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Selfhelp Community Services, Inc.
2005 Annual Report to the Community:
Four Stories of Independence

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Feature Section



As a leading not-for-profit provider of affordable housing, home care, and senior services, as well as supportive programs for elderly Nazi victims, Selfhelp assists a broad range of New Yorkers—natives and newcomers, individuals and families, 60-year-olds and 90-year-olds, healthy and ailing—to live independent and fulfilling lives. The stories in our feature section illustrate how Selfhelp’s comprehensive network of programs meet the needs of four very different clients at four distinct stages of life.

Message to Our Friends



There was a time when “three score and ten” defined a long lifespan. Today, seventy is often the age that marks the beginning of a vibrant and creative period of life. This holds true for organizations as well as people—and next year Selfhelp will reach that milestone, ready to move forward with the enthusiasm of youth and the wisdom gained from decades of experience.

Our organizational fitness is the product of a committed Board, a dedicated staff, and loyal supporters who recognize the importance of the work we do together. Today our comprehensive care management system has something to offer seniors at any age and a growing number of families at risk. Once a person enters Selfhelp’s network for any service—a wellness program at a senior center, a computer class to learn the intricacies of email, or home care—each person or family can be linked to more comprehensive kinds of assistance as their needs change.

To help you truly appreciate what Selfhelp’s comprehensive support can mean to an older New Yorker, the stories in this annual report will demonstrate how we can respond to the challenges faced by a 66-year-old immigrant widow with a broken ankle, a 74-year-old who lovingly cares for a wife with Alzheimer’s disease, an

86-year-old who fled Nazi Germany as a young man, and a 92-year-old woman confined to a wheelchair after a stroke. If you were in their shoes, how would you cope with day-to-day life in New York when your income and mobility are limited and your family is far away? To whom would you turn for help?

For almost 20,000 men and women in the past year, the answer was Selfhelp. Although every client we serve is unique, with a distinct set of needs, all share a desire for a dignified, independent, and productive life. Selfhelp's pledge is to do everything in our power to help them achieve that goal.

To fulfill this mission, we continue to build capacity. The past five years have been marked by steady enhancement of the excellence of our services, the growing strength of our leadership, and an ongoing commitment to sound business practices. These organizational qualities enabled Selfhelp to absorb a financial loss from operations this year that was the result of the bankruptcy of a major contractor of our home care services.

We are proud that our community partnerships and collaborations continue to thrive. One of the foremost among them is The Conference of Jewish Material Claims Against Germany. This highly regarded organization provides inspiration, major

“The past five years have been marked by a steady enhancement of the quality of our services, the growing strength of our leadership and an ongoing commitment to sound business practices.”

financial support, and opportunities for growth to our Nazi victim program, helping to fund a wide range of services from comprehensive case management and home care to social and cultural programs.

Our *Campaign for Selfhelp* continues to make excellent progress. By the end of the fiscal year, we had raised \$9.3 million toward our \$12 million goal. We are grateful for a groundswell of new support from a broad segment of the community that has brought many generous gifts from first-time donors. And we owe special thanks to another valued community partner—UJA-Federation of New York, which has continued to share its experienced leadership, skilled staff, and volunteer network with the *Campaign for Selfhelp*.

Before we conclude the campaign at the end of June 2006, we hope that many more of you will join the generous donors who support Selfhelp's work. Only with the participation of an ever widening group of contributors can we continue to offer our unique brand of individualized, comprehensive services to the New York community.

Selfhelp looks back over the last seven decades with justifiable pride in our reputation for quality, integrity, and compassionate care. And we look forward with equally justifiable confidence, knowing that with community partners and donors like you, we will continue to build on that outstanding history of excellence to meet the complex needs of 21st century New Yorkers.



