

# our Harbourviews

November Newsletter 2022 Bulletin de novembre

Your support makes a real difference Votre appui fait une différence

## HOW WILL YOU KEEP YOUR LOVE GOING?



The pandemic has heightened our sensitivity to the difficulties many Canadians face as they grapple with mental health issues. At Our Harbour we are proud to acknowledge that since 2003 our grassroots, non-profit organization has been ahead of the curve and at the forefront of this national challenge by providing caring, affordable, long-term housing and support to adults living with mental illness.

We want our mission to continue well into the future!

To help secure our future, we continue to partner with Will Power, a national movement that seeks to inspire Canadians to think differently about charitable giving and support the causes they care about through a gift in their wills.

We are also appealing to you to consider a gift to Our Harbour in your will.

Our Harbour is proud to showcase our legacy on our English and French Will Power websites. If you have not already visited us, it's worth your while to take a few minutes to do so at [www.willpower.ca](http://www.willpower.ca) and [www.volontedefaire.ca](http://www.volontedefaire.ca)

We are especially pleased with our video, **Empathy in Action!** What a wonderful way to share the Our Harbour story with family and friends.

The Will Power website offers useful tools (like the legacy calculator) that show how your will can be turned into a powerful instrument for social change by supporting charities that are close to your heart. Even 1% of your estate could result in a truly powerful gift, while still leaving 99% for family and friends. The website includes additional resources as well as links to financial advisors and notaries, many of whom offer free consultation.

In a recent webinar entitled The Top Seven Myths About Leaving a Charitable Gift in Your Will, renowned financial advisor in philanthropy Keith Thompson explained how the Canadian government has created some of the best tax incentives in the world for charitable giving from your estate. You can view the webinar at

<https://willpower.ewebinar.com/webinar/the-top-7-myths-about-leaving-a-charitable-gift-in-your-will-5158>

Or, in French, <https://willpower.ewebinar.com/webinar/les-dons-testamentaires-deux-strategies-adoptees-par-les-quebecois-pour-maximiser-leur-heritage-5437>

Over the past 20 years your support has kept Our Harbour's mission vital and strong. We hope you will continue to share your love by making a gift to Our Harbour in your will. Even a small gift can create a significant impact in the lives of our residents who live with mental illness. Please reach out to Our Harbour Director General **Dolly Shinhat** if you have any questions about how your gift might be used. Dolly can be reached at [dg@ourharbour.org](mailto:dg@ourharbour.org).

**Susan Kerwin-Boudreau, Board Member**



## Hope for the Best, Prepare for the Worst

Staff and volunteers were recertified or certified in the Heart Saver CPR/AED and Severe Allergies course on September 13, 2022. Our trainer was the dynamic **Liliana** of *Santé en forme Fitness Firm*. [www.santeenforme.ca](http://www.santeenforme.ca).

Collègues et bénévoles ont suivis un cours de certification et recertification au Heart Saver CPR/AED et aux allergies extrêmes, le 13 Septembre 2022. Notre entraîneure dynamique : Liliana de *Santé en forme Fitness Firm*. [www.santeenforme.ca](http://www.santeenforme.ca).

L-R: **Bob Ross**, Director General **Dolly Shinhat**, Board members **Peter Woodruff** and **Petra Dando**, Assistant to the DG **Eric Godin** and **Sabine Bulow**, Lead Coordinator.

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

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# Our Harbour's Dream Resident Care Team hits the ground running!

We were thrilled to welcome **Sabine Bulow**, OT, in June of this year, to the newly created position of Lead Coordinator. Sabine's years of experience working in the mental health sector at the Lakeshore Hospital have been benefitting our residents from the word go. She brings to her work deep compassion and caring coupled with a practical and no-nonsense approach.



Fortunately, Sabine and Co-Coordinator **Tanya Angelo** were able to work together briefly before Tanya's departure for her new job as an *Intervenante psychosociale* at *Espace PIVOT*, a non-profit organization that promotes the social and professional development of its community.

**Vanessa Hunt-Ladouceur**, BSW, joined the team by a stroke of serendipity ... a chance notification from LinkedIn that led to the news that after three years in the CIUSSS system, Vanessa had started a job at an insurance company. The news did not ring true to what I recalled of Vanessa from an interview in 2019. Therefore, with the team's agreement, I contacted Vanessa. The rest is history, as they say. The new resident care team is complementary and innately collaborative. Read more about them below. These two new recruits complete our team of four, together with my assistant **Eric Godin**, and me.

I take this opportunity to thank Tanya for all her contributions at Our Harbour, from *stagiaire* to Coordinator! May the Force be with you!

