



# Sh'ma Koleinu

שמע קולנו

Hear our voices

Spring 2025



## Leave No One Behind!

Dear Families and Friends,

As we gather to celebrate Passover, we are reminded of the profound themes of freedom, unity, and remembrance. This holiday invites us to reflect not only on the historical journey of the Israelites from slavery to freedom but also on the values we hold dear today, values that call us to come together as a community, leaving no one behind and ensuring that all voices are heard and valued.

Passover teaches us that the journey to freedom is never truly complete until every individual is free, and this extends to how we care for one another in our communities. It is a reminder that true liberation involves lifting others up, embracing diversity, and ensuring that no one is left behind. This includes those who may face physical or intellectual challenges. Just as the Exodus story tells of the Israelites' perseverance and collective strength, we too are called to work together, not just to celebrate, but to serve and support each other — every single person, regardless of ability or circumstance.


In our community, everyone has something valuable to contribute, whether through their wisdom, their spirit, or their actions. It is our shared responsibility to foster inclusivity — to ensure that those with disabilities are not only welcomed, but fully included in every aspect of our lives and celebrations. In every family and community gathering, we are reminded that we can only be whole when we stand together, recognizing the dignity and worth of each person, especially those who might be marginalized or overlooked.

This Passover, let us remember that the strength of a community lies in how it uplifts its most vulnerable. Let us take the opportunity to embrace diversity, expand our circles of compassion, and find new ways to include every person in the warmth of our homes, our celebrations, and our lives. We can all be part of a world that leaves no one behind, a world where every individual, no matter their challenges, has the opportunity to experience freedom, love, and belonging.


To all those involved with Tamir and the work of inclusion: thank you for your unwavering commitment to making the world a better place for all. May this Passover inspire us to continue working together to create communities where every person has a voice, a seat at the table, and the opportunity to experience true freedom, joy, and belonging.

Chag Sameach! May this Passover be a time of renewal, unity, and an unbreakable bond that connects us all.



  
**Joe Brownstein**  
Chair,  
Tamir Board of Directors



  
**Risa Plotnick**  
Executive Director,  
Tamir

## Spotlight on an Artist

# Expressions Through Art



**Marcel Walsh, Residential Supervisor**

How do you express yourself? Do you let your creativity flow from your mind through your body? Are you a crafter, a knitter, a pottery mold, or a painter where by you can express yourself through your own work? For Michael Hinchcliffe a participant of the SIL program he lets his creativity flow through his hands and a paint brush. Michael has been painting since he was 10 years old. He uses his art skills as a coping mechanism to help him get through anxious times, when is frustrated, or just not feeling great so he puts his mind in creative mode. Michael's art work has been shown at many art galleries throughout Ottawa, including the National Art Gallery. Michael's art work comes in may shapes and sized from posters to cards, to baseball hats, and skateboards and the latest on converse sneakers. Michael is inspired by



animals, especially cats, birds especially puffins, from nature, and deserts — mainly layer cakes and the colours of life. Michaels art work can be seen and purchased through [www.thespaceottawa.ca](http://www.thespaceottawa.ca), or at many a market in the Ottawa area, as well on his own personal Youtube page.

What is your creative side, we all have one, being creative is fun and let's you show and express yourself, so the next time your not yourself, let your creativity SHINE!!

## Spotlight on a Champ!

# Bowler Extraordinaire



**Wendy Edelson, Residential Supervisor**

Have you have ever wondered what type of person you would get if you were able to combine a kind heart and a positive attitude with joie de vivre?

Well Tamir is fortunate enough to have someone who fits that description perfectly!

If you have not already had the opportunity to meet him I would like to introduce you to Ed.

Ed is a dynamic individual who has a passion for participation in all aspects of life.

Known for his friendly and enthusiastic nature Ed thrives on helping out with tasks around the house and enjoys a strong bond with his family.

In addition to attending his Day Program Ed has been able to get out and enjoy many activities that life has to offer both inside and outside of his community.

You might not know this but Ed is always ready for any kind of exciting activity.

In 2024 Ed went on a vacation to Kingston, spent time bowling with friends, relaxed down by the water on a beautiful summer afternoon, enjoyed time at Saunders Farm, has attended movies, and has spent time as a passenger sight-seeing all over Ottawa.

Thank you, Ed, for reminding us that life is meant to be lived well and enjoyed every day.





