

There's no place like Home



Shabbat with SIL

Every Friday night residents of Tamir's Supported Independent Living (SIL) program look forward to celebrating Shabbat dinner with each other, family and friends. Whether it's setting the Shabbat table, baking challah, preparing the meal, or reciting the prayers, everyone has a role to play. Last Shabbat, it was Lee Waxman's turn to host. Waiting for the mouth-watering challah to come out of the oven, Lee asked, "Who wants to lead the first prayer?"

4 little things that make a House a Home

By: Krystal Valencia

A few months ago I became the Development and Communications Coordinator at Tamir. One of the first things I did was visit the homes to meet residents and staff. I was immediately struck by how warm and inviting I found these places, as soon as I walked in the door. After my visits, I asked myself, "How do they do that? What is the recipe for such a genuine feeling of home?" These four ingredients really seem to make a difference:

1. **Connections between people:** whether sharing a favourite TV show or listening to music together, housemates seem happy to unwind together after a busy day of activity.
2. **Home cooking:** with appetizing aromas coming from the kitchen, a good meal always helps to draw people together with a positive experience.
3. **Comfy nooks:** houses are warm and furniture is inviting. Favourite spots are sought after and enjoyed.
4. **Personal touches:** family photos and personal memorabilia ensure each person's story is honoured and embraced, in both shared spaces and individual bedrooms.

Making a house a home takes effort, imagination and a belief that it's important to all those who live there. Tamir has managed to make this happen, and I look forward to helping ensure that the feeling of home is never lost at Tamir.

STEP RIGHT UP!

YOU ARE INVITED

 **to join TAMIR**

**in an evening of
fun and games**

 **CARNIVAL**

KBI Kehillat Beth Israel
formerly Agudath Israel
1400 Goldrey Ave. OTT. ON

JUN. 28 @ 6PM **FREE**

RSVP Donations Appreciated!
KVALENCIA@TAMIR.CA

613 725 3519 104

Making it *Vicky*

One step into Vicky Ferkin's bedroom and you know immediately that this gal's favourite colour is blue! The fresh coat of paint on her walls was just one of the steps taken by Vicky and her parents Norm and Debbie towards a makeover of her bedroom at Tamir's Riddell Avenue residence. Re-decoration started simply; an upgrade to her closet door lead to new curtains and a complete renewal escalated from there. According to Vicky, her inspiration behind her room makeover was her **"love for her family, hockey, cheetahs, camp...and the colour blue"**.



Michael Hinchcliff's

Colourful H'Art

Michael is every bit as interesting and vibrant as his paintings. He explains with pride that he is the artist of all of the art work in his bedroom (bottom right).

His favourite work is titled **"Bird Guarding Birthday Cake Away from the Worms"** (top right).

He states that he especially likes dark orange **"because it makes [his] paintings pop right out of the walls!"**

Michael is involved with the artists group **"H'Art Ottawa"**. Stay tuned for news of their annual exhibition.

Michael also works for Cineplex Coliseum and hopes to advocate for employees with special needs.

Michael also looks forward to helping teach art to children with developmental disabilities during Tamir's Keshet for Kids summer camp!



