



October | 2021

### Upcoming Events

See what's happening this month:

Sunday, Oct 3 | 4pm-5pm

#### Virtual Guided Meditation

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

Wednesday, Oct 6 | 5pm-6pm

#### Virtual Happy Hour with Sheila Israel Street Art

Sunday, Oct. 10 | 4pm-5pm

#### Virtual Guided Meditation

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

Wednesday Oct 13 | 5pm-6pm

#### Virtual Member Check - in with our Executive Director, Abby Gilbert

Sunday, Oct 17 | 4pm-5pm

#### Virtual Guided Meditation

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

Wednesday Oct 20, | 5pm-6:30pm

#### Virtual Happy Hour with Sheila. Live Virtual Guided Tour of Spooky Paris with Karen Reb Rudel

Monday, Oct 25 | 6pm-7pm

#### Friends and Family Support Group facilitated by Alexis Bracy

- Confidential opportunity to share successes, challenges and resources.
- Get feedback from others whose loved ones are experiencing



## Annual Picnic

**Sunday, October 31**

**from 12-2:30 PM**

**Alverthorpe Park**

**Forrest Ave & Jenkintown Road**

**Jenkintown, PA 19046**

**Come connect with fellow Tikvah  
members in person for an  
afternoon of food and fun!**

**Recommendation that attendees be  
fully vaccinated and wear masks  
when not eating.**

**All food will be provided according  
to COVID restrictions, no food  
donations will be accepted.  
Free with current membership.  
Guests welcome @ \$5 pp. credit  
toward membership upon joining.**

**Please RSVP to office either by  
phone, 215 832 0671 or email**

**Office@Tikvahajmi.org by**

**October 22, 2021.**

mental illness.

Sunday, Oct 31| 12pm-2:30pm  
**Annual Picnic at Alvethorpe  
Park / In Person!**

*Zoom links are sent through email one  
week before event date*

### Important Dates:



October 10 - World Mental Health  
Day  
October 11 - Columbus Day  
October 31 - Halloween

### Member Birthdays:



Rachel A.  
Mitch B.  
Steve C.  
Ellen G.  
Eric K.

***Happy Birthday!***



[Click Here To Register](#)

### Friends and Family Support Group

*Join us each month as we offer a  
facilitated 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, October 25, 2021**

**Time: 6pm-7pm**

After registering, you will receive a  
confirmation email containing information  
about joining the meeting.

**A Message From The Executive Director**

**Sharing What Tikvah Means to You**

To The Tikvah AJMI Family ,

Thank you to all the wonderful members of the Tikvah community who have warmly welcomed me during my first few weeks as your Executive Director.

Don't be  
ashamed of your  
story. It will inspire  
others.

Anonymous

I have been sincerely impressed by the caring and respect that those I have met in our virtual gatherings express for each other and the value that is articulated by many for their connection to this organization.

These outpourings of value and gratitude have inspired me to begin a new initiative in the coming months. I am inviting those who would like to do so to contribute short statements of why they joined Tikvah or what Tikvah participation has meant to them. With your permission we will publish these in upcoming issues of Tikvah Talk with a photo of the contributor. This feature will be called Tikvah Testimonies. If you have a statement to share, whether you are yourself living with mental illness or if you are associated with Tikvah because a friend or family member has lived experience **I invite you to reach out to me by email at [abby@tikvahajmi.org](mailto:abby@tikvahajmi.org) to share what Tikvah means to you.**

May we go together from strength to strength.

Abby F. Gilbert  
Executive Director

## Family Resources and Support

When a family member is diagnosed with a mental illness, it not only impacts the individual, but the family at large. Tikvah wants to offer hope to these family members through support and resources.

### Resources

The American Psychiatric Association shares an article highlighting that many people enjoy giving advice. But while helping others may be a major motivator, giving advice also changes how we feel about ourselves

[Giving Advice Creates a Sense of Power](#)

In life, many things don't  
go according to plan.  
If you fall, get back up.  
If you stumble, regain  
your balance.

**Never Give Up!**

-Author Unknown-  
AgapsΩ



# 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](#)



**These gifts support honor someone's service and/or memory**

### **In Memory of Eric Penn**

Ed Berkowitz  
Beverly Hayden  
Michael Meketon

### **In Memory of Martin Pressler**

Ed Berkowitz  
Ellen Gorberg  
Tamara Marcus  
Sheila Tepel  
Robert Singer

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