

our Harbourviews

Spring Newsletter 2023 Bulletin de printemps

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

Today's Newsletter begins Our Harbour's 20th year celebrations! On these pages, we are asking all our stakeholders to join us as we look back to **honour** our rich past, look around to **nurture** our solid present and look forward to **build** our challenging future.

Le bulletin d'information d'aujourd'hui vous invite à vous joindre à nous alors que nous lançons les célébrations du 20^e anniversaire de Le havre!

*Vous remarquerez trois mots thématiques dans les prochaines pages : **honorer**, **cultiver** et **édifier**. Un regard sur notre histoire nous convie à **honorer** notre riche passé; un regard au-*

Nurture the Present: People First



After 20 years of providing a home for people with mental health challenges, Our Harbour has reached cruising speed. Guided by our diverse, experienced Board, our very competent staff work tirelessly to manage resident care and fund-raising. Their efforts are ably bolstered by a cadre of dedicated volunteers who work closely with the 30 residents in our 10 apartments.

Over these 20 years, the true stars of Our Harbour have been our residents. They are on a journey towards greater independence, better lives and increased well-being. They back each other, creating a cohesive community surrounded by staff and volunteers who provide support, guidance and encouragement. Our Harbour is a safe haven where residents and volunteers all give and take to build a better world for all. As we begin our 20th year, we retain many people who have journeyed with us along the way. We have much to be thankful for.

Join us as we navigate the next 20 years together, starting on **June 14** at our **Annual General Meeting**.

Our Harbour : Annual General Meeting

Wednesday, June 14th

440 Notre Dame Avenue, St. Lambert J4P 2K4
Memorial Hall

3:45 pm Question Period

4:00 pm AGM starts

Followed by a Reception to celebrate

Le havre à nous : Assemblée générale annuelle

mercredi le 14 juin

440, av Notre Dame, St-Lambert J4P 2K4
Salle Memorial Hall

15 h 45 période de questions

16 h Début de la Réunion

Suivie d'une réception pour célébrer



**Le havre
Our Harbour**
DEPUIS • SINCE 2003

**Honorer • Cultiver • Édifier
Honour • Nurture • Build**

Thank you! Merci!

To all the people, organizations, foundations, social and cultural groups, companies and employee groups that supported Our Harbour financially during 2022-2023, a thousand thanks! We are extremely grateful to our government partners: Employment and Social Development Canada's Reaching Home program, Quebec's *Programme de soutien organisme communautaire* and the Canada Summer Jobs Program. Hats off to the members of the Individual **FUNdraising Committee** chaired by Susan Kerwin-Boudreau: Ileana Cusiak, Linda Magher, Lyn Scott, Carol Bulow, Peter Woodruff and Dolly Shinhat.

À l'ensemble des personnes, organismes, fondations, groupes sociaux et culturels, entreprises et associations d'employés qui ont soutenu financièrement Our Harbour/Le havre à nous en 2022-2023, mille mercis! Nous sommes très reconnaissants à nos partenaires gouvernementaux, dont les responsables du programme Vers un chez-soi d'Emploi et Développement Social Canada, du Programme d'aide aux organismes communautaires du gouvernement du Québec et du programme Emplois d'été Canada. Chapeau aux membres du Comité de financement auprès des particuliers

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Marilyn Carr		Margaret Jackson Jo-Ann Marie Kananian Carol Kerwin	Lloyd J. Megin Joanne Milo Ministère de la Santé et

Donations listed were received between April 1, 2022, and March 31, 2023. We strive to publish a complete and accurate list. For any errors or omissions, please accept our sincere apologies. Please contact **Dolly Shinhat**, Director General, with any questions, comments or concerns at **450-671-9160**.

Les dons dont il est fait mention ont été reçus entre le 1^{er} avril 2022 et le 31 mars 2023. Nous nous efforçons de publier une liste complète et précise. En cas d'erreur ou d'omission, nous vous prions d'accepter nos sincères excuses. Si vous avez des questions, des observations ou des

Honour the Past: Footprints on Freshly Fallen Snow

Former Coordinator **Perveen Khokhar** shares her thoughts on her time with Our Harbour, showing how so much of what made Our Harbour special from the start continues to this day. Perveen Khokhar was Coordinator at Our Harbour from 2004 until 2017.



