



שמע קולנו Sh'ma Koleinu Hear our voices

SPRING 2023

Leave No One Behind



Joe Brownstein,
President



Risa Plotnick,
Executive Director

On the night before the first Seder, Jews around the world conduct the *Bedikat Chametz*, or the search for leaven. This is done after dark with a flashlight or candle, a feather, and a wooden spoon. We literally sweep any remaining bits of bread, crackers, cereal, etc. onto a spoon with a feather. We want to ensure that we have done our best, most comprehensive effort to make sure that we don't miss any crumbs. This ritual is also fun for the children in helping to build excitement and anticipation for the Seder where all are welcome and invited to participate.

During Passover we purge our lives of leavened products, to remember the experience of leaving Egypt in a hurry. The matza, the central food of Passover, takes only 18 minutes, much less than regular bread. We tell the story to our children so that they can learn and enjoy their history. Children with different capacities, different learning styles, personalities and so on are all included. We note this in the inclusion of the 4 sons, the good, the wicked, the simple and the one who could not ask.

Tamir has been working hard for 40 years to do just that. We are proud of how we have supported people with Developmental Disabilities and people with Autism to reach their potential, and the work continues.

Presently, we have 3 programs running for children and youth on Sundays with more to come. These programs, generously funded by the Ontario Trillium Foundation, are giving children and

youth with disabilities a chance to be supported in the community and learn skills to increase their independence and provide families with much needed respite. Our fabulous Integration Aids work with the children, their families, and our consultant BCBA to match personalities, set goals, and get advice on how best to support each child uniquely.

Tamir is part of the community. It engages with all of its partners and the benefit of this active interaction is mutual. We are active with the community centres we use to run Sunday programs, the Jewish communal organizations with whom we create programming, and the outside agencies who support the work we do. We have loved working with synagogues, Jewish Family Services, Hillel Lodge, Jewish Federation of Ottawa, MADA in Montreal, and others to bring new opportunities for community engagement and to advance inclusion by proving that by removing barriers to participation we all benefit.

Tamir is excited to have the Matan-data collection period finished and to be reviewing the preliminary report of recommendations for accessibility and inclusion. It is exciting to see all the good work that our community is already doing and all the ideas for how we can take things to the next level. In the coming months, we will be meeting with our Jewish institutional partners to support them in enhancing their inclusion efforts with a personalized plan. We look forward to seeing what aspects of inclusion each organization chooses to enhance their current efforts.

Just as we take extra care making sure that every crumb is included in the cleaning process, so must we work together to make sure that everyone feels included in our wonderful community. Let's leave no one behind as we remove barriers for all.

Happy Passover!

Joe Brownstein
President

Risa Plotnick
Executive Director

SAVE THE DATE Annual General Meeting

THURSDAY, JUNE 29, 2023 • LOCATION: KEHILLAT BETH ISRAEL

6:00 – 7:00 pm: Business Portion 7:00 – 8:00 pm: Retirement Celebration for Laurie Oakley

Back to Life, Back to Reality

By Jodi Green, Coordinator of Jewish Outreach and Community Inclusion

The 80's song from Soul II Soul goes on to say, "Show me how, decide what you want from me. Tell me, maybe I could be there for you." I'm sure the group did not intend for their song to be about inclusion and the return of public events following COVID, but here we are...

Tamir is thrilled to be back in person for the Passover 3rd Seder. On Monday April 10th, we will celebrate together. For the two past years we have had a great time doing interactive Zoom, however we are all excited to be able to share the same space, commemorate, and celebrate our freedom. As early as Purim, I have received requests for participants to have speaking parts and to help make it a night to remember.

Going back to Purim, we had a fantastic time at the JCC. There was great food and great friends. Over 50 people from the Tamir family joined in with over 50 people from the community. We especially enjoyed the magic show where a live bunny appeared! Thank you to Young Israel for inviting us to partner in this event.

All of these events teach us that when we work together we are stronger than when we work alone. As in the lyrics of the song, "Tell me, maybe I could be there for you." Their intention may not have been to talk about community inclusion, but they certainly did! We know that if we ask for what we need, ask for the accommodation, we might be surprised to learn that there is more community support than we ever thought. Let's help the seeds of inclusion grow by reaching out and seeing what we each can do to make it possible for everyone to be equally involved.

As we look to Passover, as the holiday of freedom, we are reminded of those whose freedom is limited by inaccessibility and our duty to "be there for you."

Chag Kasher V'Samayach – A Happy and Kosher Passover



Goldie dressed up as a unicorn for Purim

Jordan won the WWF championship title!



Deb loved petting the rabbit that came out of the Magician's hat

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:

Paul Finn paulstephenfinn@gmail.com

Elizabeth Tyrie elizabethtyrie@tamir.ca

or call 613-725-3519 ext 118



Community Participation

By Estelle Allen, Day Program Supervisor

We are back to the swing of things with the return of external participants to community programs. We are out and about enjoying our neighbourhood, community excursions and mall walking on cold days. You can see us swimming weekly at the local City of Ottawa pool where everyone's enjoying each other's company after such a long hiatus. Bowling has also become a fun weekly workout for many, and for those on Donald, resuming weekly gymnasium time has been a blast!!

