

Our Harbourviews

June Newsletter 2024 Bulletin de juin

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

Building the Future with People: residents, volunteers, staff and members of the community. Read about our people in this issue of OurHarbourviews.

Everybody Loves Ronald!

Dolly Shinhat, Director General

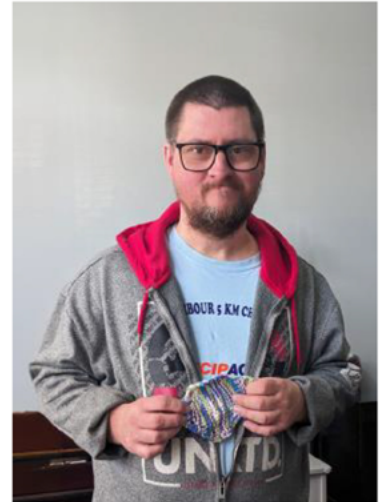
When **Ronald**, a former resident, applied to be an Our Harbour volunteer, I must admit I was uncertain of his willingness and real desire to make a commitment. How wrong I was! After filling out the required volunteer registration form, we worked on a schedule and list of tasks needed by **St. Lambert United Church** and **Our Harbour**. Initially, Ronald was to come in on Tuesdays and Thursdays, completing the tasks on his list. These included ensuring that that soap and hand towel dispensers in all the bathrooms were refilled, sweeping the Clubhouse floor, washing any dishes that had accumulated, and watering plants.

At the end of his shift, Ronald would sign off on his task list and we would discuss how the day went. Ronald is full of ideas on how to improve procedures and organization. He is always looking for more to do. One day I asked for help putting together document packages for a committee meeting and sorting and counting our resident art cards in preparation for the Spring Market.

All was done with systematic care and attention!

Ronald has a creative and artistic side that he is clearly proud of ... he is always learning new things! For example, he is part of the **St. Lambert Bell Ringers** group; he has learned to knit with the **Communknitty Group** and is working on a series of small squares as coasters as well as a winter hat; and he helps bind books with a professional bookbinder. More recently, Ronald has been joined by Our Harbour resident **Lucie**. Together they have completed the assembly of about 300 pins for this year's *Nuit des sans abri!* They enjoy each other's company, taking walks and eating lunch together in between all the work they do for Our Harbour - now on an almost daily basis.

Thank you, Ronald and Lucie!



Our Harbour : Annual General Meeting

Wednesday, June 26th

440 Notre Dame Avenue, St. Lambert J4P 2K4

Our Harbour Clubhouse

4:15 pm Question Period

4:30 pm AGM starts

Followed by a Celebratory Reception

Le havre à nous : Assemblée générale annuelle

mercredi le 26 juin

440, av Notre Dame, St-Lambert J4P 2K4

Salle Clubhouse

16 h 15 période de questions

16 h 30 Début de la Réunion

Suivie d'une réception pour célébrer



Honorer • Cultiver • Bâtir
Honour • Nurture • Build

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
87723 1803 RR0001 N° d'enregistrement

Entrevue avec Cristina, résidente

Intervieweuse: Margaret Douthie, avril 2024



« Depuis combien de temps habitez-vous à Le Havre? »

Cristina : Je suis ici depuis quatre ans maintenant depuis un appartement de sept ans et demi que je partageais avec cinq autres personnes où je me sentais très seule et isolée. Il s'agissait d'un hébergement temporaire, après avoir été hospitalisé. Après mon entrevue avec Le Havre à Nous on m'a dit qu'ils aimeraient m'avoir une heure plus tard. Un mois plus tard, j'ai emménagé.

Je me suis sentie si bien accueillie. Au début, j'ai partagé avec Monica et Laura et ce premier soir, Monica m'a préparé un souper de bienvenue. Il n'y avait plus de service psychiatrique et il y avait toujours des gens à qui parler. Pendant le COVID, nous nous réunissions de différents appartements à l'extérieur pour prendre un café à 11 heures tous les matins et j'ai aidé à le préparer.

