

Tikvah Talk

Tikvah Means Hope

March | 2021



A Message From the President

Dear Friends,

It was heartwarming to see so many familiar and new faces at our recent *Tikvah With a Twist* virtual event March 4th. One of the nicest parts of the evening was when all of us had the opportunity to say hello to one another and catch up a bit.

Thank you to Beulah Saideman for giving us a brief history of the organization. It was wonderful to see so many of those who were part of the original leadership of Tikvah/AJMI. Without their strong shoulders to support us through the past thirty years, we would not be able to continue to grow and prosper as we are today. I am so fortunate to be given the opportunity to learn from them. A very big thank you to each and every one of them.

As we continue to grow, and touch more lives with the lived experience, and their loved ones, I am grateful to all of you; our dedicated board of directors, hard working staff, and most of all, our members. I know this has been a difficult year with the Covid pandemic. At Tikvah, we've been diligent in offering many virtual options to our members. With the guidance from Sheila Tepel, our Program Director, we've been able to help avoid the feeling of isolation.

Alana Hilsey, our talented Executive Director, was recently interviewed by The Jewish Exponent. Be sure to keep your eye out for the article about our wonderful organization!

As I mentioned at *Tikvah With a Twist*, please take a look at our website:

www.tikvahajmi.org We're doing great things at Tikvah and reaching more people every day. We would love for you to become a Supporter Member if you aren't already one. This is an easy way to show your support and keep up with all of our activities. Becoming a member is easy...take a look at our website for instructions.

It is truly an honor to be associated with this organization. Thank you for giving me that opportunity.

With thanks and gratitude,

Neen Davis

Upcoming Events

See what's happening this month:

March 7 | 4pm-5pm

Virtual Guided Meditation

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

March 10 | 5pm-6pm

Virtual Happy Hour with Sheila

- Live Virtual Guided Tour of Jewish Lisbon and Portugal with Gloria R.

March 17 | 5pm-6pm

Virtual Happy Hour with Sheila

- *The Wednesday Evening Standard Hour* - Jazz music with Heather Pierson

March 21 | 4pm-5pm

Mock Passover Seder

- Led by Rabbi Levin
- Please sign on at 3:50

March 24 | 5pm-6pm

Passover Program with Sheila

March 29 | 6pm-7pm

Loved Ones Support Group with Alexis Bracy

- a support group for families

March 31 | 5pm-6pm

Member Check-In with Alana

- A support group for members

Zoom links are sent through email one week before event date



Featured Event

Passover Celebrations

Tikvah is excited to host two virtual Passover celebrations this year. On Sunday, March 21, Rabbi Levin will be leading us in a model Passover Seder. We will be supplying our members with food packages for the Seder. Members will be able to pick up food from 3 different locations thanks to our Tikvah staff and volunteers. Details including location and pick up times will be sent through email.

Please RSVP by March 12 by calling 215-832-0671 or email our office: office@tikvahajmi.org.

Sheila, our Program Director, will also be hosting a Passover Program on

Member Birthdays:



Irvin A.
Jessie E.
Sandor F.
Ilene G.
Ellen M.
Eric P.
Diane P.
Alan S.

Wednesday, March 24 for our members. We look forward to learning and celebrating with you!



*Thank you 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.***

Important Dates:



March 14

- *Daylights Savings begins*

March 20

- *Spring begins*

March 27 - April 4

- *Passover*

[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

Report Recommendations

On Pins & Needles: Caregivers of Adults with Mental Illness

With unique challenges facing mental health caregivers, we recommend the following:

- **Integrate mental and behavioral health questions into all health care assessments, and provide screenings** at all health care check-ups for the patients and their family caregivers
- **Encourage treatment parity for mental health issues with that of medical health issues.** This may include providing education for providers, caregivers, and patients about state and federal parity laws and what health care benefits should be covered under a patient's health plan or insurance, such as clinical treatment, health care services, or medications.
- **Provide access to a full array of high-quality behavioral and mental health services across the continuum of care,** as well as access to community inclusion, vocational, educational, and peer supports.
- **Ensure patient access and reimbursement for appropriate medications to treat mental illness,** including access to a full-range of medication and coverage for prescribed medications that work for an individual without overly-restrictive "fail first" policies.
- **Provide assistance for both caregivers and patients in navigating the mental health system, with active outreach to caregivers to offer information and care coordination.** County or state behavioral health entities, as well as health insurers, can play a key role in providing navigation assistance to patients and their families.
- **Include caregivers as part of the health care team,** in ways that allow them to understand their loved one's diagnosis without limiting the patient's independence. Policies and practice should fully include individuals, families, providers, and supports (such as the Open Dialogue model).
- **Educate and provide resources for caregivers of those with mental illness, especially around issues of stress and caregiver health.** Education should include information about services and supports, such as short-term respite, one-to-one support, day programs, and residential services. In addition, peer support for caregivers can alleviate the isolation and stigma that many family caregivers have expressed in caring for a loved one with mental illness.
- **Work to reduce the stigma of mental illness through public awareness campaigns.** Individuals with mental illness and their families continue to feel isolated, which prevents them from reaching out to find resources and supports.

About the Report: *On Pins & Needles: Caregivers of Adults with Mental Illness* is a study by the National Alliance for Caregiving in collaboration with Mental Health America and the National Alliance on Mental Illness. The study provides new data on 1,601 family caregivers of persons with moderate-to-severe mental illness including people caring for a loved one affected by bipolar disorder, schizophrenia, major depression or another mental illness. Findings include gaps in existing coverage and potential solutions. The report also includes public policy recommendations. The study was made possible through generous sponsorship from Allergan, Eli Lilly, Novartis Pharmaceuticals Corporation, and Janssen Scientific Affairs, LLC.

Full Report at: www.caregiving.org/mentalhealth

Resources

The graphic above comes from ***The National Alliance for Caregiving*** who partnered with NAMI to conduct a study on the obstacles and opportunities facing caregivers of adults with mental illness. The graphic includes recommendations based on the findings that caregivers may find helpful. To expand the recommendations click [HERE](#) More information can be found on their website:

<https://www.caregiving.org/mentalhealth/>

Here to Help shares an article as well as resources and "next steps" if your loved one is living with a mental illness. It shares everything from how to help with medication or encouraging a healthy lifestyle. You can find the full article [HERE](#)

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 below:

Date: Monday, March 29 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](#)



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TIKVAH | [Website](#)