Passages has resumed their mitzvah projects. For Bethany Hope Center, an organization that strives "to improve the well-being of pregnant youth and young-parent families", once a month a small group assists our Child Development and Nourish programs. At the Ottawa Kosher Food Bank participants helped bring bags of perishable and non-perishable foods to people's cars. Tamir also helped to pack Hamentaschen with A Dashing Pinch for the Purim Packages delivered by Ten Yad on Purim day to Senior homes. Passages participants volunteer at Dashing Pinch on a weekly basis helping out with food preparation, putting away deliveries, restocking and assembling catering platters. For those who help out, it is a great experience and they get to enjoy a delicious lunch together offered by a Dashing Pinch.



Busy at work



CATSA workers

The Supported Employment opportunity from the Canadian Air Transport Security Authority (CATSA) continues for many participants. This job entails packaging cards and counting bundles. The finished product is shipped to travel agencies across Canada.

Happy B-Day Rachel! The big 40!

By Chris Frizell, Residential Supervisor

Rachel has been supported by Tamir since 2004 and moved from our Grammercy to the Broadview location in the fall of 2022.



This is me

She has a contagious laugh and smile and brings a warm presence to the home. She is kind and has a very outgoing personality.

Rachel loves to be dolled up and have her hair styled. She loves being the center of attention. Her favourite things to do are: painting, sensory activities, music, dancing, and people watching. Rachel also loves holidays, celebrations, and parties.

Rachel recently celebrated her 40th birthday, you'd never believe she's 40 to see her! For such a milestone birthday the grandest of plans were made. Her party was held at the Barley Mow and 40 of her friends and family came out to celebrate. She was smiling and laughing the whole time, had a delicious cake and even had a choir come and sing her happy birthday. This was a very special day for Rachel.



Happy birthday to you!

It has been a pleasure welcoming Rachel to Broadview. Her presence brings a ray of sunshine to the home. We are all looking forward to celebrating many more birthdays and holidays with you!

Residential Services

By Laurie Oakley, Residential Manager

In recent months, Tamir has introduced a more comprehensive system to help us understand the physical and emotional health of our residents over time. The process starts with a baseline document that notes what is usual for a person in the following areas; medications, injuries, sleep, nutrition, bathroom routines, aggression/self-injuries, anxieties, interpersonal skills, self-care routines and the ability to follow instruction. Using the baseline as a comparative, staff on a rotating basis, complete a wellness check several times a week to note anything that may be out of the ordinary. This allows us to respond to concerns in a timely manner, and to update families and the health care professionals involved. Our dedicated supervisors are spending an evening a week at their homes as well as time during the weekend on a monthly basis. Dale has been nominated as a lead supervisor and is overseeing the operations of our homes. We have a wonderful management team of which we are very proud.

On a weekly basis a nurse from Ottawa rotary home visits people with complex medical needs to advise us on their well-being. This support plays a vital role that includes after hours consultations and advocacy within our health sector. We also work closely with physio and occupational therapists to design tailored approaches

for each individual's needs. We are seeking support from a speech and language pathologist to assess and make recommendations on alternative communications systems. A dietician has been engaged to review all of our menus to ensure they continue to meet specific needs of each household. In certain circumstances, private behavior consultation services are used to create programming aimed at helping the individual to have more acceptable and alternative ways of expressing themselves. We continue to work with a number of external professionals to guide us in best practices.

Over the past few years, we have focused our resources to address the health and safety aspects for our homes. We are now looking at household upgrades of painting and decor to ensure our residences reflect a comfortable and homelike atmosphere. The new position of a Property Maintenance Facilitator is instrumental in helping to complete minor repairs and painting upgrades to keep on top of the upkeep for our homes.

We look forward to spring coming, the days are noticeably getting longer and the snow and ice is slowly melting away. Everyone is ready for an enjoyable and adventurous outdoor season ahead.

Happy Retirement Laurie!

By Risa Plotnick, Executive Director

It is with mixed emotions that we bid farewell to Laurie Oakley, our long serving residential manager as she wraps up her career and heads into retirement come August. She has given 40 years of valiant, selfless and exceptional services in the field of disability, 28 of which at Tamir. Her dedication to the people we support and their families is exemplary and her ability to work with partners in the sector is well respected. Laurie will be entering into the well-deserved retirement phase of her life and we wish her all the best as she pursues her planned new adventures. I know from personal conversations with her that this will be exciting and rewarding time for her.

We'll celebrate Laurie at the AGM after the business portion of the AGM. Please come and share your best wishes with Laurie.



Welcome Christa Janes to Tamir!



By Risa Plotnick, Executive Director

We are excited to welcome Christa Janes to our team as the Director of Support Services. Christa will be starting April 11th, giving time for a successful transition of knowledge and understanding of adult residential and respite services from Laurie. Christa has been

working in the developmental disability field for 20 years at various positions at CHEO. Most recently she has worked as the Manager of Development and Rehabilitation Services and has extensive experience as a behaviour consultant for children and adults. She is passionate and committed to the field of disability and share the values of Tamir. She will be a great addition to Tamir and we look forward to having her join our Tamir family.