**Dolly Shinhat**, Director General



**Sabine Bulow:** I recently joined the Our Harbour team in June as Lead Coordinator of Resident Care. My education includes a Master of Science in Occupational Therapy from McGill University and a Bachelor of Science degree in Therapeutic Recreation from Dalhousie University. I worked in the public health care system for twenty-one

years with the last decade in inpatient and outpatient psychiatry. When not working, I enjoy spending time with family, Fidius, my new puppy, and with friends in outdoor activities.

**Eric Godin:** In my role as Assistant to the Director General, I have supported Dolly, Sabine and Vanessa, and our committees with a wide range of administrative tasks. Plucked by Dolly from my office administrator position at a local church, I have thrived within our small, friendly team, learning so much about the background operations of a non-profit community organization.



With our office immediately adjacent to the Clubhouse, I have reveled in the oh-so-rewarding interactions with residents and volunteers.

**Vanessa Hunt-Ladouceur:**

I am the new Coordinator of Resident Care at Our Harbour. After studying psychology and social work at university, I followed my dream to become a social worker, first at a CLSC, then at a CHSLD and now with Our Harbour. I have long wanted to work with people from all walks of life who have been touched by mental illness. I love animals, hiking and playing board games and videogames.

## A Resident's Impressions from the Day Trip to the Manoir D'Youville, August 25th, 2022

*We came to the Island  
Happy we were all smiling  
We had lunch, some would say brunch  
We walked and walked  
As we walked, we talked and talked  
The road was long  
But our spirit was strong  
A beautiful day we will remember  
Peaceful memories like the ones in mid-December*

J-S.C.





**Happy raffle winners:** L-R: **Sabine Bulow** (standing in for her mom, **Carol**), **Neil Bonnema**, **Marie Muldowney**, and **Francine Weston**.

## Coming Together for Our Harbour: Oh, what a night!

On Wednesday November 16<sup>th</sup>, Our Harbour hosted a **FUN**draising gala event at the **SLUC** we called **Coming Together for Our Harbour**.

Over 50 of renowned Canadian artist **Nancy Cousins-Viau's** curated oil paintings, primarily featuring fall and winter landscape scenes, were hung gallery style and available for purchase for a donation of \$50 per painting. More than 70 guests enjoyed a glass of bubbly and reconnected with old friends as they browsed through the exclusive collection - many of which were snatched up as ideal Christmas gifts. Nancy Cousins-Viau herself delighted us by dropping in for a visit!

Four lucky raffle winners walked away with two stunning quilts by the **Mosaic/Mosaïque Quilters' Guild**, an original Nancy Cousins-Viau painting and a high-end Nespresso coffee machine donated by Monica Kerwin.

**Over \$3,500 was raised! THANK YOU ALL!**

**A sincere thank you to all our sponsors and contributors**

- ◆ **Nancy Cousins-Viau**
- ◆ **Alexandra Mendes**, Member of Parliament, Brossard—Saint-Lambert, Quebec
- ◆ **Carol Bulow** for the stunning flower arrangements
- ◆ **Carole Théorêt**, Master Quilter
- ◆ **Lyn Scott** and **Judy Csukly** for donating the paintings featured on our Christmas cards
- ◆ **Monica Kerwin** (Nespresso machine)
- ◆ **Mosaïc/que Quilters' Guild**
- ◆ **Omer de Serres** (bags and discount cards)
- ◆ **St. Lambert United Church** and the **United Church Women**

**SHOUT OUT** to SLUC super-volunteer **David Dalglish!**

**Dolly Shinhat, Director General**

## Nancy Cousins-Viau Gala 5 à 7 : Oh, quelle soirée!

Le mercredi 16 novembre, Our Harbour a organisé un gala de collecte de fonds à SLUC. Plus de 50 peintures à l'huile de l'artiste canadienne renommée **Nancy Cousins-Viau**, mettant principalement en vedette l'automne et des scènes de paysages d'hiver, étaient disponibles à l'achat pour un don de 50 \$ par tableau.

Nos invités ont apprécié un verre de champagne et ont renoué avec de vieux amis en parcourant la collection exclusive - dont beaucoup ont été saisies comme d'idéals cadeaux de Noël. Nous avons également plusieurs beaux articles pour le tirage au sort, dont deux superbes courtepointes de **Mosaic/Mosaïque Quilters' Group**, une peinture originale de Nancy Cousins-Viau et une machine à café Nespresso haut de gamme. Les clients peuvent également acheter notre collection exclusive de cartes saisonnières Le havre. Tout le monde s'est bien amusé et maintenant beaucoup de ces belles peintures si généreusement données par Nancy ont trouvées une nouvelle maison !

## Grazie mille!

**Pina (Giuseppina) Greco** stepped down from her role as Secretary of the Our Harbour Board at the 2022 AGM. She came on board in 2019, contributing professionalism and efficiency while embodying a spirit of warmth, caring and playfulness. She was an expert with Robert's Rules of Order and could magically transform a wealth of ideas into a nicely turned motion or resolution!