« Avez-vous eu des difficultés particulières depuis que vous avez emménagé? »

Cristina : Oui, l'année dernière, j'ai de nouveau été hospitalisée pour mon cœur en juillet et décembre. J'étais essoufflée, j'avais accumulé du liquide et, en décembre, on m'a dit que j'avais un souffle cardiaque et que j'aurais besoin d'une opération à cœur ouvert. J'ai également dû me faire enlever toutes mes dents du haut et du bas aussi.

« L'opération est maintenant terminée, mais vous avez dû retourner à l'hôpital pour un essoufflement et une accumulation de liquide. Comment vous sentez-vous à propos de Le Havre maintenant ?

Cristina : J'ai vraiment l'impression qu'on s'occupe de moi et que les gens autour de moi veulent que je sois heureuse. Tout le monde m'a appelé, m'a aidé et m'a accompagné pour mes nombreuses visites médicales. J'ai l'impression d'avoir trouvé une belle, grande famille. J'aime beaucoup l'appartement dans lequel je suis maintenant et mes co-résidentes **Chantal** et **Ana**. Nous nous entendons très bien. J'ai hâte de me faire poser mes nouvelles dents bientôt et d'être suffisamment bien pour reprendre mon travail de caissière.

Our Harbour Interview with Cristina

Interviewer: Margaret Douthie, April 2024

'How long have you been living at Our Harbour?'

Cristina: I've been here four years now. I moved from a 7-and-a-half apartment that I shared with five other people where I felt very alone and isolated. It was temporary accommodation, after being hospitalised. Following my Our Harbour interview, I was told they would like to have me one hour later. One month later I moved in.

I felt so welcomed. At first, I shared with Monica and Laura and that first night Monica made me a welcome supper. There was no more psychiatric ward and there were always people to talk to. During COVID, we got together from different apartments outside for coffee at 11 every morning and I helped to make it.

'Have you had any particular challenges since you moved in?'

Cristina: Yes, last year I was hospitalised again on my heart in July and December. I was out of breath, had accumulated fluid and in December I was told I had a heart murmur and would need open heart surgery. I also had to have all my top teeth out and many of my bottom teeth as well.

'So now the surgery is over, but you've had to go back to hospital for breathlessness and accumulating fluid again. How are you feeling about Our Harbour now?'

Cristina: I really feel cared for and that the people around me want me to be happy. Everyone has called and been helpful and ready to go with me for my many medical visits. I feel like I've found a 'belle, grande famille'. I really like the apartment I'm in now and my roommates, **Chantal** and **Ana**. We get along very well. I'm looking to getting my new teeth fitted soon and to being well enough to getting back to my cashier job.

Perspectives on Autonomy

Sabine Bulow, Lead Coordinator, with assistance from Our Harbour Residents

On March 25, 2024, we held our bi-annual (Spring) Residents' Committee meeting, The discussion theme centered on establishing a collective perspective of what autonomy is and why it is important, all the while recognizing it is personal and reflective of everyone's experiences and personal situations.

In preparation, each resident defined autonomy, what it means to them, and why being autonomous is important. In the end, the residents summarised each definition and collectively selected the following keywords to describe what autonomy means to them:

Confidence Competence Strength Freedom Self-sufficiency Responsibility

I encourage Our Harbour's residents to voice their opinions on topics of interest and concern, enabling them to achieve autonomy through consultation. This helps our community within a community make decisions on what we value collectively.

Carol's Gift of Art

Diana Horvat

Title: Midnight Moon

Acrylic

Good day, I want to tell you a little story about **Art Studio** with **Carol**. To begin... Carol, our mentor is truly, truly our friend. As well, I have learned so much about the arts through Carol and mind's eye. I have enjoyed all the different and exciting projects and I look forward to many more works. Thank you, Carol, and thank you Our Harbour for this wonderful gift.