Happy Kids Make for Happy Families!

By Sunbul Rai, M.Sc, BCBA

Spring has sprung and we can't help but feel excited about the Children and Youth Programs at Tamir. We are thrilled that our Sunday programs have been making a positive difference in the lives of the families, children, and youth we service. We also think that the programs are having a positive impact on us! It is incredible to see the smiles and growth in the children and youth in our programs.

With a strong emphasis on inclusion, our Sunday programs are currently structured to provide field trips, painting, drawing, outdoor activities, board games and more. Our programs service children and youth between the ages of 7 – 18. The kids are having a blast doing fun activities with Integration Aides throughout the day from 9 a.m. – 3 p.m while parents can access some respite and focus on other siblings or things that need to be done. Some of the entertaining field trips have included trips to the Children's Museum, bowling and even a Pottery Studio.

Steve has a wonderful time at Sunday Funday. He usually comes home with a huge grin on his face and with exciting stories about his adventures that day. Some of his favorite memories include going bowling with friends, participating in karate class and making a big fort out of Pop-its with his friends. Sunday is fast becoming his favorite day of the week!

– Mother of a 7 year old

My kids look forward to Sunday Funday every week. It's so helpful for me as a parent to have those hours of respite to get organized before the week begins.

– Mother of a 7 year old and 10 year old



Putting on a show



Fun at the Children's Museum



Playing chess



Painting

We Love our Jobs!!

By Integration Aids: Kayla Sabloff, Rebecca Thompson, Samantha Ginsberg, Prachi Tanwar, Yasmine Ibrahim, Jagriti Shahi, Nihal Soral and Mannatbir Sandhu

We are constantly learning from our environment. As Integration Aides, we help our children and youth succeed. We plan our week with field trips and create activities everyone will enjoy. We listen to what is important to our kiddos and we enjoy each other's company. Towards the end of the day, we talk and write in journals, where everyone reflects on the day and what activities that should be planned for the following week. Our goal is to have fun – and we are excited to be part of such an amazing program. It doesn't get better than this!!!

Based on the success of the programs, Tamir will continue to offer respite programming for families on Sundays. Tamir is also planning on providing a variety of new weeknight programs beginning in the month of April which include programs such as Video Game Mayhem, Lego-Verse, Mind Beggles and the Art Guild. We can't wait to get them started and would love to see you there! Stay tuned for more details.



Team Bunny with Integration Aids: Kayla Sabloff, Rebecca Thompson and Samantha Ginsberg



Team Adventure Club with Integration Aids: Prachi Tanwar and Yasmine Ibrahim



Team Alphalore with Integration Aids: Jagriti Shahi and Nihal Soral

Missing from the pictures: Mannatbir Sandhu and Rebecca Wardle

A Day in the Life of Jamie

By Jamie Greenberg and Sandi McCaw, Residential Supervisor

Hello everyone Jamie here, happy spring! I always look forward to spring as it brings good weather and an opportunity of getting out into my neighbourhood for wheeling to catch up with all my neighbours who have been hibernating for the winter.

How was everyone's winter this year? Over this winter I tried, with the help of my staff, to keep as busy as possible. My week days always start with a two hour work schedule downtown where I am an administrative clerk performing such tasks as bank deposits, mail run, post office drop off etc. I enjoy my work time as it gives me an opportunity to socialize with my co-workers.

The afternoon is a time when I get in my physical activities such as biking, treadmill, swimming and stander. Although these are not my favourite activities, I know it's important for my health. A few times a week I have a fitness instructor who comes and motivates me. Speaking of an activity that is not my favourite, every Monday afternoon I head out to the grocery store to gather food for the week. I do not enjoy the shopping, however I do like to eat!

So you may be wondering what do I enjoy. I live with two roommates who I enjoy spending time with and sometimes we go out for a movie, dinner, bowling, shopping, or to see plays and musicals. I recently saw a Musical at the Meridan Theatre called Memphis, it was great! I also have a few lessons that I enjoy once a week including Judaic and drumming.

My all-time favourite thing to do is to have some free time to myself in the evenings and weekends where I spend time on my computer. I enjoy listening to music and watching YouTube videos. Some of my favourite artists include Elvis, Jerry Lee Lewis, Chuck Berry and The Beach Boys.



Sandi and me



Friday evenings are always the best as I go over to my parents' condo and have Shabbot dinner. Family is important to me and this summer I will be heading to the cottage to spend time with my parents, siblings and nephew.

So I guess that pretty much wraps it up for the day in the life of Jamie Greenberg. I hope that you all have a wonderful spring and summer!

TAMIR 2023 MEMBERSHIP 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 Special Event

✓ **\$540** helps subsidize Professional Services

ONE TIME: \$54 \$72 \$180

\$540 Other: _____

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\$108 Other: _____

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

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