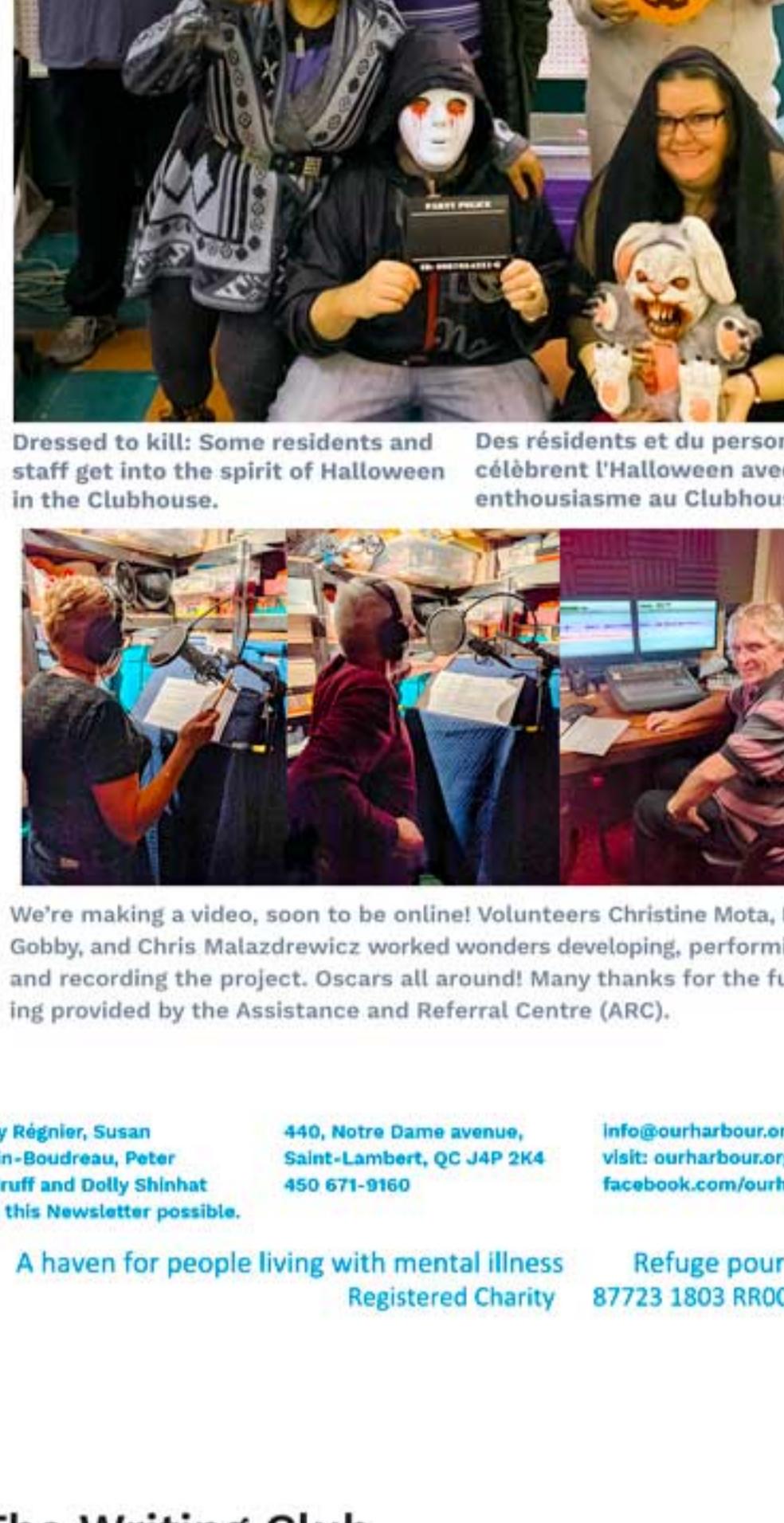


# Our Harbourviews

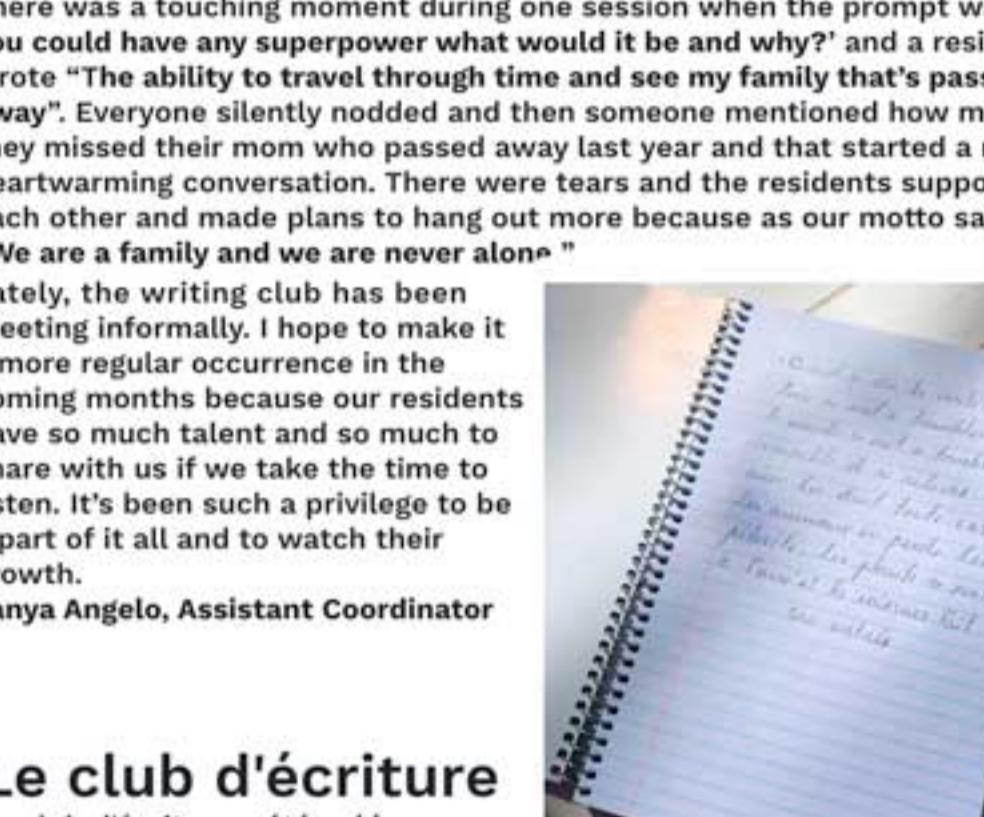
November Newsletter 2021 Bulletin de novembre

Your support makes a real difference Votre appui fait une différence



Dressed to kill: Some residents and staff get into the spirit of Halloween in the Clubhouse.

