

Tikvah Talk

Tikvah Means Hope

April | 2021



Remembering Dr. Larry Real



It is with heavy hearts that we share with our Tikvah community the passing of our dear friend and esteemed board member Dr. Larry Real. Larry was a co-founder of Tikvah, believing in our mission since the very beginning. Larry passed away peacefully on March 25, 2021 surrounded by his loved ones. He was a fierce advocate for our members, organization, and the mental health community as a whole.

Recognized by his colleagues and peers with numerous awards throughout his medical career, Larry is survived by his son Daniel, his son Michael (Aviva Isenberg), his brother Dr. Mark Real (Karen), his brother Hal (Anne Sheppard) and his partner over the last 10 years, Madeleine Gardberg.

Larry was a proud recipient of Tikvah's 2011 Righteous Persons Award.

Larry's dedication, kindness, and good humor will forever be a part of Tikvah. He will be greatly missed and fondly remembered in our hearts.

Upcoming Events

See what's happening this month:

April 11 | 2:30pm-4pm

Half a Bike - A Story of Recovery

- See "Featured Event" below for more information

Important Dates:

April 14 | 5pm-6pm

Virtual Happy Hour with Sheila

- Ha Yom HaAzm'ut and Yom Hazikaron Program
- *Join Sheila as these 2 Israeli holidays are discussed from the solemn day into the festival the next day.*

April 18 | 4pm-5pm

Virtual Guided Meditation

- Living in the Moment Series with Rabbi Levin
- Please sign on at 3:50

April 21 | 5pm-6pm

Virtual Happy Hour with Sheila

- Clay workshop with *Clay Studio*, led by Megan Lasiter.
- **RSVP by April 7** to office or email so a kit can be sent to your house.

April 25 | 4pm-5pm

Virtual Guided Meditation

- Living in the Moment Series with Rabbi Levin
- Please sign on at 3:50

April 26 | 6pm-7pm

Loved Ones Support Group with Alexis Bracy

- a support group for families

April 28 | 5pm-6pm

Member Check-In with Alana

- A support group for members

Zoom links are sent through email one week before event date



April 1: April Fools Day

April 1-4: Passover

April 8: Holocaust Remembrance Day

April 9: Yom Hashoah

(Israel's remembrance of the Jewish lives lost in the Holocaust)

April 14: Yom Ha Atzm'ut
(Israel's Memorial Day)

April 14: Yom Hazikaron
(Israel Independence Day)

April 22: Earth Day

April 30: Lag B'Omer

Member Birthdays:



Jacob A.
Bruce B.
Ed L.
Shari S.
Brandy W.

Featured Event

HALF A BIKE

*"This is a story of recovery
by someone who's been there,
done that ... and so can you!"*



APRIL 11, 2021

2:30PM-4PM

Join us on April 11 at 2:30pm for a special event featuring Tikvah members Michael Solomon and Robert Singer. *Half a Bike* is a play about the journey of recovery, based on Michael Solomon's book, *It Comes From Within: Living with Bipolar Illness*.

The screenplay will be performed on zoom and you can find the link here:

[Half a Bike Zoom Link](#)



Gifts of Appreciation, Dedication, and In Memoriam

These gifts provide an excellent way to honor someone's service and/or memory

Robert Singer in memory of
Dr. Larry Real

Sheila Tepel in memory of
Dr. Larry Real

*Thank you again to all of those who supported our first ever virtual fundraiser,
Tikvah with a Twist!*

Your generosity allows us to continue our mission driven work each and every day.

*Thank you for providing **hope**.*

Click [HERE](#) to give your gift today

Family Resources and Support

Often times, when a family member is diagnosed with a mental illness, it not only impacts the individual, but the family at large. Parents, family members, and caregivers often times feel at a loss with how to help best support their loved one and take care of themselves in doing so. Tikvah wants to offer hope to these family members through support and resources.

Resources

The National Alliance on Mental Illness (NAMI) shares an extremely helpful article sharing how to best support your loved one with the lived experience. It helps to answer the question of "what can I do?" as parents and caregivers can sometimes feel helpless in their loved one's recovery journey. Find how to support your loved one [HERE](#)

Here to Help shares multiple personal stories of loved ones who have supported and cared for adult children living with a mental illness. These stories share everything from finding the right care, to navigating boundaries and independence. As always these articles also stress the importance of the loved one/caregiver also taking care of their own needs, health, and wellness. You can read these stories [HERE](#)

Loved Ones Support Group



Join us each month as we offer a space to provide support and resources to parents, family members, friends, and caregivers of those with the lived experience.

Information for this month's support group below:

Date: Monday April 26, 2021

Time: 6pm-7pm

Registration Link: [HERE](#)

Become a Member Today

We welcome your membership and support. Your membership helps us provide programming and events to our members and their loved ones.

Membership Type

Individual Member: \$15 per year

Our Individual Membership entitles you to receive our Tikvah Talk newsletter as well as an invitation to attend all events which are either free or \$5.00 co pay

Supporter Member: \$50 per year

Your Supporter membership entitles you to receive our Tikvah Talk as well as an invitation to Tikvah programming throughout the year. This membership is offered to those who wish to support our organization and help make a difference in the lives of those we serve.

[Click HERE to Join](#)



If you choose to make a donation to Tikvah in Dr. Larry Real's memory click the button below:

[DONATE TODAY](#)