Sincerely, **Diana Horvat**



Alyss Norah Chassagne

Title: Fiesta

Acrylic and Japanese paper, collage

I did an abstract painting with **Carol**. I experimented with different techniques with the brushes, mixing many colors and shapes cut in Japanese papers. I loved using warm color tones to create a multicolor background with a line of black to make my painting stand out.



Carol was a super art teacher. She put her heart into it as a volunteer every Monday morning from 10:30 to 12:30. I hope we will continue to learn many ways of doing art, such as still life, abstract painting, geometrical painting, and many more.

A big thank you from **Alyss!!!**

Régis Pineault

Title: The Falling Leaves

Acrylic on canvas

During the classes that I took, I made tremendous progress in learning the different techniques in abstract art. We learned advanced techniques like cubism. Also, I received coaching in learning how to draw from what I see. This class brought me empowerment! **Carol** brought us, students, together in learning how to do visual art.

Régis



Lucie Huard

Title: The Jungle

Acrylic

Carol showed us that painting can be fun. She was patient and took the time to show us new ways to learn new painting techniques. She demonstrated that it could be a way to relax. In other words, she is a clever teacher.

Lucie



May 11th: Rendezvous at the SLUC Spring Fair

Our Harbour participated once again in the annual **St. Lambert United Church (SLUC) Spring Fair**. There was a good turnout at the Our Harbour table as passersby admired the variety of beautiful items for sale and auction. Items for auction included *Cobweb*, a remarkable acrylic painting donated by artist **Deana Hall-Habeeb**, and a lovely garden quilt entitled *Carot Sunflowers Bright Delight* donated by the **Chateauguay Valley Quilters Guild and Mosaic/que Quilters Guild**.

The Our Harbour table also boasted a variety of select vintage jewelry all very reasonably priced for Mother's Day! Many visitors stopped to admire - and purchase - our residents' new art cards showcasing their recently produced works of art. We also took the opportunity to educate interested folk about our mission. An enjoyable time was had by all! **SKB**

Renée Prendergast won the painting and **Honore Kerwin-Borrelli** won the quilt.

Shared Experience: coffee and life lessons

Peter MacMillan, Volunteer

Recently someone asked why I volunteer with residents of Our Harbour. "I'm not sure why I decided to reach out to them, but I can tell you that I get a lot out of it." I like to think I'm helping others, and that the resident with whom I spend the most time, **Regis**, enjoys our outings - walking Cesar the dog, having a hamburger, grocery shopping and just going for drives. I also hope the experience is helping me to become a better listener and to make myself useful. Ultimately, I suppose volunteering with Our Harbour is a way of showing gratitude for my own good fortune.

Regis, Our Harbour Resident

I first met **Peter** in November when the coordinator of our apartment introduced him to me.

He wanted to know "what can he do for us" at apartment 10. I thought of having a coffee and see, just to get to know each other. It's then that I discovered that he was full of good advice and that he had many "lessons" to share.

So, every week we meet and with each coffee there is a new life lesson.



Peter and Regis sharing coffee and life lessons

More than 84,400 reasons to be grateful!

We are deeply grateful to all the individual donors, community organizations and associations, companies, sponsors and supporters who made this 20th Anniversary year a resounding success. With generously supported events and activities, unprecedented participation and 20 reasons to celebrate, all had a memorable time! **All told, we raised more than \$84,400!!**

20th Anniversary sponsors are highlighted in blue.

Plus de 84 400 raisons d'être reconnaissant !

Nous sommes profondément reconnaissants envers tous les donateurs individuels, les organisations et associations communautaires, les entreprises, les sponsors et les sympathisants qui ont fait de cette année du 20^e anniversaire un succès retentissant. Avec des événements et des activités généreusement soutenus, une participation sans précédent et 20 raisons de célébrer, tout le monde a passé un moment mémorable ! **Au total, nous avons récolté plus de 84 400 dollars !**

20 Anonymous Donors

[Actuelle Chaussures](#)

Ronald Aiken, Jr.