Pina structured and streamlined Board meetings and minute keeping with patience and elegance. She kept Board meetings going consistently through the vagaries of COVID, mastering the arts of ZOOM and hybrid meetings with panache! We miss you Pina!

Happily, Pina remains involved with the Our Harbour community. Her legacy is alive and well in the hands of Eric Godin and current Board Secretary **Edna Ouellette**, a veteran Board member.

**Eric Godin**



Get your Our Harbour seasonal cards at Taylor's department store, Photo René, and through [eric.godin@ourharbour.org](mailto:eric.godin@ourharbour.org).

Obtenez vos cartes saisonnières chez Taylor sur Victoria, Photo René et en contactant [eric.godin@ourharbour.org](mailto:eric.godin@ourharbour.org).

## Thanksgiving Dinner at the Clubhouse was no small feast.

When I first arrived, I almost didn't recognize the Clubhouse, but I kind of knew I was in for something special. The volunteers' barbeque last summer had given me a taste of the Our Harbour community's generosity. I was not disappointed.

Dinner was served on one very long table, beautifully decorated and lit. There were so many courses. Every traditional dish was made with joy and love. Residents, volunteers, and staff members gathered happily, greeting each other warmly, and talking good-naturedly all evening.

I could feel myself starting to relax a bit, letting my guard down and enjoying myself. I talked to a number of people. I can feel myself changing a little. Not quite as much of a loner. It's not just the hours of cooking that go into preparing the Thanksgiving meal that I'm grateful for, although it's certainly part of it, for sure. I'm also thankful to have a safe space to go to, and opportunities to enjoy an evening with people. I feel so grateful to be a part of the OH community that dotes on its members, giving us so many reasons to smile.

Thank you for a wonderful, memorable Thanksgiving!

**Chantal, a resident**

## A Few Words from President of the Board, Marie Muldowney

The mission of Our Harbour is to support and assist residents with mental illness in their quest for greater independence and autonomy. Our Harbour relies on the work of a dedicated staff focused on resident care, planning, fund-raising and ensuring the well-being of the residents. Our Harbour is supported by many volunteers without whom Our Harbour would not function - the apartment volunteers, those who lead resident activities, those who participate in fund raising and the members of the Board



Our Harbour is grateful for the financial support provided by government, charitable organizations, corporations and individual donors. The pandemic has cast a spotlight on mental health and there has been a concerted effort to lift the stigma attached to mental ill-health.

In 2022, Our Harbour expanded with the addition of two new apartments and six new residents. The staff have been hard at work interviewing potential residents for the places available and preparing for their integration into the Our Harbour family. The effort has been supported by several volunteers who have worked diligently to furnish and decorate the new apartments and install appliances - all coordinated by the staff.

I would be remiss if I did not highlight the hard work and dedication of our out-going President, **Catherine Gilbert**. Catherine has been a tireless leader and advocate for the Our Harbour cause. As the incoming President, I am conscious of the size of the shoes to be filled.



## Lesley Régnier

**with her sister Joan (standing), 2022**

People well beyond the Our Harbour community are mourning the recent loss of Lesley Régnier (1941-2022). As a Board director and active volunteer almost since our beginning in 2003, she helped shape what we are today.

Ever the consummate helper, she was known for her special touch with residents. Frustrated by health restrictions that barred her from visiting the **Our Harbour Street Café** during the height of COVID-19, she baked a cake every week, ensuring that the residents had a home-made treat.

She was also known for her long hours as a volunteer in palliative care at the Montreal General and then in the emergency department at the Glen. In our diverse city, her knowledge of five languages and strict work ethic served the patients well. She was also active in the McGill Community for Lifelong Learning, where she was still editing their newsletter in the last weeks of her life.

Her excellent language skills were fine-tuned through studying modern languages in the UK and serving as a translator at Hydro-Quebec. They came in handy translating government documents and producing, translating and editing our own newsletter and other publications.

She was a great friend, and she is much missed. For those of us in Saint-Lambert, the vision of her determinedly walking into the village aided by her signature two sticks reminds us that, with enough heart, we can overcome almost anything.

Des gens bien au-delà de la communauté de Le havre sont en deuil pour la perte récente de **Lesley Régnier** (1941-2022). En tant que membre du conseil d'administration et bénévole active depuis nos débuts en 2003, elle a contribué à façonner ce que nous sommes aujourd'hui.

C'était une grande amie, et elle nous manque beaucoup. Pour ceux d'entre nous à Saint-Lambert, la vision d'elle marchant avec détermination dans le village aidée de ses deux bâtons nous rappellera à jamais à quel point le cœur peut aller pour surmonter les obstacles.

**Catherine Gilbert, Past President**