## Children and Youth

# New and Exciting Programs

Sunbul Rai, B.C.B.A. Clinical Supervisor

Spring is in full bloom and so is our programming in the Children and Youth Department. This Spring, we are pleased to be offering a variety of different programs. On Monday Nights, we are running an innovative adapted baking and cooking program — the Kitchen Revolutionaries Program. This program is geared for children and youth aged between 7-17. We are also running a Lego Club, where children and youth build friendships and structures in a creative play-based environment. This program is geared for children aged 6-12. Finally, we continue to run our inclusive Sunday programs that include diverse field trips throughout the city (i.e. escape rooms, museums, trampoline parks and more) as well as swimming. We have Sunday programs for children and youth aged 6-18 years old. If you are interested in registering your child, it is still not too late to apply!

### Spring Programming

<https://forms.gle/oFUF3KxEzHQ18Yyf8>

Looking ahead, we are excited for the summer as we will have two diverse camps running side-by-side. Tamir will run a Summer Camp for children and youth aged 6-14 with fun activities, outdoor excursions and swimming. The camp runs from July 7 – August 29, 2025. Evolve, our newest program, is geared towards youth between the ages of 15-20 and is designed to help teach essential life skills such as financial management, planning, meal prep, restaurant etiquette and more. The program will run from July 7 – July 25. Please note that all our programs are a 3:1 ratio — 3 children/youth are being supported by 1 integration aide. If you are interested in registering your child/youth, there are still a few spots available:



### Summer Evolve Program (15-20):

<https://forms.gle/8zSjc11VBzjD715X6>

### Summer Adventure Camp (6-14):

<https://forms.gle/SSNkfnc68bHmySs5>

## GAMERZ CLUB

**PILOT PROGRAM**  
**\$100**  
5 weeks

### WHAT'S THE 411?

Apple Pro Glasses	Playstation 5
Tech Expert On-Site	
Inclusive Gamerz Club For Teens ~ Build Friendships & Have Fun ~	

**WEDNESDAYS: 5:30 PM - 7:30 PM**  
**APRIL 30<sup>TH</sup> - MAY 28<sup>TH</sup>, 2025**

**FOR: AGES 13-18**  
**31 NADOLNY SACHS PRIVATE**

To register: <https://forms.gle/cpVdELzC3mT8R6fp8>





## Spotlight on Our Community

# Spotlight on Community and Social Media

Lisa Charow, Social Media Specialist



Tamir's social media is one of the ways we celebrate the vibrant lives of the people we support. From everyday moments to special milestones, these stories help shine a light on ability, inclusion, and the strength of our community.



Make sure to follow us on [Instagram](#) and to stay connected and see what's happening in our community every week!

To all the families who have already engaged with our posts — thank you! Every interaction helps amplify the voices of those we support by bringing more visibility to the meaningful experiences happening at Tamir every day.

We'd love to feature even more of our community online, and we need your help!



Have a great photo or video to share? Send it our way!



Want to be interviewed or share a quote about your experience? Let's chat.



Like, comment on, or share our posts to help us spread the word.

When you share your stories, you help others see the power of inclusion, kindness, and community, and the connection that makes Tamir so special.

If you'd like to contribute to our social media or be featured, please reach out to [lisa.charow@tamir.ca](mailto:lisa.charow@tamir.ca). We are always eager to share the voices and stories of our incredible Tamir families and the amazing individuals at the heart of our programs.



## Day Programs

# Community Participation Programs



**Estelle Allen, Program Supervisor**

We are pleased to share that we have recently renovated our new community day services space located at 31 Nadolny Sachs and in the process confirmed an exciting and engaging schedule of activities for participants at The Open Doors Day program, Passages Vocational and Employment Program and The Campus Community Program.

The space was transformed; lockers were sanded/painted, hall cupboards were brightened up, rooms were switched around, painted and new furniture was purchased and placed in just the right spots! We have included a larger art area, media room and vocational space. Each activity room is color coded to specific activity rooms, allowing for everyone to find their way around easily and with a higher degree of autonomy. The music room is Pink, the Art and Crafts room yellow and so on. Both staff and participants were wowed by the space.

Our schedules include, music appreciation, cooking and baking, arts and crafts and other creative programming. We have also created a book-nook that will allow participants to enjoy quiet time and relax with a book. For the want-to-

be Jamie Oliver chefs, our cooking space is a dream and the perfect size to cook up a storm.

On Friday afternoons, movies are now enjoyed in our new comfy lounge chairs ... not quite theatre style, but a close runner up!!

Passages Vocational and Employment folks can be found most days hard at work on their CATSA contract in their work space with more contracts to follow.



