



שמע קולנו

Sh'ma Koleinu

Hear our voices

SPRING 2022

Rebirth, Renewal, and Returning to Normal



Joe Brownstein,
President



Risa Plotnick,
Executive Director

Spring is the time of rebirth and renewal. Flowers bloom, the sun shines brighter and warmer, and we welcome Passover, the holiday of freedom and redemption. Through all the cleaning and planning that goes into Passover at Tamir, it's sometimes hard to remember that we may also be seeing the light at the end of the COVID tunnel. Restrictions are at the lowest levels since the start of the pandemic and Tamir is open and living life. We have seen a return to day programs, the addition of a skills building program running out of the Deerfield apartment, in-person cooking classes at the Donald Street program, visits to the Campus Day Program, and more community outings than we can count.

We have all been through so much these last two years and look forward to returning to previous activities and elements of Tamir. For example, Tamir is proud to be a part of the Life and Legacy program through the Jewish Foundation of Ottawa and the Harold Grinspoon Foundation. Through this program, donors can create a plan to support Tamir in perpetuity. It guarantees that Tamir will be able to continue to have a mission rooted in Jewish values and culture. If you are interested in helping Tamir to ensure its Jewish tomorrows, please contact Brian Gold at bgold@firstbay.ca for more information.

Tamir is also thrilled to be hosting our, much loved, Tamir 3rd Seder on April 20th at 5:30pm. While this event will be virtual this year, it presents a wonderful opportunity to celebrate this special holiday together and enjoy the customs, songs, rituals, and foods that have connected the Jewish people and their allies

for centuries. We hope you will join us. All are welcome. Please contact Jodi at jodigreen@tamir.ca for the Zoom link.

Lastly, Tamir is putting the finishing touches on our strategic plan. This plan will guide the course of Tamir's development for the next five (5) years. It includes elements of new programming and services, the potential for a Tamir building on the Jewish community campus, and a refreshed mission and vision. This plan has engaged both the Jewish community and the greater Ottawa community in order to ensure that we are keeping up with current best practices in developmental services by offering programs and services that are desirable to those living with a developmental disability and their families. We are all looking forward to our future growth and development at Tamir. Thank you all who have contributed and participated in the planning process. Your input has been so important in providing guidance for the future.

Please join us for the official unveiling of the strategic plan at our AGM on June 23rd.

During this season of newness, Tamir wishes you a Happy Passover, a *Chag Samayach*, and a warm and bright spring.

Sincerely,

Joe Brownstein and Risa Plotnick

SAVE THE DATE
Annual General Meeting
THURSDAY, JUNE 23, 2022
6:00 - 8:00PM



A Siddur (prayer book) for All

by Jodi Green, Coordinator of Judaic Outreach and Inclusion

When thinking about accessibility, it's important to include potential users in the development process of any new project or program. At Tamir it means that we include people with developmental disabilities in everything we do. When we do a partnership program we get participants involved. When we think about what makes a great Jewish life, we ask participants. And when we want a religious resource to be available for people who don't read English or Hebrew, we ask participants and community members.

The Ottawa Community Accessible Siddur has just been released and it was created with the help of potential users both from within Tamir and from the community. There was no way to know if we were "getting it right" without asking potential users. Here's what we learned:

- ✧ Anyone can learn to pray. With the right support, in this case pictograms, anyone can learn to decipher the prayers and participate in the service
- ✧ Understanding the many names for G-d in pictures is hard and may be confusing. Truth be told, understanding G-d is hard for everyone, so it's OK to learn and explore together.
- ✧ Identifying the relationship between each picture and the Hebrew word or concept it is portraying takes practice. Like learning any new language, practice makes perfect.

This has been an incredible project for our community. It has the potential to open up prayer to a whole new group of people and while the Accessible Siddur isn't perfect, it's a solid start and we will aim to make improvements in future editions.

In addition to speaking with potential users, we consulted with rabbis and cantors from many of the Jewish movements in the city. It's impossible to make one volume that will suit all, but the question was, "Are there pieces of the siddur that resonate for your community?" We needed someplace to start. Thankfully the answer was "yes," so we knew we were heading in the right direction.

