



Tikvah Talk

Tikvah Means Hope

September | 2020

Upcoming Events

See what's happening this month:

September 8 | 3pm

Live Virtual Guided tour of Eastern State Penitentiary

- Must RSVP to office at 215 832 0671 or email to office@tikvahajmi.org by Wednesday Sept 2, 2020

September 13 | 4pm

Virtual Rosh Hashanah Event

- Prepare for Rosh Hashanah with Rabbi Levin via Zoom



September 16 | 5pm

Virtual Happy Hour with Sheila

- Holiday Theme: videos, songs, and favorite memories

September 23 | 5pm

Virtual Happy Hour with Sheila

- Flute Duet Fun!

Sept 30 | 5pm

Virtual Happy Hour with Sheila

- Musical Guest: Mike Nourie

Member Birthdays:



Louis Kessler - 9/3

Fredric Roy Nason - 9/3

Barb Brennan - 9/6

Beth Greenspan - 9/07

Ellen Rosenberg - 9/15

Matt Corchnoy - 9/19

Esther Hohenberger - 9/19

Block Fran - 9/22

Cyrus Malik - 9/30

Monthly Updates

September is here and fall is just around the corner! With each season comes change; the days get shorter, leaves change colors, and chilly weather will replace the summer heat. We have all had to adjust to a lot of changes these past few months, but that has not stopped our creativity! Keeping the health and safety of our members and community at the forefront, we have been planning and hosting a variety of different virtual events. Each week our members have been able to join together for a meditation and a happy hour. The meditation series with Rabbi Levin teaches us how to live in the moment and our virtual happy hours give members a chance to catch up, play games, and enjoy each other's company. This month we also have an exciting new event planned, a virtual tour of the Eastern State Penitentiary!

Loved Ones Support Group

Important Dates:



Sept 7 - Labor Day

Sept 13 - Grandparent's Day

Sept 18-20 - Rosh Hashanah

Sept 22 - Fall Begins

Sept 27-28 - Yom Kippur

Tikvah understands the toll mental illness has not just on those with the lived experience, but on their families and loved ones as well. Tikvah is happy to announce that we are bringing back our loved ones support group with Dr. Shapiro - virtually! Information regarding dates and times, how to sign up, confidentiality, and more will be released this month. Keep an eye out for an email soon!



Some fall favorites for Tikvah include our Annual Picnic and trips to the orchard featured above. This year will look a little different in order to keep our community safe, however, our members have been loving our virtual events! Our member, Rachel, states:

"Tikvah Happy Hour has become a much welcomed break in the middle of my week, where I am able to just kick back, see some friendly faces, and laugh a little. It is an event that I can count on every Wednesday at 5pm even during this most unstable time of COVID-19. Whether the hour is filled with some icebreakers, light conversation, a few jokes, short games, talented musical guests, or virtual tours of interesting places, Tikvah Happy Hour is an enjoyable weekly diversion from the anxiety brought on by this virus. I am

extremely grateful to all who participate because for that single hour I definitely feel less alone and a true sense of camaraderie. My hope is that more people decide to check it out. The inviting atmosphere has made quite a difference for me each week."

Tikvah Testimonies



Name: Esther Hohenberger
Member Since: 2001

"My family wanted me to socialize after two month long hospital stays that were so close together and they had been the beginning of my journey in the mental health system. I had a lot of adjusting to do and Tikvah was kind, gentle, and encouraging to get involved.

My most memorable Tikvah event was at Long Wood Gardens with Yaffa as program director. There was an outdoor concert and it rained lightly. I sat next to Renee and Jill and felt so relaxed and grateful for the friendships. Yaffa was so welcoming, that for the longest time, I did not know she was staff. At that time in my life I needed the attention Yaffa was able to give me.

Tikvah means so much to me as I can openly talk about whatever is on my heart including talking about my relationship with God and it is perfectly appropriate and accepted by my contacts (friends) at Tikvah. Also, I had a passion for editing and I had the opportunity to work in the office at Tikvah and build healthy relationships with staff as well as members. I developed an interest in photography. I designated myself as Tikvah event photographer/ journal person and this too was welcomed by staff and members. I just love Tikvah. Thank you and gratitude for all you do."

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