Wow! Twenty years in existence, giving hope, healing, health and community to dozens of people living with mental health issues. Bravo and congratulations.

This makes me proud and humbled, to have been a part of this dynamic and caring organization in its beginnings. Yes, I joined Our Harbour when it had been in existence for only 6 months and was blessed to serve it for nearly 13 years. Back then, it served 2 residents in 1 apartment. About 15 dedicated volunteers supported these men and waited impatiently for more. I had never encountered so many giving, caring people all together. One or two here and there but not like this group. And we started growing ...

My primary job as Coordinator was to undertake the expansion of OH, while rendering effective services to the residents in place. I told the Board of Directors that I felt like I was planting my feet in freshly fallen snow on a path that led to endless possibilities. And indeed, it did.

For the first four years, I was the only hired help, but so well-supported by my team of volunteers and **Catherine Gillbert** and **Judy Cruchet**. I am truly grateful for them being there. Catherine, you never let me feel unsupported. Thank you.

That first year we started off with a few potluck dinners and then moved outdoors to picnics and a lovely BBQ in **Catherine Gillbert**'s backyard, the first of many. Residents' birthdays became a thing and a Thanksgiving turkey dinner and Christmas party with everyone also happened that first year. By New Years, we were up to 6 residents, working towards serving 9 in three apartments.

After four years, a second staff member was hired, and our little team added more services and activities. We took the residents for a two-day overnight trip to Quebec City and offered painting classes courtesy of a post office grant.

We organised big weekly "lunch and learn" sessions with the residents. "Wellness" and what it means to each was discussed. Participation was high, especially since the pizza smelt good!!! Latin dancing was another fun activity, thanks to **Hector Cantor** and his friend.

As Our Harbour grew, we added movies, bowling, cooking classes and outdoor activities. In my last year, we had just opened apartment 6, helping 24 people. Now there are 10 apartments with 30 people being supported. Wow! Way to go, Our Harbour.



Cultiver le présent – Priorité à la personne

Fort de 20 ans d'existence au service des personnes aux prises avec des problèmes de santé mentale, Our Harbour/Le havre à nous a atteint une bonne vitesse de croisière. Guidé par un conseil d'administration diversifié et expérimenté, notre personnel très compétent travaille sans relâche à la gestion de soins de qualité pour les résidents, notamment en misant sur les collectes de fonds. Notre équipage ne ménage aucun effort, animé par un vif esprit de collaboration avec les 30 résidents et résidentes de nos dix appartements.

Ces quelque vingt dernières années, les véritables étoiles de notre constellation à Our Harbour ont été nos résidents et résidentes. Leur parcours vers une plus grande indépendance, un meilleur-être et une vie enrichissante est inspirant. Tous et toutes se soutiennent, créant ensemble une communauté tissée serré, entourée d'employés et de bénévoles qui les appuient, les conseillent et les encouragent. Notre organisme porte bien son nom : c'est un havre de paix où les résidents et les résidentes ainsi que les bénévoles s'investissent dans l'édification d'un monde meilleur pour tous et toutes. À l'aube de notre vingtième année d'existence, nous gardons en nous le souvenir des nombreuses personnes qui nous ont accompagnés tout au long de notre parcours. Nous avons tant de raisons de nous féliciter!

Rejoignez-vous à nous dans notre traversée des prochains vingt ans, en commençant par le 14 juin, la date de notre as-

Édifier l'avenir – Un rôle auprès de Le havre?

Les admirateurs de Harry Potter savent que la divination était un cours facultatif enseigné à l'école de sorcellerie de Poudlard. On y apprenait des méthodes de divination de l'avenir ou l'art de recueillir des bribes d'information sur des événements futurs à l'aide de divers rituels et outils. La magie enseignée dans cette classe ainsi que l'art de la prophétie s'inscrivent dans un domaine d'expertise connu sous le nom de la « divination ». Je n'ai pas eu la chance de suivre les cours de Sybill Trelawney et je n'ai aucune boule de cristal en ma possession, mais je peux prédire sans crainte de me tromper que l'avenir et la bonne fortune de Our Harbour/Le havre à nous seront toujours liés aux personnes très spéciales que sont nos bénévoles.

