



L'Abri Times

FALL
2016

FOR RESIDENTS, STAFF, VOLUNTEERS & SUPPORTERS OF L'ABRI EN VILLE

We have a new home!

By CECILY LAWSON


THIS YEAR L'ABRI EN VILLE celebrates its 25TH anniversary. What better way to mark this significant milestone than by acquiring a new home? When L'Abri first started in 1991, our office consisted of a desk and a phone in borrowed space. In time, we moved to rented office space in the Queen Elizabeth Health Complex and have been at the Queen E. ever since. It worked well for many years, but became increasingly cramped as our staff grew to a complement of four as well as a student doing a social work placement.

**NEW SPACE
SUITS OUR
NEEDS TO
WORK
MEET
DISCUSS
PLAY
TRAIN
PLAN
COOK
GATHER
CRAFT**

A couple of years ago, the L'Abri board began to discuss the possibility of buying a property. Since then, we looked at over 20 condos and duplexes, and our idea of what we wanted evolved. Finally in July of 2016 we found a property that seems to suit our needs perfectly. It is a three-story townhouse on Duvernay Street, a few blocks east of Atwater Market. A former industrial building that was converted into condos in the 1980s, it is a handsome facility on a quiet street with a lovely park nearby. The Lionel Groulx metro station is within walking distance.

The L'Abri staff and board are quite pleased about the possibilities this new space offers for the organization. Residents now have a place where they can meet with coordinators to discuss a problem, or with volunteers to plan an event. They can get together with other residents to play a game of chess or have a coffee. Our new home has room for board meetings, volunteer meetings, training sessions, and get-togethers to make crafts or cook meals as a group.

Duvernay Street is in the heart of Little Burgundy, and we look forward to building relationships with other community organizations in the neighbourhood.

The move of our Queen E. office into our new home took place in November. Once we're settled, we'd like to show it off to our friends and supporters, so we're starting to make plans for an Open House in the Spring of 2017. Hope you can join us then! 



DENISE HUDON



THE NEW FACE OF L'ABRI EN VILLE (TOP) IS ONLY A STONE'S THROW FROM RUE NOTRE-DAME. THIS LOVELY GARDEN (ABOVE) IS JUST NEXT DOOR, AND WILL BE A PERFECT PLACE FOR STAFF TO ENJOY LUNCH, COME WARMER DAYS.

SAVE THESE DATES!



CITRUS PICK-UP | MON 5 DEC & TUE 6 DEC/16, 2-8 PM

HOLIDAY PARTY FOR THE L'ABRI COMMUNITY | MON 12 DEC/16

ANNUAL GENERAL MEETING | MON 13 MAR/17

Connie helped break down barriers by encouraging residents to speak out about mental illness



PHOTO COURTESY MOISAN FAMILY

A TRIBUTE

Connie Moisan

Fondly remembered

By SANDRA BAINES

THE L'ABRI EN VILLE COMMUNITY was saddened by the death of Connie Moisan at the age of 81 in August 2016. Connie was a busy and dedicated board member for more than ten years. Nancy Grayson recalls that Connie came to us many years back, as the result of some high-level horse-trading between our board and that of Contactivity seniors' centre. Connie served as our vice-president and chaired several committees along the way, always with energy and good humour.

In meeting her you were impressed by her warmth and sophisticated bearing, all wrapped up in a tiny package.

After withdrawing from the board, Connie remained involved since her husband Claude—now deceased—was a volunteer at the Benny apartment. Connie and Claude hosted the residents and volunteers for pot-luck dinners at their apartment. One resident, **David Seymour**, fondly remembers Connie's New Zealand roast leg of lamb. In fact he had three helpings! Each December residents and volunteers attending our Holiday Party eagerly anticipated Connie's famous baked ham.

Connie helped break down barriers by encouraging residents to speak out about mental illness. She invited **Rick Ottoni**, another Benny resident, to accompany her to a meeting of the Rotary Club—one of the first times he shared his story publicly. For Rick, this was the beginning of an ongoing commitment to represent L'Abri and to share his experience in dealing with his illness.

Connie will be remembered for her many contributions to the life of L'Abri. We were lucky to have had her. 🍷

PRESIDENTS' REPORT

New expenses call for stepped-up funding

By GAEL EAKIN and DALE MacDONALD

WE ARE VERY EXCITED about L'Abri's new home! At the time of writing this, repairs and renovations were in full progress, and by now we will have made our big move.

All of this has made us very aware that we now have additional expenses. Owning a property will be quite different than renting. If a tap leaks, a stair breaks, an overhead light needs fixing, the window is not airtight, the toilet backs up—we have to fix it and pay for it!

