

Tikvah Means Hope

Tikvah Talk

May | 2023

Events This Month

See what's happening and register for events to save your spot!

NYC BUS TRIP

Join Tikvah on a tour of Crown Heights, Brooklyn



Sunday, May 21
7:45AM Kaiserman JCC
8:45AM KleinLife

Coach Bus will pick up at both
KleinLife and Kaiserman JCC.

\$25 for Members
\$125 for Guests
Limited spots available

Scribe | Mikvah | Kosher Deli | Judaica

We will be providing snacks and water on the bus.

Led by Rabbi Ephraim Levin

Lunch and any shopping purchase are to be paid for by members and guests

www.TIKVAHAJMI.org | Office@tikvahajmi.org | (216) 832-0671

Register for NYC Bus Trip

Monday, May 1 | 12:15 PM-1:45 PM

Kaiserman JCC

Learn & Lite Bites

Salad bar, snacks and beverages will be served. Stroke prevention with Maureen Krouse, LMC Blood pressure screenings following lecture if interested.

Sunday, May 7 | 1PM-5PM

Kaiserman JCC

Israel 75 at Saligman

Celebrate the culture, people and food of Israel with an afternoon of fun for all ages. A tasting and cooking demonstration will feature creations by Michael Solomonov. Enjoy food, crafts, games, educational programs and more. Free for Tikvah members, \$5 for guests. Advance registration required. Transportation is available.

Wednesday, May 10 | 5:30PM-6:30PM

Virtual Program via Zoom

Living in the Moment Meditation

Meditation and Mindfulness Program with Rabbi Ephraim Levin.

NOW ON WEDNESDAY!!

Thursday, May 18 | 5:30PM-7:30PM

Congregations of Shaare Shamayim

Cooking with Mira

Learn new recipes and enjoy a healthy dinner with friends.

Wednesday, May 24 | 11:30AM-1:30PM

Kleinlife

Lunch and May Birthdays

Lunch and musical entertainment by Bob Daddona. Come for lunch and let's celebrate May birthdays!

Sunday, May 28 | 10:30AM-12PM

Pennypack Park, 8500 Pine Road

Tikvah Walk with Abby

Let's go for a walk at Pennypack Park. We will be meeting by the entrance across from Fox Chase Farm. There is parking available. Water and snacks will be provided.

Wednesday, May 31 | 5:30PM-7PM

Miller's Ale House

9495 Roosevelt Boulevard

Northeast Neighborhood Dinner

Come hang with Tikvah friends during the week! Pay as you go. Tikvah covers tax and gratuity.

Monday, June 5 | 12:15PM-1:45PM

Kaiserman JCC

Learn & Lite Bites

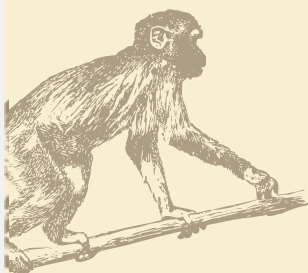
Salad bar, snacks and beverages will be served. Be S.A.F.E. Staying Alert for Emergencies, with Maureen Krouse, LMC.

[Register for Programs](#)

Zoom links for virtual events are sent via email one week prior.

Please note, the Tikvah office will be **closed** on **Memorial Day** and **Shavuot** in observance of the holiday.

SAVE THE DATE



A DAY AT THE ZOO

with



Sunday, July 9 at 12PM

Tikvah invites you to our donor appreciation event
Taking place in the Canopy Gardens an elegant indoor space

Kosher Catered Lunch  | Awards
Zoo Admission and Free Parking Included

\$75 for Guests
\$25 for Tikvah Members

Elmwood Park Zoo
1661 Harding Boulevard, Norristown, PA 19401

Registration Deadline: June 29

SPONSORSHIP OPPORTUNITIES AVAILABLE

Sponsorship Opportunities Available

Contact Tikvah Outreach Coordinator Rhonda Cohen (rhonda@tikvahajmi.org)



HONOREES

Righteous Person Award

Valerie A. Arkoosh, MD, MPH
Acting Secretary for the Department of Human Services,
Commonwealth of Pennsylvania

Solomon Award

Bill Myers
CEO, Montgomery County Emergency Services

Marcus Award

Halie Hershman
Tikvah Member and Office Assistant



Recap of this Months Dessert and Dialogue Event

"Laughter is the Best Medicine" was the theme of Tikvah's most recent Dessert and Dialogue event on Sunday, April 16th, at KleinLife. The event was attended by more than 50 members and guests. The keynote speaker for the event was the esteemed Dr. Joel Schwartz, an author and a humorist, also an American Psychiatric Association Distinguished Fellow. Dr. Schwartz spoke about the use of humor to lift our mood and manage stress. Tikvah members learned a great deal from his insightful presentation.