De la gouvernance à l'échelon supérieur au fonctionnement sur le terrain, en passant par les mains secourables et les bras accueillants, les bénévoles de notre organisme sont, sans exception, tous et toutes aimables, sans jugement, compatissants. Ils prèchent par l'exemple et donnent sans compter leur temps, mettant à profit leurs compétences et leurs bons soins, et ce sans aucune magie!

Vous n'avez ici qu'un aperçu des réalisations de nos bénévoles et des moyens qu'ils trouvent pour contribuer à rendre la vie de nos résidents et résidentes moins difficile et plus prometteuse.

Et vous?

Vous considérez-vous comme une personne altruiste et attentionnée? Aider les autres vous fait plaisir? Aimerez-vous faire une différence?

Cette belle courtepoinette a été confectionnée par **Carole Briggs**, membre de la **Chateauguay Valley Quilters Guild**, CVQG. Photo de **Suzanne LaFlèche**, CVQG. Nos remerciements à **Francine Weston** pour ce don. Il sera tiré au sort au **Marché printanier de l'Église Unie de Saint-Lambert** le 13 mai 2023!



This beautiful quilt was crafted by **Carole Briggs**, a member of the **Chateauguay Valley Quilters Guild**, CVQG. Photo by **Suzanne LaFlèche**, CVQG. Our thanks to Francine Weston for this donation. It will be raffled off at the **Saint-Lambert United Church Spring Market** on May 13, 2023!

Build the Future: Is Our Harbour in Your Future?



Harry Potter fans will know that Divination was an elective course taught at Hogwarts School of Witchcraft and Wizardry. It taught methods of divining the future, or gathering insights into future events, through various rituals and tools. The magic taught in this class, as well as the ability to say prophetic things, was a branch of magic referred to as "Divination". However, without

the benefit of Professor Sybill Trelawney's class, or even a crystal ball, I can predict that Our Harbour's future and good fortunes will be linked always with the very special people who are our volunteers.

From governance to feet on the ground, helping hands and welcoming arms, Our Harbour's volunteers are without exception kind, non-judgmental, compassionate people who give unselfishly of their time, skills and care – no magic required.

These pages tell just a few of the stories of who our volunteers are, what they do and how they help to make our residents' lives less difficult, more hopeful, richer.

Are you kind? Caring? Does helping others bring you joy? Do you want to make a difference?

Perhaps you too have a future as an Our Harbour volunteer! Call **Dolly Shinhat** at 450-671-9160 for more information.

Head-to-Toe Checkup Pilot Launched

Thanks to the André Gauthier Foundation

We have noticed over the years that the focus on the mental health of our residents (after all, that is our mission) means that "ordinary" healthcare receives less attention. Many of our residents struggle with self-care; those who receive social benefits cannot afford healthcare that goes beyond what the government covers.

The staff team imagined a fund that would help residents cover the costs of specialized healthcare needs that are beyond residents' own financial resources. The project evolved with research into the basic services that are available free of charge to people who receive social assistance.

Examples of such costly healthcare services include surgical-dental work or periodontics, the care of a podiatrist or foot care nurse, hearing aids, special eyeglasses, individual testing to identify issues that exacerbate mental illness, such as learning disabilities, etc. Our goal, as always, is to encourage our residents toward greater independence and involvement in their own healthcare, beyond the scope of mental health alone.

The pilot project, **Head-to-Toe Checkup**, was proposed to our long-time supporter, the **André Gauthier Foundation**, whose Executive Director, **Louise Mathieu**, graciously accepted our proposal! Their contribution of \$5,000 has allowed us to set up the **Head-to-Toe Checkup Fund**, which will be available to cover specific expenses recommended by the residents' healthcare providers and the Resident Care Team.

