



A Port in the Storm... 'a place to call home' | 2018 Winter Update



Kelly's Story

Kelly Heape always thought of himself as “high-achieving and independent” until one day in 2015 when he fell on some ice and lost consciousness. Although he experienced some confusion afterwards, Kelly wasn't worried, thinking it was just a case of

getting his 'bell rung', something he had experienced before. But when his cognitive abilities didn't improve, Kelly became more concerned.

He says, “I was having trouble processing tasks at work. I was accustomed to managing complex files and projects, but I couldn't anymore.”

Kelly tried to cope in his job as a Regional Probation Officer, but he ultimately switched to another position within the province.

He also worried about the impact his condition was having on his family. Feeling different every day made it difficult to plan activities, and his uncertain future was stressful for everyone.

Kelly tried finding out exactly what was wrong but was frustrated by the lack of specialized diagnostic and treatment services in his home community of The Pas. Months after his accident, Kelly was finally diagnosed in Winnipeg with Post-Concussion Syndrome. He needed a series of treatments that were only available in Winnipeg, so he began researching accommodation options in the city. Kelly had heard about *A Port in the Storm* on his local radio station, so he looked us up online and then called the office.

He was impressed with *A Port in the Storm's* accommodating staff and affordable rates, and pleased with our straightforward application process.

Kelly's first stay at *A Port in the Storm* was in December 2016, for nearly a month. It was hard leaving his family over the Christmas season – a time when everyone is supposed to be together. It was particularly challenging telling his 3-year-old son. “It was difficult for him to understand,” says Kelly, “especially because he likes to go everywhere with his dad”.

Kelly had seen photos of *A Port in the Storm's* suites, but still thought he might get a “small bed in a dark room”. He was pleasantly surprised to see his bright, homey suite, outfitted with everything required for a comfortable stay.

Kelly has now been a guest 8 times and says, “*A Port in the Storm* provides a welcoming and safe environment. It minimized so many of my worries around staying far from home.”

Kelly's experience with having to travel to Winnipeg for treatment has helped him understand the importance of raising awareness about the inequities of healthcare access between rural/northern and urban areas. He intends to have conversations with decision-makers about addressing this discrepancy.

“There's a mindset that [northerners] have to accept the way it is,” says Kelly. “When you have to travel to get medical care, you know you're going to incur many out of pocket costs.”

For now, as long as people must leave their homes to receive healthcare in Winnipeg, Kelly is happy to tell them that *A Port in the Storm* is here for them.

He says, “Coming from far away brings challenges, but Port does everything they can to make sure people have what they need.”



This holiday season, there will be more people like Kelly travelling far from home to receive healthcare in Winnipeg. You can give them some comfort and a sense of community by donating to *A Port in the Storm* today. See Page 3 for details on how to give.



Rob Elder



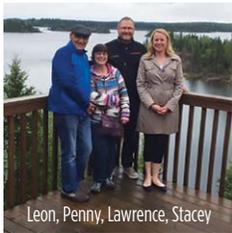
Stacey Grocholski

A Message from our President and Executive Director

First and foremost, we extend our heartfelt gratitude to Patricia Benjaminson as her tenure

as *A Port in the Storm's* President comes to an end. Patricia's vision and tremendous leadership were integral to creating this amazing organization that has assisted more than 850 families since opening our doors in 2012.

At our September AGM, Rob Elder was elected as our new Board President and Leah Kosokowsky was appointed Vice President. Building on the legacy left by Patricia and other founding members, our board and staff are inspired to continue offering the best possible experiences for our guests.



Stacey would also like to sincerely thank *A Port in the Storm's* friends and donors in Thompson, Snow Lake, The Pas, and Flin Flon, Manitoba, who extended their warm hospitality during her northern travels last May and June. It was also wonderful to meet healthcare professionals who took the time to learn about *A Port in the Storm*.

Of course, nothing we do at *A Port in the Storm* would be possible without our donors. We don't receive any government funding and must depend on caring members of the community like you to bridge the gap between our costs and what guests pay for accommodations.

Over the past year, your generous help has enabled us to offer guest programs such as dinner nights and an expressive art therapy program. Families and guests can also spend time in our community living area (donated by our building's generous owners at 311 Alexander Avenue), where they can select a book from our library or simply have a visit and make new friends.

Together, we can continue to offer our neighbours comfort and stability during a time of worry and uncertainty in their lives.

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.

'Adopting' a Suite provides affordable accommodation... and so much more!

