



#icount

#everyonecounts

The phrase “looks can be deceiving” is a personal favourite for Miriam. She was born with a developmental disability that includes limited motor skills, which means people who don’t know her see her disability rather than the vibrant and talented young woman she is.

While Miriam’s days are full of fulfilling activities, the thing she felt was missing from her life was a Jewish connection. She went to Synagogue on holidays, and had Friday night dinner with her parents, but she wanted to meet other Jews and to feel a part of the whole Jewish community.

Miriam’s parents inquired about Federation’s Inclusion programs, including Keshet, a social club for Jewish adults with disabilities. The Keshet group meets twice a month for fun, stimulating and meaningful social and cultural activities. It was there that Miriam met Sharon, a volunteer with the Keshet program. They shared an interest in crafts and music and became fast friends. Her Keshet experience led Miriam to a meaningful volunteer opportunity within the Jewish community.

Inclusion is not only about providing opportunities like these, but also about making sure that our community is welcoming. It’s about demonstrating that in Jewish Calgary, **everyone counts**. Donations to Federation’s UJA campaign can be your way of saying **we all count**. Please give generously.