For this reason we have decided to dedicate part of our fundraising efforts to the establishment of a Building Maintenance Fund, with a target of \$25,000 to cover upkeep and repairs, as well as "acts of God".

We have embraced a new strategy with regard to fundraising this year. All of our board members are involved in gathering information on foundations that give to organizations like L'Abri en Ville. This data base is helping us broaden our network of potential donors, while involving our board members in the process. We will end up with a much more comprehensive and organized method of reaching out to possible donors. There are many changes in the way foundations choose to give grants to organizations, and we hope that our efforts will result in success for L'Abri.

We are still hoping to find a volunteer to head up this committee, as it requires a hand at the helm to ensure that we meet required deadlines and criteria. Our staff is always there for backup and information, but it would be a real advantage to have someone dedicated to coordination. If you—or anyone you know—would enjoy this kind of volunteer work, please let us know.

Meanwhile we look forward to a whole new outlook (literally) at our new location—truly our first real home. 🍷



DENISE HUDON

WORKMEN RUSH TO GET OUR NEW OFFICE READY FOR THE BIG MOVE IN NOVEMBER.

VOLUNTEER PROFILE

Honouring Sharyn Scott for her exceptional commitment

By DIANA BENNETT

SHARYN SCOTT—a long-term volunteer with L'Abri en Ville—recently received the Laurie Normand-Starr Humanitarian Award, which recognizes individuals who have demonstrated “exceptional leadership and commitment in the development, maintenance and growth of programs which improve lives by fighting hunger and poverty”.

Sharyn has been involved with L'Abri en Ville for the past 22 years. She was asked to join the Board of Directors as Treasurer in 1994 and—typical of her when asked to help—she said, “sure”. It is a position she holds to this day. Sharyn has been a careful steward of L'Abri's funds and an active and constant fundraiser. For both her 60th and 70th birthdays, she asked friends to donate to L'Abri rather than give her presents, and over the years L'Abri has also been the beneficiary of imaginative fundraising projects in her consignment clothing store on Sherbrooke Street West.

For years, Sharyn was a fixture at L'Abri camp, where she pitched in to make meals, even waking at 5:00 AM to prepare coffee and muffins for early-rising residents. Her eyes mist remembering those special times.

Sharyn's commitment to community goes beyond L'Abri. Over the years, she made time for Douglas Hospital, St Michael's Mission, Contactivity, the Junior League and Palliative Care. She helped create a nursery school co-op and day camp, and a volunteer program for high school students. Unfazed by setbacks, she just keeps going—calling herself “the Energizer Bunny”.

For all but the first five years of her life, Sharyn has lived and worked within six blocks of Sherbrooke and Victoria in Westmount. She knows the community inside out, and the



SHARYN SCOTT'S FURRY FRIEND, HARRY HUDSON, KEEPS HER COMPANY IN THE SHOP AND AT HOME.

PHOTO: WWW.SERGIOVERANESSTUDIO.COM

community knows her. For years L'Abri en Ville was minutes from her store and home, and her store often served as a L'Abri annex.

Sharyn leaves Westmount once a year by plane for the east coast of Greece, where she relaxes for a month “in the same fishing village, same hotel and same chair.”

L'Abri's new location poses a challenge for Sharyn: it's out of her comfort zone. How will she manage? She laughs and says perhaps she'll go by plane. After all, it's out of Westmount! 🇦🇷

Une perte qui me fait du bien !

Par ALYSS NORAH CHASSAGNE

LY A UN AN je suis retournée à *Weight Watchers*. Dans les quatre ans avant, j'avais pris 95 livres et j'avais un surplus de poids à perdre. J'avais déjà été dans le programme en 2008, et j'ai obtenu de bons résultats, ayant perdu 50 livres. Dans la dernière année, j'ai perdu 35 livres. Le programme n'est pas compliqué. Tu as des points d'allocation quotidienne et des points d'allocation hebdomadaire. Les fruits et légumes ont zero points en général. Les sucreries ont une valeur plus élevée de points, ce qui nous pousse à en manger moins. Certaines viandes et le poulet, qui sont des protéines, sont valorisés et comportent peu de points *Weight Watchers*. À chaque semaine, je vais me peser à *Weight Watchers*. Notre poids est inscrit dans un petit carnet

pour observer notre progrès et l'évolution de notre perte de poids. Les rencontres durent 30 minutes. Il y a des frais hebdomadaires, mais qui en valent la peine. Avec l'alimentation, le programme encourage l'activité physique sur une base régulière, et préconise le fait de se faire plaisir et prendre soin de soi sous toutes ses formes. Depuis un an, deux fois par semaine, je vais pratiquer de l'activité physique au gym au YMCA Ben Weider. Je fais du cardio et une routine avec les équipements. J'ai encore 50 livres à perdre, mais je ne fais pas cela sur un an. J'envisage de perdre 25 livres par année pour un total de 50 livres sur deux ans, dont 95 livres sur trois ans au grand total. 🇦🇷

ALYSS CHASSAGNE EST RÉSIDENTE DE L'APPARTEMENT BAHAMA.