Now that the Ottawa Community Accessible Siddur is out, we will be running learners services and webinars for families and individuals teaching them how to use it. In addition, individuals can get started by listening to the audio tracks on our website. We were very fortunate to have Cantor Green and Rabbi Zuker record every prayer in the book, sometimes with multiple melodies, and to make them available to the community.

Finally, this project could not have been completed without the generous support of a Jewish Federation of Ottawa MicroGrant. Please download your digital copy or order a hard copy at www.tamir.ca. Have a look, pray with it, and see how people who understand the world in different ways can be included in our prayer services.

Wishing you a *Chag Kasher V'Samayach*, a Happy Passover!

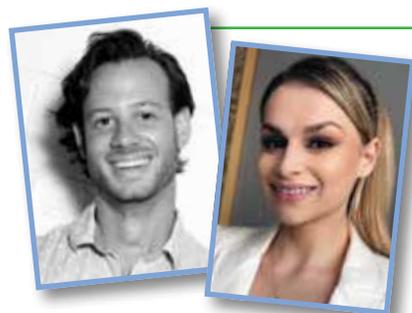
Keshet Community Connections (KCC) (Families and Organizations)

KCC provides Integration Aids (IA) for children participating in local summer camps. **Families** will work with Tamir's Board Certified Behavioural Analyst (BCBA) consultant and the KCC Supervisor, to build objectives for each child to promote autonomy, social skills, and friendships.

We invite parents to fill out the application form [here](#) or at the "Tamir Kids" link at www.tamir.ca. You will then be contacted by the KCC Supervisor and/or the BCBA consultant to help you complete the intake process, allow us to get to know your child, and to set goals for the summer.

After the consultation, your child will be matched with one of our Integration Aids. The BCBA will support and work with the integration aid as they learn about your child and their individualized goals. The integration aide will support and encourage the child to meet the goals within the context of the regular camp day.

In addition, Tamir invites **organizations and/or schools** to fill out the application form and book a time with a clinician to learn how to better support individuals they already serve or to help them create new programs. For example, a supplementary school may have a student with special needs and wishes to have an integration aid support the student on Sunday mornings or create a differentiated lesson plan based on the student's exceptionalities impact their learning. The possibilities and opportunities for inclusion are endless.



Welcome and Welcome Back

Please join us in welcoming Jamie Sweigman to the team, as the Coordinator of Fundraising, Events, and Development. Jamie looks forward to getting to know the Tamir participants, families, and friends as he plans a community Golf Tournament taking place this August.

We also welcome back Kerra Casselman, our Communications Coordinator, who will be returning to the office.

Together they make the perfect team to promote Tamir and help us grow!

Out and About

by Laurie Oakley, Residential Operations Manager

We have weathered many lockdowns and outbreaks over the past 2 years. What used to be the regular routine of getting up everyday to head to another destination for work or recreation was interrupted many times by the threat of COVID.

We stayed home when we had to and joined the expanded virtual experience of connecting with people in our lives, periodically being able to see loved ones and go to our favourite places and activities.

Fast forward to current times, where people are able to take new freedoms to the next level, at a pace that they are most comfortable with. We look forward to seeing more people doing the things they love out in the community.

What once was an overshadowing and constant threat is slowly fading, allowing people to connect more and enjoy life outside the confines of home.



Thierry dusted off his team jersey and rejoined his hockey league.



Yves enjoyed an air hockey game at our day program.



Jamie returned to work.



Deb finally went on a family trip to a warm and sunny destination after it had been cancelled several times.

A Round Robin of Mitzvot – Purim at Tamir

by Jodi Green and Estelle Allen

There are 4 Mitzvot that one is supposed to do on Purim

- 1) Hear the Megillah
- 2) Have a festive meal
- 3) Give to charity
- 4) Give Mishloach Manot (gift baskets)

This year at Tamir we were fortunate to participate in all of these mitzvot and to be an integral part of other people completing them as well.

