

Tikvah Talk

Tikvah Means Hope

January | 2021

Upcoming Events

See what's happening this month:

January 3 | 4pm-5pm

Virtual Guided Meditation

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

January 6 | 5pm-6pm

Virtual Happy Hour with Sheila

- Chair Yoga with Rachel Hoppenstein

January 10 | 4pm-5pm

Virtual Guided Meditation

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

January 13 | 5pm-6pm

Member Check-In with Alana

January 17 | 4pm-5pm

Virtual Guided Meditation

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

January 20 | 5pm-6pm

Virtual Happy Hour with Sheila

- Jazzin' it up with the Harp with Gloria Galante

January 24 | 4pm-5pm

Virtual Guided Meditation

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

January 25 | 6pm-7pm

Loved Ones Support Group with Alexis Bracy

January 27 | 5pm-6pm



Featured Event

Jewish Family and Children's Services (JFCS) has invited us to join together on **Sunday, January 10th at 1pm** for a special virtual event, "One and Together: A One-Act Play Festival" *written by our very own Tikvah members Barry and Marcie Shaw!*

Click [**HERE**](#) to register by January 7 or contact Rivka Goldman through phone: 267-256-2250 or email: rgoldman@jfcshilly.org

Congratulations Marcie and Barry!

- Tu Bishvat Seder with Sheila**
- Please RSVP by January 18th

January 31 | 4pm-5pm
Virtual Guided Meditation

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

Zoom links are sent through email one week before event date



Member Birthdays:



Ted F.
Fran G.
Linda H-S.
Kenneth K.
Eliott M.
Donna R.
Randy S.



**Gifts of Appreciation,
Dedication, and In Memoriam**

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

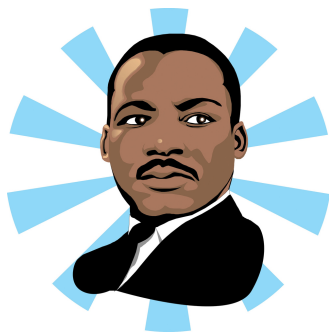
Diane Dienstman in memory of
Dennis Spivack

Eric and Tara Keiter in memory of
Dennis Spivack

Harriett Kratchman in memory of
Dennis Spivack

Michele Kratchman in memory of
Dennis Spivack

Important Dates:



January 1
New Year's Day

January 18
Martin Luther King Jr. Day

January 20

End of Year Donations

With thanks to you for your generous support of Tikvah

Neen Davis

Sallie Ellin

Larry Real

Beulah Saideman

Gary Schoenberg

BJ Snyder

Inauguration Day

January 27-28
Tu Bishvat

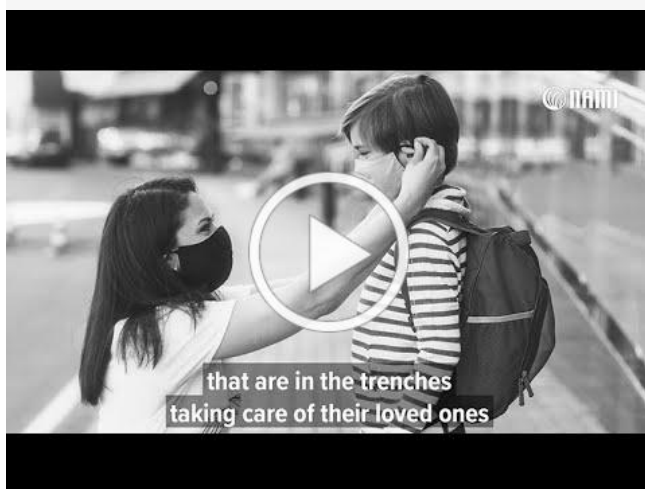
Marsha Zibik

Judy Zon

Please note this is an incomplete list due to postal mail delays. We will recognize those who donated as they are received. Thank you!

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

Family Resources and Support



Resources

National Alliance on Mental Illness (NAMI) shares a video (above) in order to support those who care for a loved one with the lived experience. The video encourages self-care for the caregiver and gives some examples such as meditating, reading, or taking a walk to relieve stress.

Psychology Today shared an article about ways to be support and care of your loved one as well as yourself. Caregiver burn out is real and it is just as important to take care of your own mental health as well as your loved ones' needs. Find the article [HERE](#)

Mental Health America shared an article complete with resources for anyone who is looking to support their loved one in seeking mental health assistance. 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: Monday, January 25, 2021

Time: 6pm-7pm

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](#)

No act of kindness
however small
is ever wasted.

[DONATE TODAY](#)