Victor A. Wyler,
President



Stuart C. Kaplan,
Chief Executive Officer



FEATURE SECTION:

Four unique clients
Four stages of life
Four sets of challenges
Four ways Selfhelp
supports independence

Building a New Life at 66 Galina's Story

Usually on Tuesday mornings I'm on my way to English class. Selfhelp found it for me—and a citizenship class too. In just a few more months I'll be ready to take my citizenship test—after five years in America. That's something I didn't even dream about back in Russia when my husband was still alive. Just getting by from day to day was hard enough, especially after he got so sick. When I wasn't working at the factory I spent all my time making sure he had what he needed. Me? No time to even think about anything I might want. I can't believe I'm really here in America and living in Brooklyn. And I can't believe all the fruits and vegetables I can find just walking down Ocean Avenue! I can get all the ingredients to make pierogi and I don't even have to wait in line! All was going so well until last month. On my way home from the store, I slipped off the curb and broke my ankle. I was so frightened. My only daughter lives in Israel and I couldn't think of anyone who could



I hereby declare, on oath,
I will support and defend
the Constitution of the
United States of America
and that I take this
obligation freely.

EXPANDED IN-HOME SERVICES FOR THE ELDERLY

Selfhelp's Expanded In-Home Services for the Elderly Program (EISEP) is supported by the New York City Department for the Aging. The program provided 232,269 hours of personal care to seniors (aged 60 or older) with marginal incomes who live in Manhattan and Brooklyn.



ESL AND CITIZENSHIP

Selfhelp enables elderly immigrants in our housing and senior centers to become citizens by providing a range of services that includes outreach, case management, information and referral, English as a Second Language (ESL) and citizenship classes, advocacy, assistance with applications and interviews, and access to legal resources. Last year, Selfhelp provided 850 ESL classes and 157 citizenship study sessions. Beyond citizenship, Selfhelp provides counseling and encouragement to help elderly immigrants become more fully integrated into their new country by accessing programs that best meet their social, educational, and communal needs.



CASE MANAGEMENT

Selfhelp operates two case management programs, Kensington and Project PILOT, funded by the New York City Department for the Aging. Both programs evaluate seniors on an on-going basis to determine what kinds of assistance they need to live independently in their own homes. Through referral and advocacy, Selfhelp case workers help them obtain a variety of services including home care and Meals on Wheels. Last year, Selfhelp provided 15,496 hours of case management services to 2,595 clients at our Kensington site in Brooklyn; and 14,667 hours of case management services through Selfhelp's PILOT program in Manhattan. Most of our social workers are bilingual, with second languages including Spanish, Russian, and Chinese.



LICENSED HOME CARE

Selfhelp's Licensed Home Care Services Agency (LHCSA) furnishes home health aides to frail and disabled individuals who require convalescent or rehabilitative care to live independently in their own homes. This year, our LHCSA workers provided 886,866 hours of service to a diverse population of mostly elderly clients living in metropolitan New York, Nassau, and Suffolk counties.







**NATURALLY OCCURRING
RETIREMENT COMMUNITIES**

Naturally Occuring Retirement Communities (NORCs) are housing complexes with a large percentage of elderly residents, many of whom have “aged in place.” Selfhelp’s six NORC programs provide senior New Yorkers with the on-site services they need to maintain their independence and continue participating in community activities. These services include health screening and home care services; case management and counseling; social, recreational, and educational programs; local transportation and special trips; and opportunities for volunteer service.

SENIOR PARTNERS

Selfhelp’s Senior Partners Program pairs healthy, active seniors with physically and/or mentally frail individuals to provide social and intellectual stimulation. Provided with special training, Selfhelp’s Senior Partners make it possible for men and women who might otherwise be deprived of contact with their peers to be included in our senior center activities.



ALZHEIMER’S RESOURCE PROGRAM

Selfhelp’s Alzheimer’s Resource Programs (SHARP) offer Alzheimer’s sufferers an affordable, community-based continuum of care from the time of diagnosis through the middle stages of the disease. Our early diagnosis support groups give clients and their caregivers solace, support, and information about the effects of Alzheimer’s, in a structured, reassuring environment. Selfhelp provides social day care programs that emphasize the preservation of the personality and abilities of clients with early to mid-stage dementia. At the same time, Selfhelp’s professional staff offers clients, families and caregivers individual emotional support, information, and assistance. This year, SHARP provided 2,236 hours of adult day care and social activities to 103 families in Bayside, Maspeth, and Flushing.



