

Tikvah Talk

Tikvah Means Hope

February | 2021

JOIN US FOR OUR VIRTUAL FUNDRAISER:

TIKVAH *with a twist*

TIKVAH MEANS HOPE

Our annual fundraiser is going virtual!

In honor of Beulah Saideman &
in memory of Reuben Saideman

march
4
2021

thursday
6:30
pm



Grab your favorite cocktail, mocktail, tea, juice,
whatever! Tikvah is looking forward to celebrating
another year of serving the community with you!

No-Cost Registration
Raffle tickets can be purchased at:
tikvahajmi.org

No Cost Registration:

REGISTER HERE

Ad and Sponsorship Opportunities can be found on our [website](#)
50/50 and raffle basket prizes available!



[Purchase 50/50 HERE](#)

[Purchase Raffle Tickets HERE](#)

Upcoming Events

See what's happening this month:

February 3 | 5pm-6pm

Virtual Happy Hour with Sheila

- Live guided virtual tour of Colonial Philadelphia

February 7 | 4pm-5pm

Virtual Guided Meditation

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

February 10 | 5pm-6pm

Virtual Happy Hour with Sheila

- Virtual Gardens Tour

February 17 | 5pm-6pm

Member Check-In with Alana

- A support group for members

February 21 | 4pm-5pm

Virtual Guided Meditation

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

February 23 | 7pm-8pm

Loved Ones Support Group with Alexis Bracy

- a support group for families

February 24 | 5pm-6pm

Virtual Purim Party with Sheila

- Please RSVP by February 14th

February 28 | 4pm-5pm

Virtual Guided Meditation

- Living in the Moment Series with



Featured Event

Virtual Purim Party

On Wednesday, February 24 at 5pm we will be making hamantaschen with

Mira Brown and celebrating the holiday of Purim with songs, videos and trivia. You can even come in

costume if you'd like! We will be sending hamantaschen to those that RSVP. Contact the office at

215-832-0671 or email

office@tikvahajmi.org to RSVP by

February 14. See you there!

A special thanks to Mira Brown for making and donating hamantaschen to our members for this celebration!

Rabbi Levin

- Please sign on at 3:50

Zoom links are sent through email one week before event date



Member Birthdays:



Ned C.
Judy L.
Carole L.

Important Dates:



February 2

- *Groundhog Day*

February 7

- *Super Bowl Sunday*

February 14

- *Valentines Day*

February 15

- *Presidents Day*

February 25 -26

- *Purim*

Gifts of Appreciation, Dedication, and In Memoriam

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

Edward Berkowitz in memory of Francene Block

Matthew Corchnoy in memory of Dennis Spivack

Ellen Fensterer in memory of Francene Block

Betty O'Connor in memory of Francene Block

Margaret O'Connor in memory of Francene Block

Martin and Rochelle Pressler in memory of Dennis Spivack

Randi and Stephen Setterlund in memory of Francene Block

Rick Walder in appreciation for Tikvah

Judy Zon in memory of Dennis Spivack

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



Resources

TEDxTalk The video above brings to light the impact that mental illness has on the family unit as a whole and that you and your loved one are not alone. Speaker Dr. Lloyd Sederer discusses four things to help families who may be struggling.

MentalHealth.gov shares an article about ways to support and care for your loved one with the lived experience. It also includes examples of how to talk about mental illness and opening up the conversation with a loved one you may be worried about. Find the article [HERE](#)

Brain and Behavior Research Foundation shares an article complete with resources for anyone who is caring for a loved one with the lived experience. It also provides signs to look for if you think a loved one may be suffering with their mental health. Lastly, the article stresses the importance of setting healthy boundaries and caring for yourself. Find the article [HERE](#)

Often times, when a family member is diagnosed with a mental illness, it not only impacts the individual, but the 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.

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:

Date: Tuesday, February 23, 2021

Time: 7pm-8pm

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

Supporter Member: \$50 per year
Your Supporter 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

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](#)



[DONATE TODAY](#)