Lucy Ainsworth

American Women's Club of Montreal

Dennis Armstrong

Virginia Assaf

Assistance and Referral Center (ARC)

Jane Barlow

[Michael Barratt, Royal LePage](#)

Richard Bastien

Dianne Bateman

Nancy Beaton

Nathalie Beauchamp

Anne Beauchamp

Annie Beauregard

Nancy Beckett

Micheline Bedard

Christine Bieri

Simone Bluteau

Lise Bluteau

[Bookkeeping Barn](#)

[Boucherie Charcuterie St-Lambert](#)

Beppie Boudens-Alexander

Justin Boudreau

Jocelyn Brace

[Carol Bulow](#)

[Sabine Bulow](#)

[Café Pistache](#)

Harvey Campbell

CanadaHelps

Candiac Wednesday Group

Marilyn Carr

John Carr & Madeleine Colaca

Paul Carrier

Ann-Marie & Ray Cassin

Catholic Women's League of Canada

[Centaur Theatre](#)

[Chateauguay Valley Quilters' Guild](#)

Gretchen Cheung

Church of Saint Clare

Anna Ciccotosto

[CINEPLEX](#)

[Clé en main Informatique](#)

Albert Coccia

Shirley Collie

Susan Collins-Botros

[Commuknitty / Entre Deux Mailles](#)

Christine Contant

[Nancy Cousins-Viau](#)

Janice Couture

[Cru - Bar à huitres](#)

[The late Judy Csukly](#)

Ileana Cusiatic

Rosemary Cyr

David & Pat Dagleish

Petra Dando

Bianca David

Ellen De Grandpré

Carolyn J. Dellah

Andrew Dias

Eardley P. Dowling

Jean-Pierre Duguay

Barbara & Ernie Duguid

Josée Duranleau

Jennifer Dyson-St. Germain

Margaret Eastwood

Ecumenical Community Services (ECS)

Penelope Ellison

Kevin Erskine-Henry

[Esthétique Michele Noonan](#)

FEDNAV Community Employees' Committee

[Furs by Harris](#)

Susan Gardner

Patricia E. Geary

Helen Gibb Carsley

Kent Russell Gibbons

Catherine Gillbert

Robert Gobby

Eric Godin

[Golf Club St. Lambert](#)

Good Shepherd Lutheran Church

Marie Gravelle

Giuseppina Greco & Stephen Schaller

Sylvie Gregoire

Annemarie Greven

Maryanne Griss

H.O.P.E.: Helping Other People Effectively

Ginette Hay-Ellis

France Héroux

Timothy Houlihan

François Huard

Ian Hutt-Borrelli

[IGA - Le Marché Emily & Phillip Desmarais](#)

Rouben Ishayek

Danny Julien

Lorraine Keays

Bill & Cindy Kerwin

Monica & Sheila Kerwin

Rick & Carol Kerwin

William Kerwin

Susan Kerwin-Boudreau & Spencer Boudreau

Honore Kerwin-Borrelli

Gwynne & Eileen Kerwin-Jones

Irene Kozina

[Lace St. Lambert](#)

Jill Lacoursière

Jonathan Lang & Jane Horvat

Heather Languay

Carole Lanthier-Strickland

Linda Laroche

[Le Balcon D'Art](#)

[L'Échoppe des fromages](#)

Margaret Lefebvre

Constance Leigh

Anna Lepage

James & Kathleen LeWarne

Sandra Libby

Lion's Club of Greenfield Park

Andrew Louson

Peter MacMillan

Susan Magher

Linda Magher

Jamie Malysh

[Manoir d'Youville](#)

Robert Ellicott & Maria Della Posta

Gretchen Martin

Louise Mathieu

Jane McConnell

Ann McKinnon

Lloyd J. Meglin

[Alexandra Mendès, MP Brossard-St. Lambert](#)