Des résidents et du personnel célébrent l'Halloween avec enthousiasme au Clubhouse.

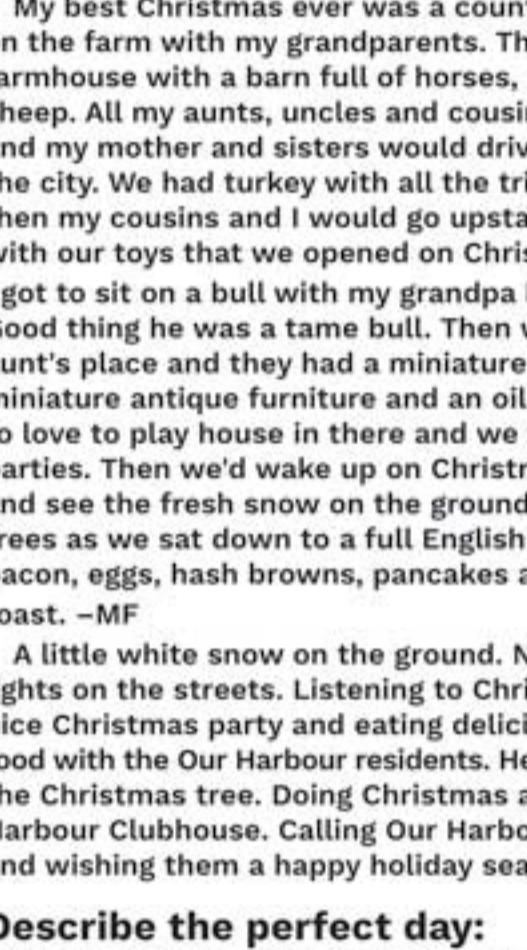


We're making a video, soon to be online! Volunteers Christine Mota, David Gobby, and Chris Malazdrewicz worked wonders developing, performing and recording the project. Oscars all around! Many thanks for the funding provided by the Assistance and Referral Centre (ARC).