A small team of volunteers in healthcare and related fields is being recruited to work with the staff team to engage residents, one-on-one, in understanding their own priority healthcare needs. Based upon initial healthcare visits, the team will accompany residents to further healthcare appointments when these produce anxiety or fear, and will help follow up referrals to specialists or for further care. **The Head-to-Toe Fund** will provide some financial assistance, if needed.

Empowering Empowerment

On March 22, 2023, Resident Care Coordinators **Sabine Bulow**, and **Vanessa Hunt-Ladouceur** met with the residents of Our Harbour in the Clubhouse for the bi-annual **Residents Committee Meeting**. Focussing on the concept of "Empowerment", we examined what empowerment is, why it is important as a life skill and how it can be achieved. Celebration of the upcoming 20th Anniversary of Our Harbour provides a common space for our residents to take charge of choosing and implementing activities related to the event.

To help residents to develop empowerment as a life skill, we will work on the tools and support needed to help them learn to be better planners and organizers. Essentially, we are integrating the 20-year anniversary as the change agent to increase meaningful relationships with the community (raising awareness of who we are and what we do), creating lasting memories, and from our residents' perspective, helping to envision and shape the future of Our Harbour.



David Dagleish, a Star in Our Harbour's Sky

Meet **David Dagleish**, who was the recipient of a **Regional Health and Social Services Partnership Table (RHSSPT) STAR Program Award** in February 2023 for his outstanding contribution to the Montréal English-speaking community. Here he is with **Greenfield Park Outreach Coordinator Tania Blood** (look at those smiles!)

This is what our nomination said: David goes above and beyond his significant role as a volunteer at **St. Lambert United Church**, where our office and Clubhouse are located. He has become our friend, go-to person, BBQ specialist, and caretaker of the spaces we use, including handling everything from pest control to making sure the heat is switched on for us. David is caring and endlessly kind to our residents, joining us for community meals, sharing in a game of pool, and hanging out.

We give David one of our T-shirts at each event where he volunteers, and he immediately changes into it and wears it with pride. He shows no stigma toward our residents and as such is an example of how we would wish all members of the wider community would act toward people living with a mental illness.

It's Easy!
Donate a Car for Our Harbour's 20th!
Have it Picked Up.
Get a Tax Receipt.

Just Use



<https://donatecar.ca/>



Bidding *au revoir* to **Neil Bonnema** (right) are **Susan Kerwin-Boudreau, Edna Ouellette, Marie Muldowney and Catherine Gillbert** (left-to-right)

Au revoir Neil!

And thank you for your service on Our Harbour's **Board of Directors**, as our champion with the **Fednav Community Employees' Committee** and liaison with several community organizations in Greenfield Park, including the **Lion's Club** and **Greenfield Park United Church**. In addition to these important contributions, Neil made a warm and friendly bartender at Our Harbour special events with a smile and a welcoming word for everyone. We miss you, Neil!



In related news, **Glen Robitaille, Fednav Community Employees' Committee** member, recently called to confirm that the FCEC has authorized a donation of \$15,000 to Our Harbour! The FCEC is a long-time, loyal and generous supporter

of Our Harbour, responding compassionately each year to both specific and general requests. Thank you!



Left to right: **Eric Godin, Vanessa Hunt-Ladouceur, Jocelyn Saulnier, Edna Ouellette, Susan Kerwin-Boudreau, Sabine Bulow, Peter Woodruff, Marie Muldowney, Antonio Almeida, Tom Haslam-Jones, Cristina Maula, Dolly Shinhat and Catherine Gillbert**

Board Retreat: For two very full days in December and January, Board members and staff assembled at the beautiful Manoir d'yoville for the Our Harbour board retreat. Aply steered by **Jean Suzette Stutsman of Adventum Philanthropic Marketing**, the lively, creative, and thought-provoking sessions reviewed Our Harbour's strengths, weaknesses and future. Besides producing a 28-page report and a detailed strategic planning grid, being in-person facilitated team building for a group more used to on-screen Zoom galleries.



Carole, showing the finer points of painting *The Tree of Life* to **Howard King**

Spring is in the air...and the artists are budding...