[METRO - Mont Royal](#)

[Mike Reid Memorial Softball Tournament](#)

Kenneth Morehouse

[Mosaic/que Quilters' Guild](#)

Marie Muldowney

[Newland Torréfacteur - Coffee Roasters](#)

[Nicole Esthétique](#)

Nine & Dine Golf Group

Christopher & Loretta Noble

Juliet O'Neill Dunphy

Patricia Owens

Felicity Palmer

[Pattes & Griffes Saint-Lambert](#)

PayPal Giving Fund

Jarmila Philipp

[Photo René](#)

[Pizzeria No. 900](#)

Isabelle Poulet, Députée de Laporte

Renée Prendergast

[Prévile Fine Arts Centre](#)

[Primi Piatti Restaurant](#)

Gerald Ratzer

Nancy Reid-Di Milo

Marika Rein

Johane Richardson

Cory Robinson

Judy Rogers

[Sherry Romanado, MP Longueuil - Charles](#)

[LeMoyné](#)

Kiran Ross

[Saint-Lambert Lawn Bowling Club](#)

Salon Jean Malard

[Salon Rituel Coiffure](#)

Diana Sanderson

David Schurman

Scotiabank

[Lyn Scott](#)

[Scotyz Bar & Grill](#)

Yvonne Sevigny

Surjit Shinhat

Himmat Shinhat

Dolly Shinhat

Anthony Slonosky

Beverley & Brian Smalridge

Rachel Speiran

Penelope Speiran

Daniela Spinelli

Kimberley Stephenson

Marla Stovin

Alison Streight

Beverly Stride-Coté

Jean Stutsman

Beverly Taylor

[Taylor's](#)

[Théâtre St-Bruno Players](#)

Yolande Thibeault

Christopher Thomson

René & Sharon Vanderaa

Vito Volterra

Da Wei (Rachel) Wang

Susan Warden

Jane Watson

[WESTJET](#)

Francine Weston

Michael Whalen

Paul Wiebe

Victoria Willard

Pui Ting Wong

Peter & Susan Woodruff

Irene Woods

Joseph A. and Leslie Zearth

Zeller Family Foundation

Introducing Steven Nadeau

Hello! My name is **Steven** and I am the (relatively) new **Resident Care Coordinator** at Our Harbour. I started in January of 2024 with the Our Harbour team as a replacement for Vanessa while she is on maternity leave, but I may be sticking around a little longer!

I have a background in Human Relations. More specifically, my certificate specialization is in Family Life Education and I hold a Bachelors in English Literature, which I both received through **Concordia University**. While I have always gravitated towards supporting others, I was often uncertain of how I could make it my life project to do so. During my undergrad, I gave a lot of hours volunteering for various community organizations and non-profits, including being a collective member of the **Prisoner Correspondence Project**, as well as having gained some experience facilitating an intergenerational art club at the **Yellow Door**. I also did some event planning with **Missing Justice** through **QPIRG Concordia**. Around that time, I started working in intervention, spending time at a private residence (*Ri or Resource Intermédiaire*) for folks with autism and other intellectual disabilities and later in two homeless shelters for Indigenous people with *Projet Autochtone du Quebec*. I was later hired as a caseworker for their new housing facility before coming on board the Our Harbour ship!

My philosophy has always been to stand in solidarity with the most vulnerable, a feat I have struggled to achieve, as I feel that not everything is so simple and straightforward. That is why I try to center my work in harm reduction; I think everyone deserves access to care and happiness, whatever that might mean to them.

My interests include reading, spending time outdoors, art, and all forms of life. See you soon!



Steven and Jean-Seb in Ottawa

Hey Dolly, It's Jean-Seb!