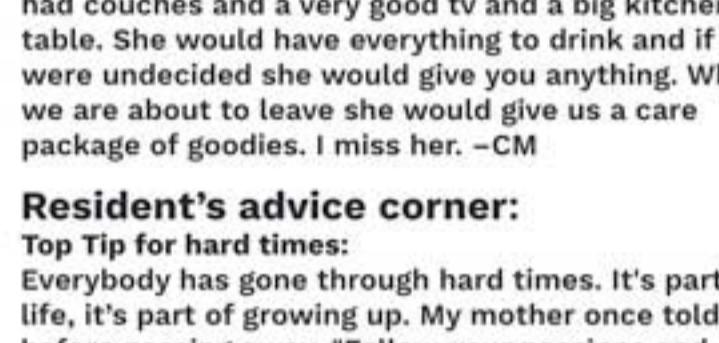
Get your Our Harbour Christmas cards at Taylor's department store, 556 Victoria in St. Lambert on the main floor, and at Photo René on the 3rd floor. These blank cards, featuring 3 of local artist Lyn Scott's Christmas-themed paintings, come in packs of 8. All profits directly support Our Harbour residents.



Procurez-vous vos cartes de Noël Our Harbour au grand magasin Taylor's, 556 Victoria à Saint-Lambert au rez-de-chaussée, et à Photo René au 3e étage. Ces cartes vierges, mettant en vedette les peintures sur le thème de Noël de l'artiste locale Lyn Scott, sont livrées par paquets de 8. Tous les bénéfices soutiennent directement les résidents du Havre.



Resident artwork on display during the "Homelessness: Beyond Appearances" vernissage in the Clubhouse



Le havre  
Our Harbour

Lesley Régnier, Susan  
Kervin-Boudreau, Peter  
Woodruff and Dolly Shinhat  
made this Newsletter possible.

440, Notre Dame avenue,  
Saint-Lambert, QC J4P 2K4  
450 671-9160

info@ourharbour.org  
visit: ourharbour.org  
facebook.com/ourharbour

A haven for people living with mental illness

Registered Charity

Refuge pour personnes ayant des problèmes de santé mentale

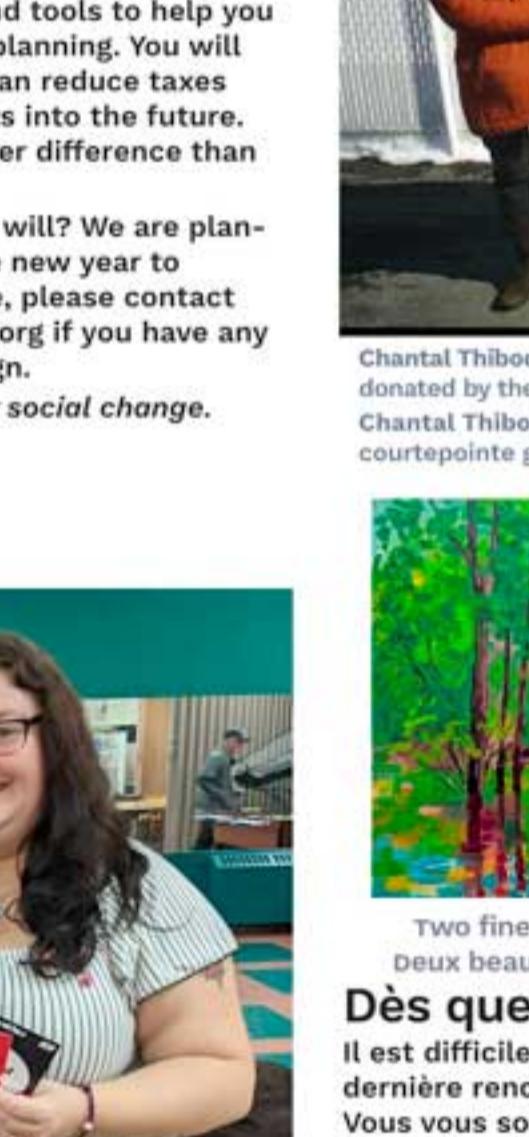
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## The Writing Club