FAMILY ALBUM

SUNNY GETAWAY ÎLE ST- BERNARD

We gathered for two days in August at Manoir d'Youville, overlooking Lac St-Louis. *Clockwise, from top right:* Peaceful respite at a plein air yoga class; exercising in the pool; watching the sun set from volunteer **Joan Esar's** nearby cottage porch; gathering for a souvenir photo of our stay; and **Eleanor Beattie, Schmoal Loterman, Joan, and George Harris** relaxing on the lawn.



SAM BEITEL



SUE PURCELL





FAMILY ALBUM

SOGGY WALK DOWNTOWN MONTREAL

Not a drop fell as we gathered in Phillips Square on October 16 to mingle and hear speeches, but the skies opened as we began our walk to combat stigma. Nonetheless, a large crowd gathered and braved the elements.



SAM BEITEL

A summer day in the garden

By JEROME KIERANS

I SPENT THE SATURDAY of Labour Day weekend visiting the garden of Aldyth Irvine-Harrison and her husband, Bob Harrison, in Town of Mount Royal. Aldyth had invited Lili Gao, a McGill nursing student and volunteer at the Benny apartment, and myself. Aldyth is a long-time volunteer at Lafayette apartment. We felt quite at home, picking delicious plums from the garden, sipping tea and engaging in idle chit chat. Aldyth and Bob showed us their beautiful family album and told lovely stories about Jamaica. We even took turns on their trampoline! We were sorry to leave, but pleased at the prospect of returning some day. 🍷

JEROME KIERANS IS A RESIDENT OF THE BESSBOROUGH APARTMENT.

UNSEEN HANDS

EDITOR Susan Purcell
 EDITORIAL TEAM Cheryl Lafferty
 Cecily Lawson
 Jennifer Morrison
 DESIGN JAM Design
 HELP & ADVICE Denise Hudon
 Pat Purcell Smart
 Sergio Veranes

We'd love to hear from you.

Please send your comments and suggestions to the Editor at:
suepurcell@videotron.ca

L'Abri Times 2352 Duvernay St.
 Montreal QC
 H3J 2X1

TELEPHONE 514 932-2199
 EMAIL info@labrienville.org
 WEBSITE labrienville.org

Computers for all

Donald Berman UP House helps our residents get online

BY SUE PURCELL


EACH OF OUR TEN apartments is now equipped with a functioning computer for common use, thanks to help from Donald Berman UP House, a unique program for people living with mental health challenges.

For some time, certain residents have had their own computers with Internet. In recent years each apartment has been equipped with Internet access as part of its phone

and cable service package. But many residents still did not have computers.

A chance comment by **Star Gale**, one of our coordinators, to **Gregory Rodd** of our Lafayette apartment, started the ball rolling to change that. Gregory is a member of Donald Berman UP House, just off Decarie near Jean-Talon. "Star said we'd like a computer in every apartment", Gregory tells us, "so I phoned Aaron to see if he could help".

Aaron Garcia oversees a computer refurbishing workshop at UP House, which is set up on a clubhouse model. Members are actively involved in all areas of operation, and gradually regain confidence by exploring opportunities in areas such as administration, cooking and reception. In 2013, members of UP House created the computer workshop in partnership with Microsoft, which supplies software. Until now, the goal was to provide affordable personal computers to their members. Used computers are donated by individuals, institutions and businesses. Members learn the skills needed to take apart and clean the computers, and to replace parts if needed.

The proposal from L'Abri to collaborate on computers created new possibilities for UP House. After checking with Microsoft, members enthusiastically agreed, welcoming the opportunity to forge new links within the mental health community. The Hylcan Foundation generously supported the project with their funding to L'Abri for apartment refurbishing. Over the summer months, Aaron helped install the new computers in our apartments, opening up a new era of communication to many of our residents. 

UP HOUSE MEMBER **NICK HARAMPALOPOULOS**
CLEANING AND PREPARING COMPUTERS FOR RE-USE.

