



A Port in the Storm... 'a place to call home' | 2019 Summer Update



Clement's Story

At 3:59 a.m. last March, Clement Saulnier slept in the house he'd bought and rebuilt in Mexico. He spends most winters there, to get away from the cold of the icy shores around the home he built in Wimapedi Lake more than 30 years ago.

But at 4 a.m., Clement shot out of bed with a shocking pain. He was having a heart attack.

At 8 a.m., a doctor at the nearest hospital explained to Clement that a valve in his heart was in trouble, and gave him a temporary fix.

Clement cut his vacation short and soon returned home to Wimapedi Lake.

"If I would've been in Wimapedi Lake [at the time], I would have died."

It's a one-hour plane ride to the nearest hospital or clinic from Clement's house on a northern island 25 miles into the bush.

The surrounding towns of Snow Lake, Flin Flon, The Pas and Thompson aren't equipped with the resources or specialists to help Clement.

"We don't have a bus, never mind a cardiologist."

He knew something was wrong, but with a six-month queue to see the closest specialist in Winnipeg, he could only wait.

"Just the excitement from catching a big fish, my lungs would go. They'd fill up with fluid at night, I got panic attacks."

In autumn, it was finally time to get the help he needed. He would fly into Winnipeg to see a cardiologist who would recommend the surgery to save his life.

But before he could, a harsh reality hit. He didn't have a place to call home in Winnipeg.

Clement would have to wait over three months, and he didn't know where a person of his means could stay to rest, to live for the time in between and to heal. He didn't know where he could find a port in his storm.

"Then I opened up the computer and by gosh, *A Port in the Storm* came up. That was as lucky as getting my first appointment."

Now after six months, we're proud to say Clement continues to find comfort in our lodging and our care.

"Without you guys, I don't know what I would do."

At *A Port in the Storm*, we don't believe anyone should have to leave comfort, care, or family to heal.

With your donation, we're able to make sure Clement has warm company when he wants it, and a comfortable space to call home when he needs it.

"Being with you guys was just all of a sudden like finding a family in Winnipeg."

Clement had the successful surgery he needed to continue living the life he loves and is now recovering at *A Port in the Storm*.

"That's really the whole point of this. When you do everything you want with your life, you have your dream! So, to be able to dream again, the only thing that you need is a little bit of help."

With a little bit of your help, *A Port in the Storm* will continue to be that comfortable, affordable and safe haven for the people of rural Canada like Clement.

Help us restock our linen closet

Imagine sleeping a little easier at night knowing you've made it possible for our guests to rest more comfortably. Recent discussions with some very supportive suppliers means we're now able to stretch your donations a little further as we begin to upgrade our suites with comfier, better quality new linens. **Please donate today, and help us provide fresh, attractive new linens to some people who could really use a good night's sleep.**



A Message from our President and Executive Director



Rob Elder



Stacey Grocholski

With your support we continue to help a steady number of inspiring individuals who've embarked on their journey to better health. Although we are not receiving government funding, we have the ability to offer our guests a 'place to call home' that just isn't available anywhere else.

Thanks to our wonderful donors and volunteers, programs like Food with Friends, Expressive Art Therapy and Adopt-a-Suite are making a powerful difference in the lives of our guests and their families.

Food with Friends lets volunteer-minded people from our community take it upon themselves to prepare delicious meals for our guests. With good food, conversation and laughter, a seemingly simple way of giving turns out to be enormously restorative for everyone.

Expressive Art Therapy has shown us the surprising power of creativity in easing some of the stress and anxiety levels that our guests experience. We couldn't do it without your support in helping us acquire the supplies, the space and the thoughtful leadership needed for this program.

Our Adopt-a-Suite program has proven an incredible incentive for a very special group of donors. Both Manitoba Hydro and Hudbay Minerals are strongly committed to the program and can take pleasure in knowing their gifts are helping even more people in need find a safe, comfortable and welcoming space while pursuing care.

We're pleased to announce Rachel has joined our staff as Administrative Specialist. In addition to bringing outstanding customer service skills, Rachel will be instrumental in identifying any operational gaps and supporting our Board committees while we provide the highest level of care possible to our many guests.

With your generous help we'll persist in filling this critical gap in our healthcare system. Together, *A Port in the Storm* will continue to be a welcoming 'place to call home' for the many rural and northern adults seeking medical care in Winnipeg.

