



Kindness, Inclusion and Belonging

Dear Families and Friends,

When the sun sets and Rosh Hashanah begins, we enter a sacred time in the Jewish calendar—a moment of reflection, renewal, and hope. This holiday, known as the Jewish New Year, marks not only the anniversary of the creation of the world but also the beginning of the Ten Days of Awe, a period of introspection and transformation.

Rosh Hashanah invites us to pause and consider the year that has passed: our joys, our struggles, our growth, and our relationships. It is a time to ask ourselves how we have shown up for one another, how we have built community, and how we can do better in the year to come.

For families with disabled loved ones, these themes resonate deeply. Inclusion, belonging, and dignity are not just ideals—they are daily commitments. Rosh Hashanah reminds us that every person is created b'tzelem Elohim—in the image of God—and that our communities are strongest when every voice is heard, every soul is honored, and every barrier is met with compassion and resolve.

The sounding of the shofar—a central ritual of Rosh Hashanah—is a call to awaken. It urges us to open our hearts, to listen more deeply, and to recommit to justice and kindness. Let it also be a call to embrace radical inclusion: to ensure that our faith based institutions, schools, and communal spaces are accessible not only physically, but emotionally and spiritually.

As we dip apples in honey and wish one another a sweet year ahead, let us also sweeten our communities with empathy, patience, and love. Let us celebrate the unique gifts that individuals with developmental disabilities bring to our lives and recognize that true belonging means being valued not in spite of difference, but because of it.

May this new year bring you and your loved ones peace, strength, and connection. May your homes be filled with laughter, your hearts with courage, and your communities with unwavering support.

Shanah Tovah U'Metukah—a good and sweet year to you all.

Warm regards,



Risa Plotnick

Risa Plotnick
Executive Director,
Tamir



Joe Brownstein

Joe Brownstein
Chair,
Tamir Board of Directors



Create your Jewish legacy

Rosh Hashanah is a time for renewal. This year, you can make a gift that will renew itself every year.

Contact Kristie Santosidad
or call 613-725-3519 ext 100



Residential Programs

Summer Adventures

Dale Wyman, Operations Manager



There were many summer adventures that included travel to Montreal to explore the Biodome and the Botanical gardens; Brockville on a cave exploration and a visit to the Aquatarium; Toronto to cheer on the Blue Jays and to sightsee; Pine Cliff resort that included a visit to Upper Canada village and a trip to Parc Omega and Sonshine Cove Camp where an individual At Sonshine Cove Camp, an individual enjoyed the outdoors featuring boat rides on the lake and a campfire sing-a-longs. This summer was a season of exploration, joy, and connection. As we look forward to the fall, we are excited to continue building meaningful experiences and stronger family partnerships within our community.



Jay enjoying the Sonshine Cove Camp.



Ben at Brockville's Aquatarium.

Residential Programs

Erik Kent Shines in the Relay Race at the Family BBQ

Chris Frizell, Quality Assurance Supervisor



On August 7th, at our annual family BBQ the air was filled with laughter, the smell of good food, and shouts of friendly competition. While most of the day's excitement centered on games and activities, one moment stood out above the rest — when Erik Kent decided to join the relay race.

Erik, who is usually content to relax and watch the action unfold from the sidelines, surprised everyone when he asked to take part in the race. His determination was clear: he wanted a medal too! With encouragement from his family and the support of staff, Erik stepped up to the starting line where his presence immediately energized the crowd.

The joy on the faces of his family was unmistakable as they watched Erik run his leg of the race. Cheering



him on with every step, they celebrated not only his effort, but also his willingness to try something new. It was a beautiful reminder that sometimes the best moments happen when we step outside of our comfort zones.

Erik's participation was more than just about crossing the finish line — it was about inclusion, opportunity, and celebration. When we give people the chance to take part, we open doors to joy, pride, and shared experiences. His story reminds us how important it is to find ways for everyone to be involved in the life of their families and communities.

As Erik showed us on that sunny August afternoon, sometimes all it takes is saying, "I want to try too." When we create space for that, we all win.



Ashley, Jessica and David riding the rapids!

This year at Tamir Day Program has been nothing short of extraordinary! Our individuals have been exploring, learning, and creating in ways that are both fun and meaningful. Every activity — whether indoors or out — has been designed to promote growth, skill development, and confidence.

From Little Valley View Farm to the Pirate Ship, Tamir individuals discovered

new environments and learned about animals, teamwork, and nature. At the Tulip Festival, they immersed themselves in the beauty of nature, naming flowers, identifying colors, and exploring patterns. Cheering for the Titans baseball team and attending the South Mountain Fair, many of our individuals noted how exciting it was to watch games together and try new activities, from fair games to rides to navigating community spaces with independence and confidence.

