishes, how are we to navigate this challenging path? The only way forward is to focus on the NOW - the only time we really have. After all, our past is behind us and our future remains unknown. It takes practice to constantly re-mind ourselves to return to the present moment.

Pausing for presence, using our breath as a steady anchor and accepting whatever feelings wash over us are a few places to begin. When we are truly present to ourselves, we become more present to others. So, give yourself and your loved ones the best gift this holiday season - and be present!

Here are two free resources to help you get started

1. Mindfulness Daily: forty 10-minute audio tape [www.soundstrue.com](http://www.soundstrue.com)
2. Audio tapes (5-30 minutes) to improve mindfulness, relaxation and sleep <https://www.mcgill.ca/wellness-hub/self-help/anxiety/meditation-audio>

Happy Holidays and let more mindful times begin!

Susan Kerwin-Boudreau