All the best for a restful and enjoyable summer!

Rob Elder,
President

Stacey Grocholski,
Executive Director

Please see next page to learn how **you can offer a lifeline** to people in their time of need by donating to *A Port in the Storm*.

Your Donations are Working

Our guests come to us when they need a welcoming and affordable place to stay while they receive intensive, specialized, and often life-saving medical care. They come to Winnipeg because it's simply not available in their community.

This year to date, 80% of our rural and northern guests have travelled from the North, the South, the Interlake and the Prairie regions of Manitoba. They came to Winnipeg because they needed heart surgeries, cancer treatments, dialysis or other life-sustaining medical procedures. And they came to *Port* because our unique goal is to reduce the financial burden of serious illness on those who must travel to and remain in Winnipeg while receiving medical care.

Nearly 80% of our suites were occupied last year, thanks in no small part to the efforts of our tireless scheduling staff. Our guests and their families often have to cope with shifting appointment dates, rescheduled tests or surgeries – even treatment periods being shortened or extended. And *Port* scheduling staff are there to help with each varying step, calmly fielding and incorporating those change requests into our suite schedules.

Our services are clearly being used by the people who need them most. But this need is only fulfilled by the generosity of our donors as we still receive no funding from our government. You, our donors, are the ones making this possible. **Thank you!**

WISH LIST

Want to provide a more welcoming home away from home for our guests during their time of need? You can easily make that happen today by purchasing* and dropping off any of the following items at our headquarters!

Support our Kitchen with:

- Frying pans
- Pots
- Roasting pans
- Serving spoons
- Soup ladles
- Serving forks
- Cutting boards
- Measuring cups
- Measuring spoons
- Complete dish sets
- Hot pads/trivets

Bring fresh comfort to a Suite with:

- Mattress covers (queen)
- Bedside lamps
- Dinette sets
- Coffee tables
- TV stands
- Bar stools
- Reusable food containers

Can't purchase and drop off any of these items, but still want to help? We'll gratefully accept monetary donations and purchase these items on your behalf. We'll also celebrate you or your group with a photo and thank-you.

*Many of our guests are immune compromised, so we can only accept new items.

“My family and I are very grateful to A Port in the Storm for being there in our time of need. My mother, who had double bypass surgery, said she was never scared because she always had someone there.”

~ Jill from Thompson, MB

Food with Friends

Home-cooked food, friendship and laughter

At *A Port in the Storm*, our guests from across Manitoba and North Western Ontario know they'll find a safe, affordable and welcoming place to stay during their stressful journey to wellness. But this is just the starting point when we consider the services we offer.

We're constantly looking for the next step forward in helping support our guests, in body and in spirit. Often, we'll think of elements of care that many people may not even consider – and we'll find ways to *make them happen*. We're always asking ourselves, how can we make *Port* more of a 'place to call home' for our guests?

Our newest answer to that question is our essential **Food with Friends** program.

This program provides our guests with hearty, nutritious meals made by truly loving hands. We do this by encouraging people throughout our community to share their precious time and resources by cooking a meal in our kitchen and enjoying it with our on-site guests.

The first step is to visit our website to fill out the **Food with Friends** sign-up sheet. Then, you and your group will get to bring your favourite ingredients and come cook in our full-service kitchen. Here you'll find all the cookware and utensils



you need to whip up something delicious! The best part: once the meal is ready you can sit down and enjoy it along with a group of new friends.

Our guests say they cherish the experience of getting together with generous supporters like you to socialize, eat and laugh. And they find incredible value in the opportunity you'll provide to share their thoughts, tell stories and generally enjoy the quiet kinship that develops during a pleasant meal with good company.

It's the kind of warm, connected feeling that you – and they – just won't experience at a restaurant or a hotel.

So please visit our website for more **Food with Friends** information and to sign-up. Then get ready to enjoy great conversations and laughter while everyone raves over your home-cooking!



Expressive Art Therapy

Helping people feel creative and connected when they need it most

Our guests stay with us during an intensely reflective and difficult time in their lives. Through our Expressive Art Therapy class, we're now offering arts-based activities designed to help them process feelings and reduce some of their stress and anxiety.

Pam Hadder, Student Instructor at the WHEAT Institute, recently led our second open-studio class. It was a powerful group-healing experience where we and our members shared stories and crafted our own power sticks – physical reminders of inner strength – before joining in a guided meditation session.