The writing club was started because writing has always been a passion of mine. Writing's a form of self-expression that can be deeply personal, insightful, therapeutic but also, it can bring people together when shared with others. The themes and genres of my writing prompts change frequently and the residents rise to the challenge in beautiful ways. There is a lot of laughter and many smiles but also sentimental moments.

There was a touching moment during one session when the prompt was, 'If you could have any superpower what would it be and why?' and a resident wrote "The ability to travel through time and see my family that's passed away". Everyone silently nodded and then someone mentioned how much they missed their mom who passed away last year and that started a really heartwarming conversation. There were tears and the residents supported each other and made plans to hang out more because as our motto says, "We are a family and we are never alone."

Lately, the writing club has been meeting informally. I hope to make it a more regular occurrence in the coming months because our residents have so much talent and so much to share with us if we take the time to listen. It's been such a privilege to be a part of it all and to watch their growth.  
Tanya Angelo, Assistant Coordinator



## Le club d'écriture

Le club d'écriture a été créé parce que l'écriture a toujours été une de mes passions. L'écriture est une forme d'expression de soi qui peut être

profondément personnelle, perspicace, thérapeutique, mais aussi, elle peut rassembler les gens lorsqu'elle est partagée avec d'autres. Les thèmes et les genres de mes invitations à l'écriture changent fréquemment et les résidents relèvent le défi de manière magnifique. Il y a beaucoup de rires et de sourires mais aussi des moments sentimentaux. Il y a eu un moment émouvant au cours d'une session lorsque l'invité était : « Si vous pouviez avoir un super pouvoir, quel serait-il et pourquoi ? » et un résident a écrit « La capacité de voyager dans le temps et de voir ma famille décédée ». Tout le monde a acquiescé en silence, puis quelqu'un a mentionné à quel point leur mère qui est décédée l'année dernière leur manquait et cela a déclenché une conversation vraiment réconfortante. Il y a eu des larmes et les résidents se sont soutenus et ont prévu de passer plus de temps parce que, comme le dit notre devise, « Nous sommes une famille et nous ne sommes jamais seuls ».

Dernièrement, le club d'écriture s'est réuni de manière informelle. J'espère en faire un événement plus régulier dans les mois à venir car nos résidents ont tellement de talent et tellement de choses à partager avec nous si nous prenons le temps d'écouter. Ce fut un tel privilège de faire partie de tout cela et de voir leur croissance.

Tanya Angelo, Coordinatrice adjointe

## Top tips for dealing with challenging times

1. Think positive. Positive thoughts will bring forth pleasant results.

2. Walking, even if only 10-15 minutes every day is very important for both physical and psychological health.

3. Don't isolate yourself. It is very important to socialize with other people.

4. Think about the things in life that make you happy.

5. To avoid anxiety, don't think about the future events that could happen; instead concentrate on the present.

6. Treat yourself, from time to time with a nice meal at your favourite restaurant.

7. Always keep in mind that it is the little and simple things in life that really count – not the rich and elaborate things.

8. It is very nice and lovely to go to your local library and look at magazines and books because it does give a very peaceful feeling.

AU, Resident

## Tanya Prompts, Residents Respond: Describe your ideal Christmas:

• The best Christmas was when I was a small child living on the second floor of my grand mother's triplex. I'm half Italian from my mother's side and you well know Italians love to cook and eat. Every Christmas was a treat. Good food, good family that's what Christmas is all about. -JSC

• My best Christmas ever was a country Christmas on the farm with my grandparents. They had a lovely farmhouse with a barn full of horses, pigs and sheep. All my aunts, uncles and cousins were there and my mother and sisters would drive down from the city. We had turkey with all the trimmings and then my cousins and I would go upstairs and play with our toys that we opened on Christmas eve.