On Sunday March 26th, Our Harbour hosted its fourth **Psychedelia Painting FUNdraiser** and its first since the onset of the pandemic. We welcomed 14 enthusiastic artists who, under the expert guidance of this year's artist and art teacher **Carole Blackburn**, each produced an original work of art depicting a *Tree of Life*.

Our guests included a few "loyal Psychedelians" who have attended all four of these painting events over the years. Several items were raffled, including a lovely original *Tree of Life* painting donated by **Carole Blackburn**. Guests enjoyed a glass of bubbly and a snack as they chatted amicably among themselves. Special thanks to Carole for leading this activity.

Thanks also to the **Individual FUNdraising Committee** (IFC) for organizing this FUNdraiser and to Federal MP **Alexandra Mendès** (Brossard-St Lambert) for her continuous support. We remember with great fondness our previous Psychedelia painting events led by artist and Our Harbour friend **Judy Csukly**: 2018 (*Tulips*); 2019 (*Trees*) and 2020 (*Hearts*). Here's to future Psychedelia FUNdraisers!

Et vous? Vous considérez-vous comme une personne altruiste et attentionnée? Aider les autres vous fait plaisir? Aimeriez-vous faire une différence? Peut-être avez-vous aussi votre place dans notre équipage? Et si vous deveniez bénévole à votre tour? Embarquez avec nous!

Resident Art

Last Fall, a resident-inspired art group was formed with the intention to showcase their talents in the upcoming 20th Anniversary of Our Harbour. The group is made up of five residents who attend regularly while two others drop in on occasion. Various techniques using mixed media are being explored and once every two weeks a different theme is explored, including floral art design and fantasy.

I am leading this group as **Volunteer Artist**, and I feel incredibly fortunate to be working alongside some of the most generous of spirit and brave women I have ever met. These residents have touched me deeply. I am inspired by their zest, openness, and sheer talent. The most important thing we can do is to be supportive of one another, which builds a strong community. I am truly grateful to be a part of Our

Come, see, enjoy, and celebrate our 20th Anniversary resident-inspired **Art, Design, and Talent Exhibit**, as well as jewelry and a bake sale on Saturday, June 10, 2023, from 12:00 to 4:00 pm outside on the front lawn of Our Harbour (weather permitting, indoors otherwise).

Calendar of 20th Anniversary Events and Activities

You are Invited!

When?	What?
June 3	Visit the Our Harbour booth at the RHSSPT Partnership Community Fair + RIBFEST
June 10	An Our Harbour 20th-Anniversary project: Art, Talent and Design Group - Exhibition and Sale
June 14	Our Harbour's Annual General Meeting
September	The DEFI! 20th Anniversary Edition Walk with us!
November 16	Our Our Harbour's 20th Anniversary Fundraising Gala
February 15, 2024	Volunteers Rock Our Hearts!

For much more our Harbour news, follow us on Facebook or visit our website at ourharbour.org

Susan Kerwin-Boudreau, Eric Godin, Peter Woodruff and Dolly Shinhat made this Newsletter possible.

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

info@ourharbour.org
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Le havre
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A haven for people living with mental illness
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De gauche à droite : **Eric Godin, Vanessa Hunt-Ladouceur, Jocelyn Saulnier, Edna Ouellette, Susan Kerwin-Boudreau, Sabine Bulow, Peter Woodruff, Marie Muldowney, Antonio Almeida, Tom Haslam-Jones, Cristina Maula, Dolly Shinhat et Catherine Gillbert**

Des membres du conseil d'administration et du personnel ont passé deux journées bien remplies, en décembre et janvier, dans le magnifique Manoir d'Youville pour une retraite instructive. Les séances animées, créatives et stimulantes qui se sont déroulées sous l'habile direction de Jean Suzette Stutsman, du cabinet Adventum Philanthropic Marketing, ont permis de faire le point sur les forces, les faiblesses et l'avenir d'Our Harbour/Le havre à nous. Outre la production d'un rapport de 28 pages et d'une grille de planification stratégique détaillée, la

Au revoir Neil!