We began our adventure at the crack of dawn. A wonderful team of a great bus driver and host were pleasantly waiting for us. Hats off to Gendron tours for their courtesy and professionalism. Once aboard, I won't lie, my eyes were closed most of the trip, but once we came to the wonder that was Ottawa my eyes were wide open.

I know we came specifically to see the tulips, but the architecture of the buildings was nothing short of incredible! It's like I was transported into a majestic and awe-inspiring world. We also had a wonderful lunch at Jack Astors which was a nice treat. And of course, the cherry on the sundae, the tulips, which came in every color imaginable except blue for some reason.

We came back home with memories I will never forget. Thank you, Our Harbour!

Lots of love, Jean-Seb



Ms. Dolly Shinhat, Director General

Our Harbour/Le havre

440, Notre Dame avenue

Saint-Lambert, QC J4P 2K4

Our Trip to the *Cabane à Sucre*

There is a special time of year when syrup gets extracted from maple trees. To take advantage of this, there is a very popular Canadian tradition of going to a sugar shack, or *cabane à sucre*. This happens in early spring.

When I got the invitation to attend a *cabane à sucre* with Our Harbour, I jumped at the chance. I thought it would be a great way to get to know some people and to get out of the city for a while.

We boarded a bus near some residents' apartments at ten o'clock and headed out to the **Sucrerie de la Montagne** near Rigaud. Once we got there, we were served a delicious meal, including pea soup, fresh bread, *tourtière*, beans, eggs, bacon, ham and sausage, sugar pie and crepes! There was live entertainment with singing and traditional fiddle music. Afterward, some of our group got up and danced while others played the spoons along with the entertainers.



Once everyone had eaten, and after the entertainment, we went outside. There was a place to stand around a fire. There were also some hiking trails. A few of us took the opportunity to go for a short hike. We had beautiful sunny weather.

There was also a chance to make some *tire d'érable*. Normally, the maple syrup would have been poured on the snow, but since there was very little snow, it was poured on to some ice cubes and people could dip into the thickening syrup with a popsicle stick.

We got back into town around 4:00 in the afternoon. I think everyone enjoyed our excursion. We were able to have different conversations on the bus, at the sugar shack, and on the hiking trails. Some people bought some goodies at the gift shop. It was great to have a good meal and to enjoy some time outdoors, away from the city. I would definitely be interested in going there again.

Kent Gibbons, volunteer



Board member **Susan Kerwin-Boudreau** with **Francine Weston** receiving a \$2,000 donation from the **American Women's Club of Montreal**

Student Intern Support



Hi! My name is **Ashley Sdao**, and I am studying **Therapeutic Recreation (TR)** at **Concordia University**. TR is the process of utilizing recreational activities to address the needs of individuals and can provide numerous benefits regarding psychological and physical health, well-being, and recovery.

As a final project, students must complete an internship at an organization of their choice, while working on a special project that involves the integration of TR. Having worked with Our Harbour in the past, I knew that carrying out my internship here would be an amazing opportunity.

Over the span of this summer, I will be focusing on enhancing the quality of life of a few of Our Harbour's residents. I plan on designing and implementing various recreational activities to promote well-being. In addition, I plan to develop a proposal that addresses the importance of TR, and how TR concepts could be integrated into Our Harbour's resident care programs.

The supportive environment at Our Harbour will allow me to grow professionally by gaining new skills and experiences to help me advance in my career. In turn, I hope to provide tools and resources that will help make positive changes for the residents and the team at Our Harbour.

Upcoming Events at Our Harbour: Stay Tuned		
September 7	Dinner dance	Sponsored by the American Womens' Club of Montreal (AWCM) to raise funds for OH
October 26	OH Roundup	Line dancing, music, food, drinks, prizes and loads of FUN
November	SLUC Christmas Market	Christmas cards, baked goods and a quilt raffle
December 3	Giving Tuesday	OH's annual end-of-year appeal
TBD	20th Anniversary Volunteer Recognition Event	Volunteers Rock Our Hearts