I got to sit on a bull with my grandpa beside me. Good thing he was a tame bull. Then we'd go to my aunt's place and they had a miniature house with miniature antique furniture and an oil lamp. We used to love to play house in there and we would have tea parties. Then we'd wake up on Christmas morning and see the fresh snow on the ground and in the trees as we sat down to a full English breakfast with bacon, eggs, hash browns, pancakes and French toast. -MF

• A little white snow on the ground. Nice Christmas lights on the streets. Listening to Christmas songs. A nice Christmas party and eating delicious Christmas food with the Our Harbour residents. Helping decorate the Christmas tree. Doing Christmas art at the Our Harbour Clubhouse. Calling Our Harbour volunteers and wishing them a happy holiday season. -AU

## Describe the perfect day:

• Mountainscapes in Alberta, smoky burgundy flop chairs. A Guinness in my hands. Fish flying out of the clear blue water. Swamp green Alberta spruce trees. The Alps scoping the calm blue shine water. -KW

• A day at my Nonna's house. She would treat us with all the good home-made stuff, and pastries, and she would make us feel at home. You could go to her house and it would smell very good and she had couches and a very good tv and a big kitchen table. She would have everything to drink and if you were undecided she would give you anything. When we are about to leave she would give us a care package of goodies. I miss her. -CM

## Resident's advice corner:

Top Tip for hard times:

Everybody has gone through hard times. It's part of life, it's part of growing up. My mother once told me before passing away, "Follow your passions and don't look back". That's the best advice I can give.

Get busy living or get busy dying. -JSC

## SLUC Youth Drop-in

Following on a well-received Open House for Saint-Lambert United Church (SLUC) youth 13+, the Our Harbour Clubhouse will host the SLUC Youth Drop-In every other Friday. This safe, welcoming space encourages friendly hanging out through fun activities such as art, pool, foosball and other games. We look forward to the extension of this pilot project and strengthening the partnership between SLUC and Our Harbour.

Thanks to Dawn Moore and the Reverend Jennifer Mountain for bringing this idea to fruition!

Dolly Shinhat, DG

## Did you know that ...?

Between 2016 and 2026 it is estimated that Canadian Baby Boomers will be transmitting at least 700 billion dollars to the next generation. Imaging the potential for social good if even a small percentage of this money was destined for the charity of your choice!

Our Harbour joins the Will Power campaign

You have already heard that, through the Will Power campaign, Our Harbour has joined forces with over 500 charities, financial advisors and legal professionals from across Canada to show Canadians how they can support both their loved ones AND their chosen cause.

As a donor to Our Harbour, you have shown that you are dedicated to improving the lives of those marginalized by mental illness. Our English and French Will Power web pages provide information, resources and tools to help you expand your generosity through estate planning. You will see that leaving just 1% of your estate can reduce taxes and help enrich the lives of our residents into the future. No gift is too small and can make a bigger difference than you ever thought possible.

Thinking about writing or updating your will? We are planning a session with a professional in the new year to answer your questions. In the meantime, please contact our DG Dolly Shinhat at dg@ourharbour.org if you have any questions about the Will Power campaign.

Be a part of this powerful movement for social change.

It's truly a win-win situation.

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donated by local artist Judy Csukly. Since then, Our Harbour has been gifted another art windfall. Renowned Canadian artist and St. Lambert resident Nancy Cousins-Viau has donated her exclusive collection of landscapes. This Cousins-Viau series includes scenes of the four seasons - so there is something to please every palate! As soon as we can safely gather, we are planning a follow-up event. To top it off, another beautiful quilt has been donated by the Mosaic/que Quilters group as well as a high-end coffee machine, both of which will be raffled during our event. So please stay tuned - the Fundraising Committee is planning some fun times ahead. SKB, Board Member

Chantal Thibodeau (left) and Louise Miller (right) hold this lovely quilt generously donated by the Mosaic/que Quilters.

Chantal Thibodeau (à gauche) et Louise Miller (à droite) tiennent cette belle couverte généreusement donnée par les Courtepointières Mosaic/que.

Two fine examples of paintings donated by Nancy Cousins-Viau. deux beaux exemples de tableaux donnés par Nancy Cousins-Viau.

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