Sharing our story with supporter groups

BY CHERYL LAFFERTY

RECENTLY, L'Abri en Ville had an opportunity to share our story with two valued supporter groups. In late September, I had the pleasure of speaking to the board of the Hylcan Foundation—along with **Sandra Baines** and co-president **Gael Eakin**. A big thank you goes out to **Judy Martin**, executive director of the Hylcan board, and her most welcoming board members. It was a good opportunity to speak about all that L'Abri has worked for and stood for over the years, starting with its history and concluding with our exciting plans for our new office and meeting space.

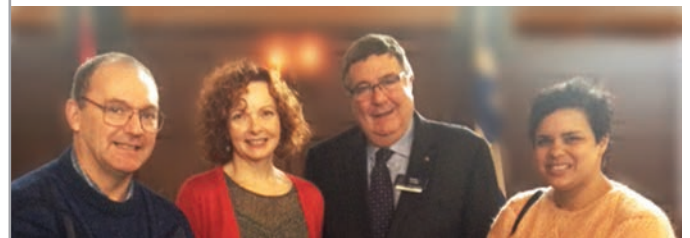


PHOTO COURTESY WESTMOUNT ROTARY

After the presentation, Hylcan board members were welcomed into two L'Abri apartments. Many thanks to the residents who opened their homes, contributing to a most positive experience for all. Board members saw firsthand how the L'Abri residents live and contribute to their communities. The residents were glad to have a chance to show appreciation for Hylcan's support, which most recently allowed us to purchase apartment computers. The Hylcan Foundation has been very generous towards L'Abri en Ville and we look forward to continuing our partnership.

A MOST POSITIVE EXPERIENCE FOR ALL

Another great experience was presenting to the Westmount Rotary Club in late October. Rotary president **Peter Starr** invited two residents, **Jerome Kierans** and **Alyss Chassagne**, and myself to share our perspectives on L'Abri. We all enjoyed the lovely lunch, and Jerome and Alyss were happy to meet such warm and accepting people. We were also pleased to learn that the Westmount Rotary board approved a project to take on the much-needed painting of our L'Abri apartments, to take place in the new year. Many thanks to Peter and Rotary members and board for their kind support. 

ABOVE L. to R., RESIDENT **JEROME KIERANS**, L'ABRI DIRECTOR
CHERYL LAFFERTY, WESTMOUNT ROTARY CLUB PRESIDENT,
PETER STARR, AND RESIDENT **ALYSS CHASSAGNE**.

NOTES FROM THE OFFICE

Now, that takes the cake!

By CHERYL LAFFERTY

Well, we do always say there is never a dull moment at L'Abri, but this past year has taken the proverbial cake. We've hardly had a moment to catch our breath.

NEW OFFICE Our new office has, of course, been the biggest news. Special thanks go to the real estate committee, to our long-suffering real estate agent, **Charles Pearo**, and to interior decorator and volunteer, **Norma Singerman**, for her exceptional advice on lighting, paint colors and other decorative touches. Before moving to our new office in November, the serious work began. There were movers to book, boxes to pack, files to go through and discards to make, as well as notices for our postman and all the other calls and arrangements that go with any move, as anyone knows who has been through one. It's been an exciting time and we're now happily settled in our new space.

VOLUNTEER APPRECIATION DINNER The 25th anniversary of L'Abri in May 2016 was the occasion for a lovely commemorative Volunteer Appreciation Dinner, enlivened by the projection throughout the evening of photos of L'Abri across the years. (See photos at right.) Many thanks to those who helped organize the event, as well as to all the L'Abri volunteers who have helped at some point during our 25 years.

APARTMENT COMPUTERS Summer saw the office busy with various projects, including the provision of computers to our apartments. We were lucky to have **Barbora Macikova**, our previous McGill student who was hired on with the help of a federal government grant, to help us through. On page 6, you can read about our new computers which came to us thanks to a unique arrangement with UP House.

AIR CONDITIONERS L'Abri was also the lucky and appreciative recipient of a Montreal Walks for Mental Health Foundation grant. In our application, we had requested financial support to install air conditioning units in the L'Abri apartments. I think we have all noticed the increasingly hot and humid summers, and for persons living with a mental illness, the heat can be especially difficult and sometimes dangerous. Residents were happy and relieved to benefit from much cooler apartments this past summer!