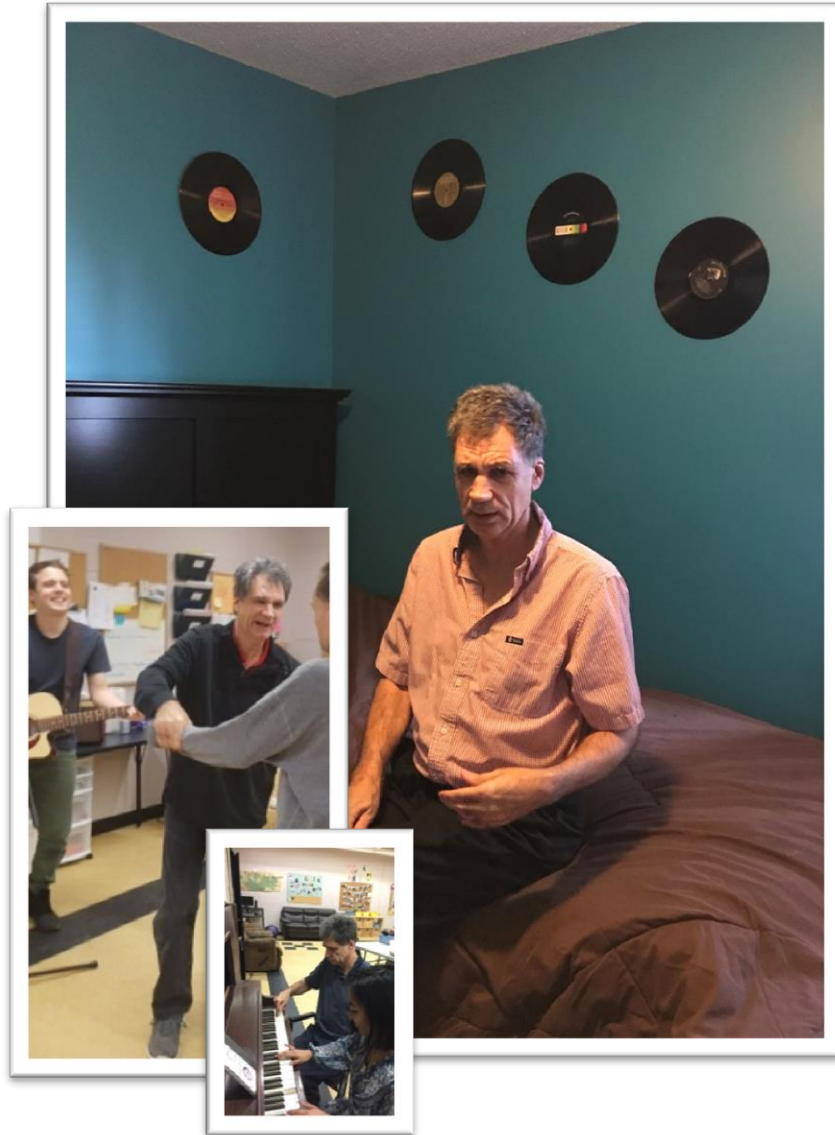
Michael Flansbury's

Musical Moments

The minute you walk into his home at Broadview, Michael will take your hand and lead you to the piano to cheer you on as you play! To showcase his love for music, the staff team got crafty and used records as décor for Michael's walls.

He loves all genres of music, as displayed on his walls, but his favourites are Irish tunes. Some of Michael's favourite bands are McNamara's Band and Danny Boy.

As a special surprise for Michael's 60th birthday, Kieran from Monkey Rock Music put on a Music Program for Michael and his friends at Day Program. While Kieran sang and played the guitar, Michael walked around the room with the microphone to encourage everyone in the room to sing along. What a day!



Message from the President: Robert Thompson



When I was first asked to contribute to this issue of the Tamir newsletter, I immediately thought of proverbs such as 'home is where the heart is' or 'It takes a heap of living to make a house a home'. In Judaism, this is referred to as **Hafichat Bayit l'Bayit**.

One of our overriding goals at Tamir is to ensure all our participants have a high quality of life— that's why there is so much focus on supporting family involvement, why our Tamir folks participate in local community events, and make their own decisions about how they decorate their homes.

