

**Kehillah House and ALIYAH Connection**  
**Sunday, May 1, 11:00 am**

Residents of Kehillah House and their families are invited to Neveh Shalom to participate in a Mother's Day art project with the ALIYAH 3rd-grade class and their parents. This will provide an opportunity for Kehillah House families to share their experiences while building community around a fun art project. To RSVP, ask about access needs, or for any other questions, email Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org).

**Disability Mental Health Spotlight**  
**Friday, May 13, 10:00 am on Zoom**

Join our Counseling and Disability Support Services programs for an opportunity to share emotions around our changing world. This is the second session of an ongoing series for members of the disabled community. To register, receive the Zoom link, and ask about access needs, email Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org).

**Sips & Sweets**

**Thursday, May 19, 7:00 pm – 8:30 pm**  
**Hybrid: Mittleman Jewish Community Center + Online**

Join JFCS for wine and dessert as we honor Holocaust Survivors Eva and Leslie (z"l) Aigner and celebrate Jewish Family & Child Service, its clients, and its supporters. For more event information and to register, please visit [www.jfcs-portland.org/sips-and-sweets-2022](http://www.jfcs-portland.org/sips-and-sweets-2022).

**Future Planning**

**Wednesday, June 1, 6:30 pm- 7:30 pm**

Join DSS and Jerry Cohen for a session on future planning for families of people with disabilities. This event is open to anyone in greater Portland. Jerry is past AARP Oregon State Director and holds a law degree and master's in Public Administration. He has been engaged on issues of planning ahead for more than 40 years as an advocate, educator and consultant. He co-owns [www.evolvegelders.com](http://www.evolvegelders.com) with his wife, Ruth, a geriatric care manager with more than 40 years' experience. To register, visit [www.jfcs-portland.org/services/disability-support-services/](http://www.jfcs-portland.org/services/disability-support-services/).

**Coming Together Parent Group**

**Wednesdays, April 6 & 27, May 11 & 25**  
**7:30 pm- 8:30 pm**

A bi-monthly virtual get together for parents of children and adults with disabilities to share their thoughts and feelings. Email Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) for more information or to register.

We will be taking a break for summer and re-launching in fall 2022, for the new school year.



Tikvah is our social group for adults with disabilities, ages 18 and older. We welcome anyone with any kind of disability including, but not limited to, mental health disabilities, physical disabilities, and intellectual/developmental disabilities. Our events always have automatic captions. Contact Sarit Cahana at [scahana@jfcs-portland.org](mailto:scahana@jfcs-portland.org) to RSVP for the Zoom link and to address any access needs.

**APRIL**

**Tikvah Passover Celebration**

**Wednesday, April 12, 6:30 pm-7:30 pm**

Join Tikvah for a pre-Passover event! We will be celebrating Passover as a group by engaging in Passover themed activities. We will be joined by special guest Rabbi Barry Cohen for a Passover narrative.

**MAY**

**Art and Chat**

**Thursday, May 5, 6:00 pm-7:00 pm**

Join Tikvah as we catch up and do art together. Bring your own art supplies.

**JUNE**

**Zoom Open Mic**

**Tuesday, June 14, 5:30 pm-6:30 pm**

Showcase your talent during our Tikvah open mic! You are welcome to sing, dance, recite poetry, or bring anything you'd like to share with Tikvah. This is a non-judgmental place to share your art in any form. No preparation is needed!

**Disability Conversation: Learning about Disabled Leaders**

**Thursday, June 30, 6:00 pm-7:00 pm**

Join Tikvah to learn about impactful disabled leaders.

**VOLUNTEER NEEDS**

**Passover4All Holiday Meal Deliveries**

Looking to volunteer? Passover4All Holiday Meal Deliveries will happen on Sunday April 10 at 10am at the MJCC. Visit our Volunteer page at [www.jfcs-portland.org](http://www.jfcs-portland.org) to help our clients celebrate the upcoming holiday.

**Tikvah event volunteers**

We are looking for volunteers to deliver supplies to our community members! Some of our events require that Tikvah members be ready with materials. This is a one-off commitment and the timing is determined based on the events. Contact Shayna at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org) if you are interested in volunteering.

**THANK YOU!**

A special thank you to Congregation Neveh Shalom for collecting and donating supplies for our Tikvah Passover Celebration!