Trips to museums, Upper Canada Village, the Aviation Museum, Museum of Science and Tech and the Museum of Nature brought history, science, and culture to life. The Changing of the Guard provided a lesson in tradition, focus, and observation, while swimming, bowling, and beach outings promoted physical health, coordination, and sensory engagement.

Workshops and Partnerships

We were thrilled to welcome some new external partners who led engaging sessions in music and visual arts. A highlight of these music sessions was allowing everyone to experiment with sounds, rhythm, and coordination, and self-expression, while also providing a calming and



Goldie, Robin and Akiva enjoying Little Valley View farm.

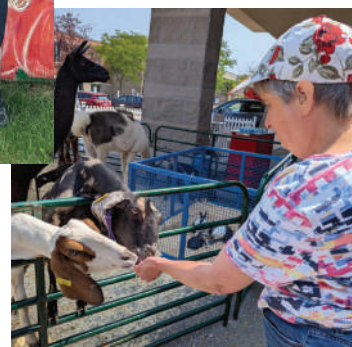
therapeutic experience. The Visual Art workshops provided opportunities to explore painting, drawing, sculpture, and mixed media. These sessions nurtured creativity and pride, as individuals proudly displayed their artwork and shared their inspiration with others.

Together, these workshops helped everyone develop new skills, discover personal interests, and gain confidence. They also fostered collaboration, communication, and social engagement, making each session both enjoyable and rewarding.

This summer has been incredibly rewarding, not just for the experiences, but for the growth we've witnessed. Individuals have developed new skills, strengthened friendships, and gained confidence in exploring new activities. We can't wait to see what new adventures, skills, and memories the coming months will bring!



Michael Flansbury creating a work of art.

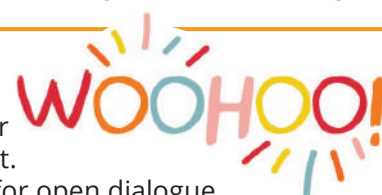


The goats are hungry at Little Valley View Farm. Thank you Vicky!

Family Engagement Committee

Starting in October, we will be launching a Family Engagement Committee. This committee will bring together families and staff to strengthen connections, share ideas, and collaborate on ways to

enhance experiences for individuals we support. It will serve as a space for open dialogue, support, and community-building. Stay tuned!



Coming Together to Celebrate

Chani Teitlebaum, Judaic Programmer and Social Inclusion Facilitator



After a fun-filled summer, Tamir is excited to jump into the new year with new programming, opportunities, and plenty of joy!

The Jewish High Holidays are just around the corner. First up is Rosh Hashanah, the Jewish New Year, a time for reflection, prayer, and renewal. Ten days later comes Yom Kippur, the holiest day of the year, when Jewish people take time to apologize, ask for forgiveness, and move forward with a clean slate. Then the celebrations pick up again with Sukkot, a holiday of true joy. Families build a Sukkah (a festive hut, just like the ones the Jewish people lived in during their 40 years in the desert), and spend time eating, singing, and gathering inside the Sukkah. Finally, we wrap it all up with Simchat Torah, a holiday when we finish reading the Torah and immediately start reading it again. It's one of the happiest holidays on the Jewish calendar, filled with music, dancing, and plenty of candy for the kids!

Here at Tamir, participants are already busy getting ready for the holidays, making Rosh Hashanah cards, enjoying sweet treats, and singing along to "Dip the Apple in the Honey." On Rosh Hashanah, we'll share delicious meals with round challah, apples and honey, pomegranates, and more. Some participants will head to synagogue, while others will hear the Shofar, but wherever we are, the holiday spirit will be felt all around. Just like many people make resolutions for the year ahead, we're doing the same at Tamir. Participants are setting their own Judaic goals, whether it's celebrating a Bar Mitzvah, volunteering at the Kosher food bank, or learning Hebrew, we will be providing support for participants to bring their dreams to life.

We're also starting the new year with something special: new Mezuzot for all

our homes. Rabbi Mendelsohn will join us to install them, while participants learn how a Mezuzah protects a home and everyone inside.

Looking ahead, we're excited to invite you to our **Sukkot Party on Thursday, October 9th from 3:00-5:30 pm at 938 Killeen Ave.** We'll shake the Lulav and Etrog, enjoy refreshments in the Sukkah, take part in fun activities, and celebrate with live music. Everyone is welcome, please email chanateitlebaum@tamir.ca to RSVP.

Wishing you a happy, healthy and sweet new year. Shanah Tovah!



Shabbat dinner at the Riddell home.



Joel Yan accompanies Debbie Applebaum on guitar.



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 Children and Youth Programs
- ✓ **\$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 Foundation**.

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

CREDIT CARD #

EXPIRY DATE

NAME ON CARD

SIGNATURE

TELEPHONE

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ADDRESS

☐ I would like to be a member of Tamir

PLEASE VISIT: tamir.ca/donate-now

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



Children and Youth

Epic Summer Vibes!