CITRUS DISTRIBUTION Now with another successful Montreal Walks for Mental Health event behind us—and fall just about over—we are ready for our annual L'Abri citrus distribution days. Thank you to everyone for your precious participation! 🍊



PHOTOS COURTESY OF L'ABRI EN VILLE

A NOTE FROM VOLUNTEER ADA POSNER

Ada—who used to format our L'Abri en Ville newsletter—has recently started medical school at University of Toronto. We asked her how it's going so far. Here's what she wrote, "I'm really busy, but enjoying it immensely. We have begun practicing clinical skills on real patients. We're the first year to try out a new Resilience Curriculum, emphasizing social determinants of health and marginalization, and focusing on our own wellness as medical students and future physicians. This week I had to go out to a community and find activities at low cost that meet various needs of a senior living alone with mental and physical deficits. I think this new stress on psychosocial aspects of medicine will make us better doctors." All of us at L'Abri wish you success in your studies, Ada! | SP

REMEMBERING & HONOURING

Gifts to L'Abri en Ville in recognition of loved ones

In Memory of...

MARNIE ABBOTT

Avril Davy

AUDREY BEAN

Eleanor Beattie
Margaret Griffin
Vera Leopold
Sue Purcell

FAITH FEINDEL

Gwen Harris

CLARE FELLOWES

Barbara Chapman

JOHN HADLEY GRIFFIN

Margaret Griffin

RAYMONDE HACHEY

Eleanor Beattie
Serge Meyer

HILARY

Carolyn Harrison

LINDA

Florence Dobson

CLAUDE MOISAN

Michael St. B. Harrison
Edmond Taschereau

CONSTANCE MARIE MOISAN

Mary & Robert Bassett
Centre Contactivité
Catherine B. Dench
Janet Dench
Afric Eustace
Anne & David Gregory
Mary Martha Guy
Michael St. B. Harrison

Andrée Prendergast
Nikola Reford
Mary Stark

MARY QUINLAN

William Quinlan
Virginia A. Stikeman

KEITH ROBINSON

Sandra Baines
Robert & Mary Bassett
Barbara J. Bergevin
CAMP Systems International
CMCE Inc. Retirees Association
Louise Egar
Nancy Grayson
Frank & Gerry LeGrove
Jody Markow
Jean K. Poddubiuk
Juan Ernesto Quintana

JUDY STEVENS

Eleanor Beattie

KIKI TREMAIN

Eleanor Beattie

KEVIN D. WALSH

Kathleen Harris

In Honour of...

ELEANOR BEATTIE

Harriet deWit
Susan Joiner & William Gilsdorf
Eileen Manion
Eric Philips-Oxford

PETRONELLA & FREDERIK BERAN'S 50TH WEDDING ANNIVERSARY

Richard & Patricia Hamilton

CHRIS, GREGORY & WANDA
The Lafayette apartment residents

Aldyth Irvine-Harrison

GAEL EAKIN

Judith Cowling
Marianne Macfarlane

ELI

Bonnie Shemie

NANCY GRAYSON'S 80TH BIRTHDAY

Sandra Baines
Petronella & Frederik Beran
Sandra Duchow & Harold Bergman
Gael Eakin
Afric Eustace
Mary Martha Guy
Cheryl Lafferty

MARY MARTHA GUY

Cynthia Fish
Ann C. Macaulay
Pat Webster

GEORGE HARRIS

Gwenn Harris

DAVID HOGARTH

Mary & Donald Hogarth

RICCARDO OTTONI

Alberino & Ziooira Sante

L'ABRI EN VILLE'S 25TH ANNIVERSARY

Elizabeth F. Anglin
Ramona Randall

SHARYN SCOTT

Bethsheba Coviensky
Carol Kouri
Edna Ralston

SHARYN SCOTT'S 70TH BIRTHDAY

Sandra Baines
Thomas de Volpi
Afric Eustace
Davia Feinn
Robert J. Kandestin
Shelley Kerman
Cheryl Lafferty
Sylvia Kierstein & Moishe Pritstein
Barbara Sabbath
William Scott
Carol Vengroff
Norma & David Woolfson
Bonnie & David Young
Guest at Sharyn's birthday party



"I would like to support L'Abri."

NAME _____

ADDRESS _____ APARTMENT _____

CITY _____ PROVINCE _____ POSTAL CODE _____

TELEPHONE _____ EMAIL _____

MY GIFT OF \$ _____ IN MEMORY OF: _____ IN HONOUR OF: _____

CREDIT CARD VISA MASTERCARD **TELEPHONE** 514 932-2199 to donate by credit card

CARD NUMBER _____ EXPIRY _____

NAME ON CREDIT CARD _____

CHEQUE Payable to: "L'Abri en Ville" Address: 2352 Duvernay Street, Montreal QC H3J 2X1

We thank you sincerely for your generosity.

CHARITABLE REGISTRATION
89150 9572 RR0001