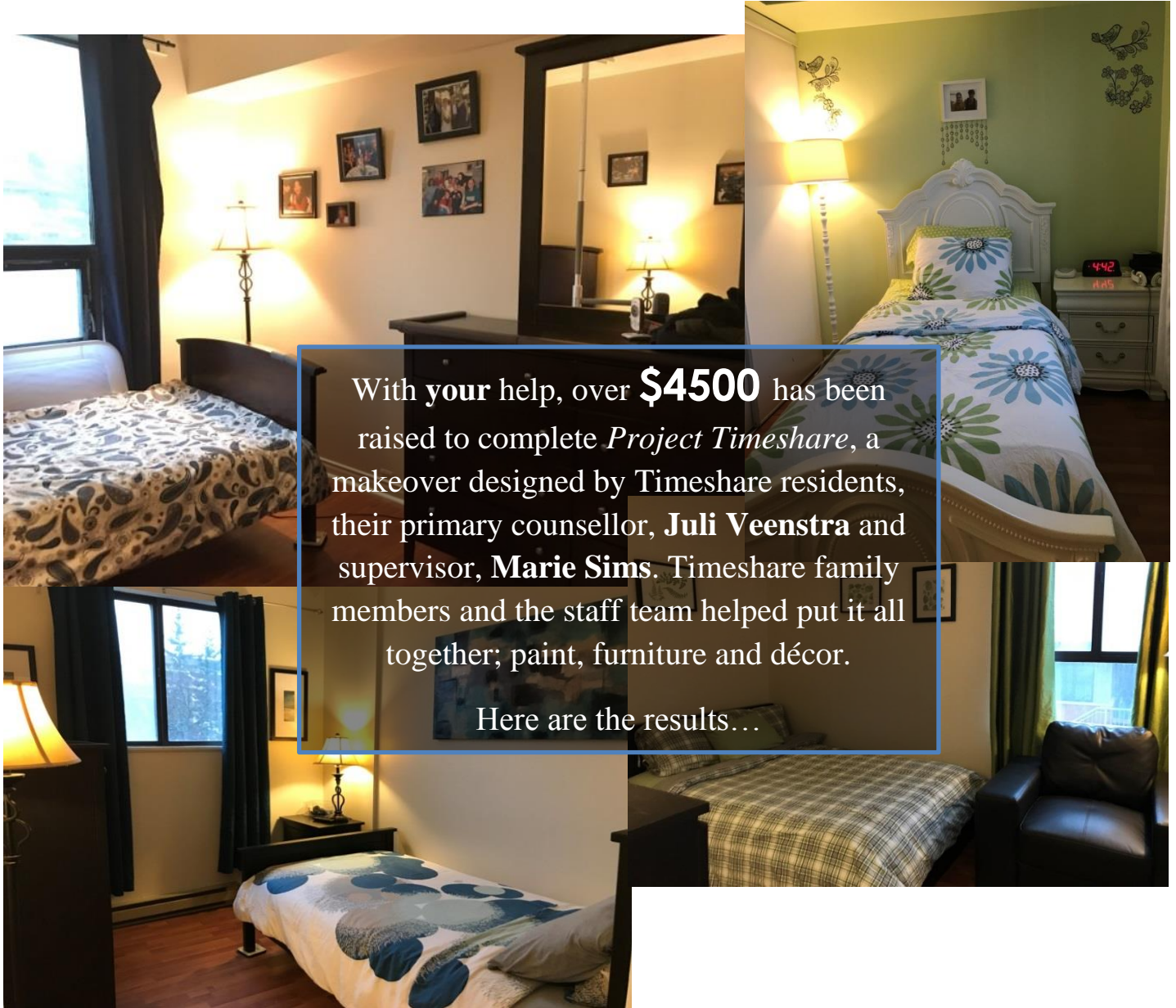
I visited many of the residents of Tamir in their apartments and group homes, and every one of our Tamir folks that I met were proud to show off their spaces. They all had a great deal of pride in making their 'house a home'!

Often times at Board meetings, we discuss potential changes to our operations to make us more efficient. Each new idea is weighed carefully to ensure the outcome would not impact our philosophy of having Tamir homes, not residences.

Attached is a membership sign-up card. If you haven't joined or renewed your Tamir membership, please do so today!

Makeover with *Juli*: Project Timeshare

Timeshare provides respite for family caregivers and a new living and learning experience for participants. The four bedroom apartment program affords one month stays to each participant for an average of three months per year. While at Timeshare, individuals have a chance to meet new friends, become involved in the community, learn new skills and experience the independence that comes with living away from home.



With **your** help, over **\$4500** has been raised to complete *Project Timeshare*, a makeover designed by Timeshare residents, their primary counsellor, **Juli Veenstra** and supervisor, **Marie Sims**. Timeshare family members and the staff team helped put it all together; paint, furniture and décor.

Here are the results...

Learn more about our **House-2-Home Campaign** by contacting Krystal Valencia at 613-725-3519 x104.