Sunbul Rai, M.Sc — *Clinical Supervisor*



We had an amazing time this summer with our Summer Camp and Evolve Program—a huge thank you to everyone who joined us and made it such a memorable season!

We wanted to give a special shout out to our incredible families and our integration aides, who worked tirelessly to support our participants and take them on a variety of exciting field trips. From swimming at the JCC to exploring fun spots all over Ottawa, our participants had an unforgettable summer.



Our brand new **Evolve Program** also launched this summer, focusing on building



key life skills for youth—and we're proud to say it was a big success! Here's what families had to say:

As we move into fall, we're excited to roll out our lineup of programs.

Thanks to the success of our Evolve Program, we're launching a *Sunday Evolve* program for youth aged 17–20. Each week will focus on essential life skills like taking the bus,

cooking, and planning activities/outings.

We have an exciting line-up of programs ahead. We can't wait to see you this fall!

CHILDREN & YOUTH PROGRAMS FALL 2025

All programs run for 10 weeks

REGISTER NOW

| | |
|-------------------------------------|--|
| Sundays (Oct 19 - Dec 21) | |
| Sunday Funday | 7 - 11 years \$500 9:00 AM - 3:00 PM |
| Adventure Club | 12 - 16 years \$500 9:00 AM - 3:00 PM |
| EVOLVE Program | 17 - 20 years \$500 11:00 AM - 3:00 PM |
| Mondays (Oct 20 - Dec 22) | |
| Kitchen Revolutionaries | 7 - 12 years 13 - 17 years \$200 5:30 PM - 7:30 PM |
| Tuesdays (Oct 14 - Dec 16) | 6 - 12 years 13 - 17 years \$200 5:30 PM - 7:30 PM |
| Art Guild | |
| Wednesdays (Oct 15 - Dec 17) | 13 - 16 years 17 - 20 years \$200 5:30 PM - 7:30 PM |
| Gamerz Club | |
| Thursdays (Oct 16 - Dec 18) | 6 - 12 years \$200 5:30 PM - 7:30 PM |
| LEGO Club | |

Location: 31 Nadolny Sachs Private

Ratio: 3:1

More Info: SunbulRaietamir.ca

CHILDREN & YOUTH PROGRAMS FALL 2025

All programs run for 10 weeks

REGISTER NOW

- 1. Sunday Funday:** Our Sunday respite program gives kids the opportunity to socialize and discover Ottawa through field trips and a variety of activities (i.e. swimming). Access Ottawa cards are required.
- 2. Adventure Club:** Our Sunday respite program gives youth the opportunity to socialize, gain independence and discover Ottawa through field trips and a variety of activities (i.e. swimming). Access Ottawa cards are required.
- 3. EVOLVE:** Boost your teen's confidence with our Sunday EVOLVE program! Designed to teach essential life skills, from navigating public transportation to mastering dining etiquette, EVOLVE empowers youth to thrive in any social setting. Access Ottawa cards are required.
- 4. Kitchen Revolutionaries:** Join us on Monday nights, where children and youth discover, create, and enjoy delicious new recipes in a supportive environment (all while sharing a meal with friends).
- 5. Art Guild:** On Tuesday nights, indulge your creativity with friends while painting, sculpting, crafting, and more!
- 6. Gamerz Club:** Experience next-level gaming with the Apple Vision Pro and PSS. Dive into VR or team up with friends for unforgettable gaming sessions on Wednesday nights.
- 7. Lego Club:** Join us on Thursday evenings to build awesome Lego sets and hang out with friends!

Location: 31 Nadolny Sachs Private

Ratio: 3:1

More Info: SunbulRaietamir.ca

Spotlight on Our Community

Spotlight on Community and Social Media



Lisa Charow, Social Media Specialist



TAMIR's social media channels are one of the best ways to stay connected with our programs, participants, and community impact. Our goal is to share our message of belonging for people with autism and developmental disabilities across Ottawa, and your engagement helps us reach more people every day!

On our platforms, you will find:

- Photos and videos of participants, families, and staff at events and celebrations, day programs and residences, including special behind the scenes photos and video of our facilities.
- Upcoming events in our community (and throwbacks to past event pictures!)
- Testimonials from families, staff, and community partners
- Information about current job opportunities at TAMIR.

Jessica and Goldie bonding.



Tamir participated in the Dragon Boat race held at Mooney's Bay. We won silver and had a terrific time with staff and participants with perfect weather.

Join us at our Annual General Meeting 2025

Wednesday, October 22, 2025

Location: Kehillat Beth Israel

Business Portion: 5:30 - 7:00 p.m.

Celebration of Staff and Volunteers: 7:00 - 8:30 p.m.