Every year, many people throughout Manitoba and nearby communities reach out to *A Port in the Storm*, seeking an affordable place to stay during a time of worry and uncertainty in their lives. We are pleased to be able to fulfill that need. But, someone who must stay far from home to receive medical care needs more than a roof over their head to feel truly supported.



That is why we are committed to making *A Port in the Storm* 'a place to call home', where families can watch TV and enjoy home-cooked meals together, and people staying on their own can feel comforted, knowing they're part of a caring and supportive community.

'Adopt-a-Suite' donors understand that creating a place of safety and stability for our guests—with room for loved ones to join them—can be critical to their healing process. With an annual gift of \$5,000, 'Adopt-a-Suite' donors ensure that our guests receive the comfort and support they need during a very challenging time in their lives.



Thank-you to these recent 'Adopt-a-Suite' donors: Flin Flon Rotary, Co-ops (Heritage, Swan Valley, Twin Valley, Gilbert Plains) and Mortenson Construction –

"A Port in a Storm is such a great cause, and Mortenson is so pleased to participate in the Adopt-a-Suite Program. Your organization's efforts will make a difference for many who need the help in Manitoba. Thank You!"



By adopting a suite for \$5,000 per year, you provide a place where people can heal and be with their loved ones in a warm supportive environment. For more information on adopting a suite at *A Port in the Storm*, please call Stacey Grocholski at (204) 231-0720.



Flin Flon Motorcyclists Association

Caring for their Community!

In 1992, a small group of motorcyclists in Flin Flon, Manitoba got together with a desire to make a difference and show how much they care about their community.

Since then, the Flin Flon Motorcyclists Association (FFMA) has organized numerous fundraising events with the support of business sponsors in Flin Flon and Creighton, SK. Their popular events have raised thousands of dollars for local and provincial causes, including an amazing \$44,555 for *A Port in the Storm* since 2013.

FFMA member Brent Burke says, “The community and businesses wouldn’t support our events if they didn’t think it was for a good and worthwhile cause,” adding, “People are always so gracious to contribute because of where the funds go.”

The FFMA’s biggest and most popular event is the annual Run to the Border rally, attended by bikers from all over Manitoba and Saskatchewan. Besides the rally, there’s a poker derby and a social for the whole community. Local firefighters donate their time at the social and a Harley Davidson is raffled off every year. All proceeds go to *A Port in the Storm* and another charity.

The FFMA learned about *A Port in the Storm* when a former board member, Bunny Burke, discussed us with a co-worker and took the information back to the Association to consider. The group enthusiastically endorsed us as an important organization supporting people in the North who must travel to Winnipeg for medical reasons.

Since then, our generous friends in the FFMA have not only supported *A Port in the Storm* with donations, but they’ve actively helped spread awareness about our work in their community and across Manitoba.

Says Brent Burke, “It’s about uplifting spirits and making people feel special and valued. Our mission is to give back to our community.”

On behalf of the many *A Port in the Storm* guests who benefit from your spirit of community and generosity, *Thank you Flin Flon Motorcyclists Association!*



Come and show our guests the real meaning of ‘comfort food’!

At *A Port in the Storm*’s dinner nights, our guests share a meal and find comfort in spending a relaxing mealtime with others who are going through similar stresses and challenges.

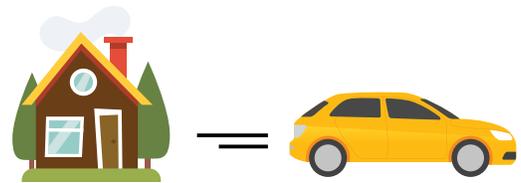
Held in our community living room, friends and family are welcome to join in and enjoy a warm dinner made by volunteers. This is where new friends and warm memories are made!

***A Port in the Storm* invites your community organization, employee group, or family to support these important and special mealtimes by providing and preparing a comforting dinner in our community living room.** You will have fun and meet

amazing people who will truly appreciate that you cared enough about them to come down and prepare their dinner.

Call or email Judy, Guest & Volunteer Manager, for more information on how to get involved in *A Port in the Storm*’s Dinner Program at judy.zubriski@aportinthestorm.ca or (204) 231-0720.

Get Involved!



A neighbour needs your help *TODAY*

Every year, hundreds of people living in rural and northern areas learn that they must travel to Winnipeg because the medical care they need isn’t offered in their home community.

Many of them reach out to *A Port in the Storm*, seeking comfort, stability, and ‘a place to call home’ during a time of worry and uncertainty in their lives.

But with no funding from government, *A Port in the Storm* depends entirely on caring supporters like you to continue offering safe, affordable accommodations to your neighbours in need.