Pam explains that “within Expressive Art Therapy there is safety to explore difficulties without judgment. Those who have been told they can't draw or sing soon discover we each have a place of creativity. We're all singers, dancers, poets and artists.”

We ended with a musical exercise in which a member improvised a melody on an instrument until every other member followed along. After a few minutes, the smiles and laughs in the room were music to everyone's ears.



Manitoba Hydro Plugs In to Adopt-A-Suite

We see the spark of hope that ignites in our many rural and northern members when they find comfortable and affordable shelter waiting for them at *A Port in the Storm*.

With Manitoba Hydro's generous contribution to our Adopt-a-Suite Program, they've increased our ability to provide warm, safe and attractive accommodations to more vulnerable people.

Manitoba Hydro knows the first step to a more empowered community is a healthier community.

Now *that's* what we call powering change.

To Manitoba Hydro, our sincerest thanks.



THANK YOU
MANITOBA
HYDRO!

Yes!

I want to provide a 'place to call home' for someone facing a life-altering medical crisis.

Please return this form with your donation to:

A Port in the Storm, Box 85,
Winnipeg, MB R2H 3B4

or call 204-231-0720

or donate online at aportinthestorm.ca

NAME: _____

ADDRESS: _____ CITY: _____

PROV: _____ POSTAL CODE: _____

EMAIL: _____ PHONE: _____

DONATION: \$100 \$200 \$500 OTHER \$ _____

VISA MASTERCARD #: _____

NAME ON CARD: _____ EXP: _____

CHEQUE MADE PAYABLE TO A PORT IN THE STORM

MY GIFT IS IN HONOUR OF: IN MEMORY OF: _____

I WOULD LIKE TO JOIN THE MONTHLY GIVING PROGRAM TO HELP PROVIDE COMFORT YEAR-ROUND (IF DONATING BY CHEQUE, PLEASE INCLUDE 12 POST-DATED CHEQUES.)

Charitable tax receipts provided for donations of \$15 or more. • Charitable Organization Number: 85141 2833 RR0001



Thank You

Manitoba Women's Institute

We are excited to announce MWI's continued support of our guests with its generous gift of \$900.

MWI's latest impact is one of true comfort. With MWI's gift, we've secured a recliner chair for our guests. So, when a mother, father, son or daughter needs to relax after a strenuous day of medical care, they'll find a big comfy recliner waiting for them.

Thank you, Manitoba Women's Institute!

Hudbay

Hudbay believes in helping communities improve their quality of life and, once again, they've turned that belief into a reality for Port guests through their \$5,000 gift to our Adopt-a-Suite program.

We see an organization's decision to become a repeat donor as remarkably inspiring, because they're maintaining their commitment to our clients.

Thanks to Hudbay's rock-solid belief in supporting people who come to Winnipeg from rural and northern areas for medical care, our clients will find an affordable, welcoming and homelike atmosphere waiting for them at the end of an exhausting day.

Thank you, Hudbay!

HUDBAY



River Crazy Quilters, Crescent Fort Rouge United Church quilting group and Carellan Sewing Centre

Led by Red River College instructor Anne-Marie Kowatsch, the extraordinary members of the River Crazy Quilters, Crescent Fort Rouge United Church quilting group and Carellan Sewing Centre banded together to stitch and donate quilts for every suite in *A Port in the Storm*.

This means that our guests can fall asleep each night wrapped in the warmth, comfort and kindness of the community they're in, and the community they've come to love.

Thank you Anne-Marie Kowatsch and all the members of River Crazy Quilters, Crescent Fort Rouge United Church quilting group and Carellan Sewing Centre!

Your Gifts Are Helping the Healing

"My stay has been exceptional. I have been talking up A Port in the Storm to my friends at home."

~ Donna from Melita, MB

"Many thanks for caring for my parents while they were away from their home. Not sure what we would have done without A Port."

~ Catherine from Norway House, MB

"Wonderful place for me and my family to stay."

~ Shelley from The Pas, MB



LOCATION:

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Judy Zubriski, *Guest & Volunteer Manager*
Rachel Anderson, *Administrative Specialist*
Visaka Jackson, *Finance Specialist*

OFFICE HOURS:

8:30 am – 4:30 pm Monday to Friday

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