



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



Eleanor & Reginald's Story

Since Eleanor Harper's husband Reginald was first diagnosed with multiple myeloma three years ago, the Garden Hill First Nation couple has spent nearly 28 months away from their home community.

There have been a bewildering number of 600-kilometre trips for tests, chemo treatments, more tests, and extended stays in a boarding home (10 months) and a hotel (13 months) during that time.

The doctors' long-term prognosis for Reginald is not encouraging; there is no cure for this particular form of cancer. And, distressingly, Eleanor herself was diagnosed last year with a kidney disease requiring dialysis and no one can tell her when a dialysis spot will open up in Garden Hill.

If there was a spot of relief to focus on, Eleanor described a chance conversation with a friendly woman at CancerCare Manitoba about The Port. The Port was nice and quiet, she told them, and they would have their own suite. Best of all, she said: "it was really quiet and we could buy our own groceries and cook our traditional food."

Lonely, tired of eating food prepared by others and heartily fed up with living in a single room, Eleanor got on the phone to their social worker and within a week they had moved into The Port.

They're now in their fifth month of their second stay at The Port and Eleanor says the difference is like night and day. "It's just so nice here," she exclaims. "It's like a home away from home. And I meet new people when I go out and they're very friendly."

Their comfortable suite, the modest collection of Indigenous artworks in common areas and the way staff all seem to go out of their way to make the couple comfortable: all are much appreciated at the end of each long day. What actually brings a smile to her face, though, is having a full kitchen where she can prepare her own meals.

Comfort foods like fried fish, catch-all stews, hearty soups and her own bread and bannock are all in heavy rotation on the couple's menu. "And moose meat," she says excitedly. On one of her many walks, she says: "I met this man from up North and he said he was going to Kenora and could bring me moose sausages."

Eleanor longs for the return of the good life she and her husband share back in Garden Hill First Nation. The comfortable familiarity of their home, the log cabin Reginald built them at nearby Goose Lake and, most of all, the warmth and love of her family and more than 20 grandchildren.

But she's made of stern stuff. "You have to have faith," she says simply. "I love my husband and I don't know what the future will hold for us, but I'm hoping for the best. You don't lose hope."

A Message from our President and Executive Director



Rob Elder



Stacey Grocholski

As we approach the hustle and bustle of the holiday season and all of the stresses that come with it, we are reminded and humbled by the true challenges our clients and their families face every day. People like our northern guests Eleanor and her husband Reginald, who have been away from their home community of Garden Hill for more than a year and still don't know when they'll return. It's only through the support of our incredible donors that we're able to offer our neighbours and their families comfort and stability during a time of worry and uncertainty in their lives. We receive no government funding, so your on-going donor support is much needed to keep our doors open and provide the best care and sense of community possible.

Thanks to the tireless efforts of our Board and staff, we will be starting off the New Year with a new three-year strategic plan to strengthen and expand our services. We've also updated the way we describe our core Values – which we've simplified to Affordability, Accountability and Community. Like you, we want to continue making a difference that's meaningful, respectful and focuses on the needs of *all* the people we help.

It's the time of year for us to feel fortunate in being able to count our Board, committee members, volunteers and staff among the many blessings we've experienced this year. In particular, though, we count ourselves fortunate in having donors like you who believe in saying "yes, we can help" to our many neighbors and their families who must travel far from home to deal with a medical crisis. Thank you for continuing to care.

To all of the many members of The Port community, we wish you a safe and happy holiday season.

Rob Elder,
President

Stacey Grocholski,
Executive Director

Holiday Wish List

As we near the holiday season we rely more than ever on your generous gifts of food and household items to make our suites as home-like and comfortable as possible. Please help us bring a smile to the faces of guests and their families staying so far from home by donating any of these items.*

Household Items

- Futons
- Recliners
- Reading lamps
- Bedside lamps
- Televisions
- Bar stools
- Coffee tables
- Dinette sets
- Bed linen (queen/twin)
- Pillows
- Towel sets

Kitchen Electric Items

- Coffeemakers & kettles
- Can openers
- Blenders
- Food processor
- Kitchen Aid mixer

Kitchen Utensils

- Dinner sets (matching plates, cups, bowls)
- Glasses (water and juice)
- Kitchen knives, cutlery
- Pyrex baking dishes
- Roasting pans
- Baking pans (loaf, muffin, cookie, cake, bundt)
- Glass mixing bowls
- Plastic cutting boards
- Glass storage containers
- Serving utensils (spoons, forks, ladles, spatulas, etc.)
- Measure cup and spoon sets
- Hot pads/trivets
- Oven mitts

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.