The staff were joined by Friends and Family Volunteers Elena D'Amico, Ellen Gorberg, and Staci Hershman, as well as Board of Directors Volunteers Neen Davis, Robert Singer, and Michael Solomon. Their contributions were instrumental in making the event a resounding success!

The "Laughter is the Best Medicine" event was also funded in part by
**the Jewish Federation of Greater Philadelphia and
the Anna T Jeanes Foundation Community Grant.**

Learn more about Joel Schwartz here: <https://www.stresslessshrink.com/>



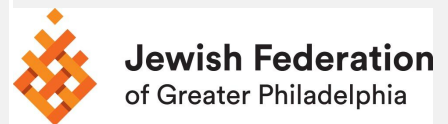
Community Partners

(Click their logo to learn more)

Larry A. Real, M.D. Tikvah Community Connection Partners



Community Program Partners



Centered in Community. Inspired by Jewish Values.



Rotary Club of NE
Philadelphia, Cheltenham, Rockledge

Temple Health Anna T. Jeans Foundation

Happy Birthday! יום הולדת שמח!

Suzanne B.
Marcie S.
Kyra B.
Michael S.
Jennifer K.
Renee P.
Chuck A.
Matt Z.
Halie H.



Important Dates

May

Mental Health Awareness Month

May 14

Mother's Day

May 26

Shavuot

One of the three pilgrimage festivals, It was originally a harvest festival, but now also commemorates the giving of the Torah.

May 29

Memorial Day



Tikvah Connect

Events for members in their 20s 30s and 40s

If you know anyone who would be a good fit for Tikvah Connect, please email Carter Freedlander at carter@tikvahajmi.org.

We would love to introduce them to our amazing community!

Tikvah Community Forum

Facebook Community



Through our Facebook page we have created a community online forum where members can stay in touch after events are over and hear about events coming up too! If you are interested or have questions about how to join, our communications manager Carter Freedlander (carter@tikvahajmi.org) would be happy to help!

Visit the Tikvah Community Forum [Here](#):

<https://www.facebook.com/groups/671527237841358/>

Become a Member Today

We welcome your support which helps us provide programming and events to our members and their loved ones.

Membership Type

Individual Member: \$20 per year

Our Individual Membership entitles you to:

- Weekly free or subsidized social gatherings
- Biweekly phone squad check-in calls
- Monthly member check-in meeting
- Monthly newsletter
- Seasonal holiday events
- Periodic wellness programs

Supporter Member: \$50 per year

This membership is offered to those who wish to support our organization and help make hope happen for those we serve.

Your supporter membership entitles you to receive our Tikvah Talk newsletter. You also receive updates and invitations to Tikvah programming throughout the year.

Donations & Grants

Michael Solomon

Abby Gilbert in honor of the marriage of Sheila Tepel to Steve Wolf

DONATE TODAY TO HONOR OR REMEMBER SOMEONE

Contacting Us

Our Staff and Office Information:

- Abby Gilbert, Executive Director abby@tikvahajmi.org
- Rhonda Cohen, Outreach Director rhonda@tikvahajmi.org
- Barbara Ponczek, Program Manager barbara@tikvahajmi.org
- Carter Freedlander, Communications & Young Adult Program Manager carter@tikvahajmi.org

Office Support: Elena D'amico, Ellen Gorberg, Halie Hershman, Shari Simon, Rob Singer, Joyce Oxfeld

Phone Squad: Chuck Allen, Matt Corchnoy, Jeff Gansheroff, Troy Rosenthal, Shari Simons, Brandy Wasilewski

General questions office@tikvahajmi.org or call **215-832-0671** Calls are answered and messages returned Monday - Friday 9 a.m. to 5 p.m., also three hours prior to and during programs.

Business Office: Tikvah@KleinLife, Suite 122, 10100 Jamison Avenue, Philadelphia, PA 19116