Comment vous remercier pour les services que vous avez rendus au conseil d'administration de Our Harbour/Le havre, notamment en tant que champion du **comité communautaire des employés de Fednav** et en tant qu'agent de liaison auprès de plusieurs organismes communautaires de Greenfield Park, notamment le Club Lions et l'Église Unie de Greenfield Park. En plus de ces contributions importantes, **Neil Bonnema** était un barman chaleureux, souriant, accueillant et amical lors de nos événements spéciaux. Tu nous manques déjà beaucoup, Neil!

Confirmation d'un généreux don du comité communautaire des employés de Fednav!

Pour poursuivre avec les remerciements, nous aimerions saluer **Glen Robitaille**, membre du comité communautaire des employés de Fednav, qui a récemment appelé pour confirmer que ce comité avait autorisé un don de 15 000 \$ au Our Harbour/Le havre! Notre organisme trouve dans ce comité un allié de longue date, loyal et généreux, qui répond chaque année avec compassion à des demandes particulières et générales. Merci!

Glen Robitaille est actuellement notre champion au sein du comité communautaire des employés de Fednav, succédant à Neil Bonnema. Lorsque Glen a appelé, nous avons évidemment parlé d'Our Harbour/Le havre, mais aussi des racines de Glen à Saint-Lambert. Glen a grandi ici et a régulièrement fait du bénévolat à l'Église Unie Saint-Lambert. En fait, il a grandi avec les fils de Peter Woodruff, membre

Our Harbour/Le havre lance un projet pilote original, Head-to-Toe Checkup/Bilan de santé de la tête aux pieds, grâce à la Fondation André-Gauthier

Nous avons remarqué, au fil des ans, que l'accent mis sur la santé mentale de nos résidents et résidentes – après tout, c'est notre mission! – fait en sorte que les soins de santé « ordinaires » reçoivent moins d'attention. Or, beaucoup de nos résidents et résidentes ont du mal à prendre soin d'eux-mêmes et d'elles-mêmes; ceux et celles qui reçoivent des prestations sociales n'ont pas les moyens de se payer des soins de santé qui vont au-delà de ce que couvre le gouvernement.

Notre personnel a donc songé à la création d'un fonds qui aiderait à couvrir les coûts des soins de santé spécialisés supérieurs aux ressources financières des résidents et résidentes. Ce projet pilote a vu le jour au terme d'une recherche sur les services de base offerts gratuitement aux bénéficiaires de l'aide sociale.

Parmi les exemples de services de santé coûteux, mentionnons les chirurgies dentaires ou la parodontologie, les soins d'un podologue ou d'une infirmière spécialisée dans les soins des pieds, les prothèses auditives, les verres spéciaux, les tests de dépistage de problèmes qui fragilisent la santé mentale, comme les troubles d'apprentissage, etc. Notre objectif, comme toujours, est d'encourager nos résidents et résidentes à devenir plus autonomes et à s'occuper davantage de leurs propres soins de santé, au-delà de la seule préoccupation de la santé mentale.

Le projet pilote Head-to-Toe Checkup a été proposé à une fondation qui nous appuie depuis longtemps, la Fondation André-Gauthier. La directrice générale de celle-ci, Louise Mathieu, a gracieusement accepté notre proposition! Grâce à sa contribution de 5 000 \$, nous avons pu mettre en place le Head-to-Toe Checkup Fund (fonds des bilans de santé), qui couvrira certaines dépenses recommandées par les fournisseurs de soins de santé ainsi que par l'équipe de soins aux résidents

Une petite équipe de bénévoles dans le domaine de la santé et des domaines connexes est en train d'être mise sur pied pour épauler notre personnel afin d'amener les résidents, individuellement, à comprendre leurs propres besoins prioritaires en matière de soins. Après quelques visites médicales initiales, cette équipe accompagnera des résidents et résidentes à des rendez-vous, surtout lorsque ceux-ci provoquent des sentiments d'anxiété ou de peur. L'objectif est d'assurer un aiguillage vers des spécialistes ou d'autres soins requis. Ce fonds affecté aux bilans de la tête aux pieds (traduction libre du Head-to-Toe Fund) ap-



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