***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!

Homemade Soup Ingredients

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

Comforts of Home

- Slippers
- Robes
- Throw pillows
- Throw blankets
- Travel toiletries (toothbrush, toothpaste, deodorant, shampoo, conditioner, etc.)

Fresh Baking Ingredients

- Flour (white and whole wheat)
- Sugar (white and brown)
- Chocolate chips
- Oats
- Raisins
- Coconut
- Assorted nuts
- Butter, margarine
- Cocoa

Help the healing with 'Adopt a Suite'

We are committed to making *A Port in the Storm* 'a place to call home' because, like you, we know that someone who must stay far from home during their stressful medical journey needs more than a roof over their head to feel truly supported.

People like our guests Eleanor and husband Reginald, from Garden Hill First Nation, who say they treasure being able to prepare favourite meals while relaxing in their suite or socializing with others in common areas, all the while feeling 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, you can provide hundreds of people with a warm, comfortable place to call home – a place where loved ones and families can rest, heal and be together.

Please help ensure that our guests and families receive the comfort and support they need as they wrestle with a life-altering medical crisis. **Contact Stacey Grocholski at 204-231-0720 to learn how easy it is for you and your community to come together and support your friends and neighbours through Port's Adopt-a-Suite program.**



Thank-you to the
Flin Flon Motorcyclist
Association, Co-ops
(Gilbert Plains, Heritage,
Swan Valley, Twin Valley)
for your continued
support.

Expressive Music Therapy

An innovative partnership with the Canadian Mennonite University's (CMU) faculty of music is bringing the healing sounds of music to The Port. McKenna Ogg, a musical therapy intern at CMU, has been hosting an open house every Monday mornings and private, one-on-one musical therapy sessions on Tuesday afternoons – and guests are loving it! Some use the sessions to relax, de-stress; maybe have a little fun. Others prefer McKenna's personalized sessions, where she uses music to help guests express inner thoughts, worries and requests. In one individual session, a guest eventually grew comfortable enough to mention longing to reconnect with a group of people she hadn't seen for some time. Now that we know, we're looking into ways to help make that important connection happen for her while staying at The Port. Thank you to McKenna and CMU for making such an energizing and restorative program available.



The remarkable people at Never Alone Foundation hosted a BBQ in St. Vital Park for all our guests this summer that included transportation to the park, lots of food and plenty of games. What a great

afternoon – with nothing more important to do than relax, socialize, enjoy nature and mingle with other guests and families. And for the families themselves, it was a brief but much-needed opportunity to connect with each other while focusing on something other than their illness.

Never Alone Foundation often gives our guests tickets, food and even transportation to sporting events such as the Goldeyes Baseball, Moose Hockey and various arts productions around Winnipeg, and we're so grateful for their staunch support.

As part of their stirring vision of *A world where no one enters the fight against cancer feeling alone*, the foundation even helps out some of our guests' with accommodation costs while they're undergoing cancer treatments.

"Every health challenge requires the supportive efforts of a multitude of people and agencies. We are grateful for the services that A Port in the Storm provides people outside of Winnipeg. We look forward to continuing our work together to provide the best health outcomes to those who need our services."

– Michael Schiefer, Executive Director

Yes!

Yes! I will give to keep A Port in the Storm open for families in need!

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

PLEASE MAKE CHEQUES PAYABLE TO:
A PORT IN THE STORM

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

NAME: _____

ADDRESS: _____ CITY: _____

PROV: _____ POSTAL CODE: _____

EMAIL: _____ PHONE: _____

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

VISA MASTERCARD #: _____

NAME ON CARD: _____ EXP: _____

I/WE WOULD LIKE TO BE RECOGNIZED AS FOLLOWS: _____

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.)



Thank You



*MB Hydro Radisson Converter Station
Chili Cook-Off Raffle & Auction*

Annually, the MB Hydro Radisson team raise funds to support their friends and neighbors. Last month, they raised over \$6,300 through their chili cook-off raffle and auctions. We are so grateful for your continued support!



Bayshore HealthCare Annual Fundraiser

Thank-you to the Bayshore Health team in Winnipeg and the Bayshore Foundation for raising \$1,831 towards much needed duvets and covers. Keeping our families warm, cozy and comfortable throughout the winter months is a wonderful gift!



Your support makes a difference

“This place was a God send for me for over two months while my brother was in hospital fighting for his life. Great accommodation and wonderful people running it. Clean and well managed.”

~ Carol, Stony Plain, AB

“Everyone needs a place like this, especially when they are going through the most challenging times in their lives.” ~ Kim, Thompson, MB



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*
Rachel Anderson, *Administrative Specialist*
Visaka Jackson, *Finance Specialist*
Loida Mancillia, *Housekeeping*

OFFICE HOURS:

8:30 am – 4:30 pm Monday to Friday

FOR MORE INFORMATION:

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