



# Tikvah Talk

*Tikvah Means Hope*

October | 2020

## Upcoming Events

See what's happening this month:

October 5 | 8pm

### Virtual Support Group with Dr. Jeff Shapiro

- Must register [HERE](#) to receive your confidential Zoom link
- Please email [alana@tikvahajmi.org](mailto:alana@tikvahajmi.org) with any questions

October 7 | 5pm

### Virtual Happy Hour with Sheila

- Vacation to Florida via Zoom

October 15 | 5pm

### Virtual Happy Hour with Sheila

- Virtual trip to the Museum of the American Revolution
- Must RSVP to the office by October 12

October 18 | 4pm

### Virtual Guided Meditation

- Living in the Moment Series with Rabbi Levin



## Monthly Updates

### Day of Giving

This past month we held our first annual Day of Giving and we are so excited to announce that we officially met our fundraising goal!

This would not have been possible without the support, dedication, and generosity of all of you who took part.

Because of you, we will be able to continue expanding our efforts and offer more events and opportunities to

- Please sign on at 3:50

October 21 | 5pm

**Virtual Happy Hour**

- Virtual Chair Yoga with a live instructor

October 25 | 4pm

**Virtual Guided Meditation**

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

October 28 | 5pm

**Virtual Happy Hour** with Sheila

- Entertainment by Shelly Quigley

**Member Birthdays:**



October 6 - Steve Collins

October 13 - Mitch Bass

October 16 - Ellen Gorberg

October 25 - Eric Kesselman

October 27 - Rachel Adelman

**Important Dates:**

our members. Most importantly we will be able to continue to spread hope, which is what Tikvah is all about!

**Loved Ones Support Group**

As previously mentioned, our loved ones support group with Dr. Jeff Shapiro is back - this time virtually!

This support group is open to anyone who is close to someone with the lived experience of mental illness; parents, family members, spouses, friends, caregivers, etc.

Starting this Monday, October 5, the support group will be held via Zoom once a month on a Monday night at 8pm. To sign up, simply click the link provided **HERE** and on our website or send an email to

alana@tikvahajmi.org to get your confidential link. Keep an eye out for information regarding each month's date and sign up link!

**New Events this Month**

We have several new, exciting events to offer our members this month!

Members can relax and unwind with a virtual vacation to Florida or learn about our country's history during the



October 2-9: Succot

October 9-10: Shemini Atzeret

October 10-11: Simchat Torah

October 12: Columbus Day

October 31: Halloween

tour of the Museum of the American Revolution.

Mental wellness events are being offered throughout the month as well, including virtual chair yoga and the Living in the Moment meditation series with Rabbi Levin. Check out our website for more detailed information. Zoom links for events are sent 1 week in advance.



## A Word From Our Members

**Let's see what our members have to say about our virtual events!**

"Happy Hour is good for the lonely spot inside of our souls."  
Chuck Allan

"Happy Hour is a wonderful place for friends to get together."  
Sandor Flitter

"I like Happy Hour and I'm glad Tikvah is doing it."  
Rob Singer

"It gives me something to do and I enjoy some of the programs."  
Barry Shaw

"Happy Hour gives me something to do and gives me a chance to see people"  
Lee (Moshe) Rothman

"Being safe is boring. Avoiding other people is a safe but sad and isolating health practice during this strange time. Thank G-d for Tikvah's Happy Hour and Meditation that take me into a room full of familiar faces and comforting friends twice every week."  
Ed Berkowitz

*"When two friends climb a hill, the hill seems less steep than if they climbed it alone" - Sherri Mandell*

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