

# Tikvah Talk

*Tikvah Means Hope*



November | 2021

## Upcoming Events

See what's happening this month:

Thursday, Nov. 4 | 6pm-7:pm

### **Dinner In Person at the Four Seasons Diner with Sheila**

2811 Cottman Avenue  
Philadelphia, PA 19149

Recommendation that attendees be fully vaccinated and wear masks when not eating. Please RSVP to office or email office by November. 1, 2021 \$5.00 Stipend given to members who are attending

Sunday Nov. 7 | 4pm-5pm

### **Virtual Member Check - in**

with our Executive Director, Abby Gilbert  
Topic: You have to be a friend to have a friend.

Wednesday Nov. 10, | 5pm-6:30pm

### **Virtual Happy Hour with Sheila.**

Games, Jokes, and Trivia

Sunday, Nov. 14 | 4pm-5pm

### **Virtual Guided Meditation**

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

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

## Important Dates:



## Coffee Talk

**New Avenue Cafe  
at the Kelly Center**

**Wednesday, November 17th**

**from 6 p.m. - 8 p.m.**

**4-6 E. Eagle Road,  
Havertown, PA 19083**

**Relax and enjoy coffee, tea or a smoothie and delicious snacks compliments of Tikvah.**

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

**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  
November 3, 2021 at noon

Nov. 7 Daylight Savings Time -  
Remember to turn clocks back 1  
hour

Nov. 11 - Veterans Day

Nov. 25 - Thanksgiving

Nov. 28- Dec. 6 - Chanukah

## Member Birthdays:



Richard B.

Julie C.

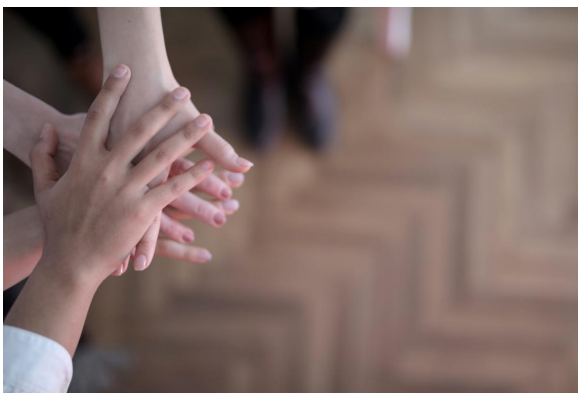
Janet N.

Robert S.

Stanley S.



[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, November 22, 2021**

**Time: 6pm-7pm**

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

**A Message From The Executive Director**

**News from the Tikvah Office**

To The Tikvah AJMI Family ,

*This month I want to say a special thank you to Tikvah member Ed Berkowitz who has been, until recently, our part time office assistant. Ed is stepping back from that role but will be remaining an active member of Tikvah. Please join me in wishing him well and expressing appreciation for all that he has done for Tikvah during the time that he worked in our office.*



*Rob Singer, an active member who is also part of our Board of Directors will be working part time in the office and coordinating the efforts of our Tikvah Phone Squad. Please welcome Rob to this new role when you call the office or correspond with him by email at [office@tikvahajmi.org](mailto:office@tikvahajmi.org).*

*Rob, Sheila and I will be splitting our time between working in the office and remote work. We are monitoring the office phone and our email during business hours even when we are not in the office.*

*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.*

### **Psychology Today**

It's likely that all of us have hesitated to ask a question at one time or another for **fear** that we'll look stupid. It's also likely that we've refused to ask for help when we could have really used it, because we didn't want to appear weak.

But asking for help—whether you want clarification on something you don't understand, or you're **struggling with depression**—is a sign of strength, even if our culture often tries to convince us otherwise.

[Asking for help is hard.](#)  
[Knowing what to say makes it easier.](#)



# 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**

Ramona & Jill Alpern  
Patricia Wisch

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

Ramona & Jill Alpern  
Michael Solomon  
Judy Zon

### **General Donations**

Lois Fox  
Esther Hohenberger  
Yaffa Meiners  
Suzanne Root  
Karen Reb Rudel  
Judy Zon

[DONATE TODAY](#)