Our Purim season began early with an exciting 4 part program with the Middle School at the Ottawa Jewish Community School (OJCS). Tamir and the school kids joined together virtually for a festive program that included a Purim themed BINGO game with a pizza dinner as the grand prize, a Purim schpeel (play) put on by the kids, a presentation by Tamir about why we wear masks and a sharing of the masks we made, the learning of a Purim themed Tik Tok dance, and a Purim Trivia game. It was so wonderful to share knowledge and exchange ideas with our friends at OJCS.

Over the weeks leading up to Purim, the day program attendees made Hamentaschen, the traditional 3-cornered cookie eaten on Purim. Participants must have made 15 dozen cookies that were shared with friends both within Tamir and in the community.

We were then asked by KBI to come and help them make Mishloach Manot (gift baskets) to give to community members. Tamir participants stuffed 300 bags full of tasty treats. Everyone received their own bag and had a great time. In addition, Cantor Green stopped by to teach us about the Megillah and to see, up-close, a 100 year old Megillah scroll.

Tamir was treated to Mishloach Manot from the students at Torah Day School. The kids made personalized cards and stuffed bags for every participant at Tamir. The smiles on everyone's faces were proof that this was a mitzvah where everyone gained something and deepened our friendships.



Finally, Tamir participants attended the Megillah reading at KBI (in-person or virtual). Always a highlight, is the goofy and lively reading of the story of Esther and Mordechai warding off the evil Haman (BOO!) and saving the Jewish people from annihilation.

It was a fantastic month of community engagement, partnership, and friendship. What more could we ask for?



Celebrating Tamir Staff During Ontario's Non-Profit Appreciation Week

FEBRUARY 14TH-22ND

Thank you, staff!

"TAMIR STAFF WORK VERY HARD AND ARE SUCH CARING INDIVIDUALS!"

Carl B. – Family Member

"YOU ARE APPRECIATED EVERY DAY, NOT ONLY THIS WEEK. KEEP UP THE AMAZING JOB YOU DO. THANKS FOR CARING."

Caren G. – Tamir Friend

"THANK YOU TO THE INCREDIBLY DEDICATED AND CARING TAMIR TEAM!"

Adam M. – Board Member

"FANTASTIC STAFF HAVE BEEN AWESOME OVER THE YEARS. APPRECIATE THEM EVERY DAY!!!"

Lesley S. – Family Member

"THE STAFF AT TAMIR HAVE BEEN AMAZING AND ALL THE MORE SO THESE LAST TWO YEARS! IT'S IMPOSSIBLE TO PUT INTO WORDS HOW MUCH THEY MEAN TO US!"

Marian M. – Family Member



Tamir
3rd Seder
April 20, 2022 5:30pm
Virtual Edition

Join us for this annual event.
Led by Cantor Jason Green

Contact Jodi at jodigreen@tamir.ca
for more information

With spring comes light, warmth, and growth. Begin to grow your Jewish legacy and have it blossom in the years to come.

To create your Jewish legacy contact:

Brian Gold bgold@firstbay.ca

or call

613-725-3519
ext 104



TAMIR 2022 SPRING CAMPAIGN



YES, I would like to support Tamir today! Please accept my gift of...

- ✓ \$54 supports Community Cultural Activities
- ✓ \$72 supports a community Music Class or Art Class
- ✓ \$180 supports a Catered Dinner for 6 at home
- ✓ \$540 helps subsidize Summer Vacation Getaways

ONE TIME: \$54 \$72 \$180 \$540 Other: _____
MONTHLY: \$18 \$36 \$54 \$108 Other: _____

I have enclosed a **cheque** payable to **Tamir Foundation**.

Please charge this gift to my **credit card** using the information provided. VISA MasterCard

CREDIT CARD #

EXPIRY DATE

NAME ON CARD

SIGNATURE

TELEPHONE

EMAIL

ADDRESS

PLEASE VISIT: tamir.ca/donate-now

Tax receipts are issued for donations of \$18 and over. Charitable No: #10806 3686 RR0001