Please send a tax-deductible contribution to *A Port in the Storm* today to ensure that we can always say ‘yes’ to someone seeking a safe haven.

PLEASE DONATE TODAY!

Online: aportinthestorm.ca
Email: admin@aportinthestorm.ca
Phone: 204.231.0720 | Mail: *A Port in the Storm* Box 85, Winnipeg, Manitoba R2H 3B4



Manitoba women generously support *A Port in the Storm's* guests

A Port in the Storm visits Virden and Morris

A Port in the Storm thanks the Manitoba Rural Women's Institute Conference for inviting us to speak and have a display booth at this year's event in Virden and Morris, Manitoba.

Our Board members Heather Emerson-Proven and Lawrence Traa talked about why they're involved with *A Port in the Storm* and expressed appreciation for the opportunity to meet people in two of the communities that are helped by *A Port in the Storm*.

A big thank-you to the Women's Institute and individual members who generously donated to *A Port in the Storm* during our visit!

A Message from Jane Meagher, Founder, 100 Women Who Care

"100 Women Who Care Winnipeg was thrilled to make a donation to A Port in the Storm. Our group meets four times a year and each member nominates their charity of choice. At our September meeting, A Port in a Storm was named as our group's donation recipient.

"I had never heard of this charity, and it was wonderful to meet the Executive Director, Stacey, and have a tour. What a brilliant idea to have a facility to house people from out of town needing medical treatment who cannot afford a hotel. As I was leaving, I saw a young man pushing a wheelchair with an older woman in it who had one leg amputated from the knee down. The young man was also dragging a suitcase and they both looked quite stressed. This pulled at my heartstrings, but I knew they would soon be settled and feeling much better.

"This is a charity that deserves support and I intend to do whatever I can to assist them. Please check out our website and Facebook page. There can never be too many women who care in Winnipeg."

A Port in the Storm thanks Jane and the generous women in her group who are helping to provide comfort and support to someone in need.

The Winnipeg Foundation



We were thrilled and grateful to receive a generous grant from *The Winnipeg Foundation* to replace our 'well-used furniture' with comfortable new couches and futons. This will make a huge difference for guests having family members stay for a night or a weekend, enabling us to accommodate families of various sizes. Some of the funds will also be used for improved lighting, and coffee and end tables in our guest suites.

Thank you *Winnipeg Foundation* for helping families be comfortable together during a challenging time!

LOCATION:

101 - 311 Alexander Avenue
Winnipeg, Manitoba R3A 0M9

MAILING ADDRESS:

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

STAFF:

Stacey Grocholski, *Executive Director*
Judy Zubriski, *Guest & Volunteer Manager*
Harsimran Kaur, *Administrative Specialist*
Visaka Jackson, *Finance Specialist*

OFFICE HOURS:

8:30 am - 4:30 pm Monday to Friday

FOR MORE INFORMATION:

Phone: (204) 231-0720
Fax: (204) 594-6435
Email: admin@aportinthestorm.ca
Website: aportinthestorm.ca
Twitter: @aportinthestorm
Facebook.com/aportinthestorm.ca



Holiday Wish List

We rely on your generous gifts of food and household items to make our suites as homelike and comfortable as possible. Your generous donation of any of these items will help during the holidays and beyond.* **Thank you!**

Household items

Futons | Recliners
Televisions
Reading lamps
Coffee makers & Kettles
Can openers
Blenders
Baking pans (loaf, muffin, cookie, cake, bundt)
Dinner sets (matching plates, cups, bowls)
Knives | Cutlery
Ice Trays
Pyrex baking dishes
Bed linen (queen/double/twin)
Pillows
Shower curtains
Towel sets
Throw pillows
Roll-away cots
Food processor
Kitchen Aid mixer

Homemade Soup

Chicken and vegetable broth
Canned beans
Stewed tomatoes
Canned vegetables
Macaroni
Rice

Fresh Baking

Flour (white and whole wheat)
Sugar (white and brown)
Chocolate chips
Oats
Raisins
Coconut
Assorted nuts
Butter | Margarine
Cocoa

Holiday Dinner

Frozen turkeys
Ham
Frozen vegetables
Potatoes
Jarred apple sauce
Canned cranberry sauce

Comforts of Home

Slippers
Robes
Blankets



***We only accept new, unused items.**

Donations can be dropped off at:

A Port in the Storm
101-311 Alexander Avenue
Winnipeg

Monday - Friday
8:30 a.m. - 4:30 p.m.

Thank you!