With the winter cold hopefully behind us, participants are happily getting out enjoying their surroundings. For some, this includes swimming at Dovercourt Community Center, visiting Stanley's Sugar Bush and enjoying a delicious pancake lunch and entertainment. Other participants are having fun at Ottawa's new Splitsville Bowling Alley, along with having an Immersive Experience of the main Parliament Building through a 360° multimedia show and others visited a local farm. There is much to do and you can catch us out there 'just doing it'.

As the weather gets warmer, we are planning many more exciting excursions as well as new onsite programs to further enhance the Open Doors schedule; a gardening program, crafting sessions, in-house yoga/chair exercises and other fun activities and opportunities.

Stay Tuned!!

## Human Resources

# Tamir – Best Place to Work!



**Opemipo (Ope) Ilesanmi, Director Human Resources & Admin**

### Caring for Our Caregivers: Supporting Staff Through Tough Days

At Tamir, our commitment to *supporting people with developmental disabilities* extends beyond those we serve — it includes the incredible individuals who make this work possible: our staff.

Over the past year, we've taken a closer look at how we support our employees, especially during emotionally challenging moments. We know that caregiving — while rewarding — can be tough, and we want our team to feel valued, supported, and empowered every single day.

### Employee Assistance Program

The EAP support is a free and confidential service where employees can connect with service provider seamlessly and gaining access to:

- ✓ Confidential Support 24/7

- ✓ Counselling, mental health resources, and wellbeing support designed to strengthen emotional resilience.

### Staffing and Training Update at Tamir

Over the past quarter, we have welcomed new team members at Tamir. These additions reflect our continued commitment to providing person-centered support and enhancing the quality of care across our programs. To support both new and existing staff, we've expanded our training offerings. Recent sessions have focused on core areas such as behavior support plan, and crisis prevention. These trainings not only reinforce our values but also ensure staff are equipped with the tools and confidence needed to make a meaningful impact.

We're proud of the collaborative spirit and professionalism our team demonstrates daily, and we remain committed to fostering a supportive, skilled, and inclusive work environment. Apply at [tamir.ca](https://tamir.ca) for employment opportunities.



At Tamir, Jewish traditions are more than just holidays - they are a way to bring joy, connection, and community into everyday life. Over the past few months, participants have embraced these traditions with excitement, curiosity, and big happy smiles. From the warmth of Chanukah to the fun-filled spirit of Purim, it has been a season full of celebrations and memorable moments.

In December, we kicked off the holiday season with our Annual Tamir Chanukah Party. Over 150 participants and families came together to share in an afternoon of laughter, music, and delicious food. A performance by our beloved Tamir Neshama Choir had everyone clapping and singing along, and the interactive show by Junkyard Symphony brought lots of laughter and fun. The latkes and sufganiyot were a huge hit, but it was the joy and warmth that truly captured the essence of the holiday.

Celebrations continued with Purim, where our participants got involved in the traditions of the holiday by learning the story of Purim and making their own hamantaschen. The Purim party, co-hosted with MADA Ottawa, was a huge success, bringing everyone together for a festive lunch, grogger-making, and a lively Megillah reading. I'm not sure whether we were more excited for the parrot show or to see everyone's incredible costumes!

As Passover approaches, preparations are underway, and the excitement is building for our Tamir Third Seder, which will be held on Wednesday, April 16<sup>th</sup>, at KBI from 5:00–7:30 PM. This

special event brings everyone together to celebrate Passover, share the Seder meal, and connect with family, friends, and the entire Tamir community.

At Tamir, Jewish values are woven into every aspect of what we do. Kindness, inclusivity, and community are at the heart of all activities, making Tamir a place where everyone feels connected. As we look ahead, there are many more moments of joy, laughter, and meaningful connection waiting for us. We are so happy to continue celebrating with you and growing together as a community.

Please join us for our traditional 3<sup>rd</sup> Seder led by Cantor Green on April 16<sup>th</sup> at 5 p.m. at Kehillat Beth Israel at 1400 Coldrey Avenue. RSVP at [tamir.ca](http://tamir.ca). See you there!



## MEMBERSHIP CAMPAIGN 2025



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

✓ **\$54** supports Community Cultural Activities

✓ **\$180** supports Children and Youth Programs

✓ **\$72** supports a community Music Class or Art Class

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

**ONE TIME:** ☐ \$54 ☐ \$72 ☐ \$180 ☐ \$540 ☐ Other: \_\_\_\_\_

**MONTHLY:** ☐ \$36 ☐ \$108 ☐ \$180 ☐ \$360 ☐ Other: \_\_\_\_\_

☐ I have enclosed a **cheque** payable to **Tamir**

☐ 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

☐ I would like to be a member of Tamir

**PLEASE VISIT: [tamir.ca/donate-now](http://tamir.ca/donate-now)**

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