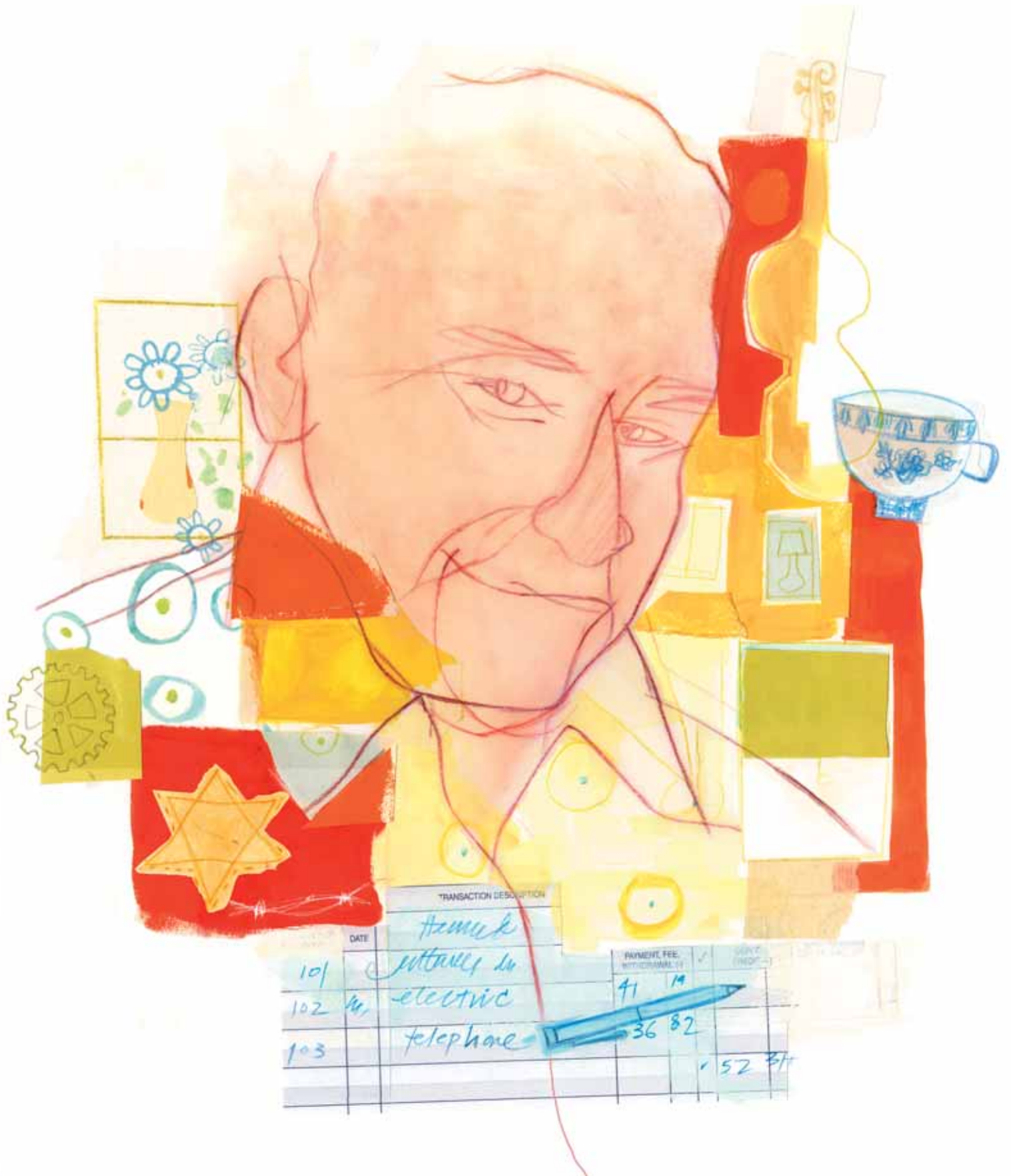
SENIOR CENTERS

Selfhelp’s six senior centers provide essential social services and stimulating group activities to an ethnically and culturally diverse population of approximately 8,000 older adults who either reside in Selfhelp apartment buildings or live in surrounding communities. Each center provides hot meals in its dining room, information and referral services, counseling, health screenings, exercise classes, educational programming, and recreational activities. Together, Selfhelp senior centers served over 142,760 congregate hot lunches and delivered 38,393 meals to homes this year.



Preserving Independence at 86 David's Story

I never talk about the worst times. I lost my family, my friends, my home, my whole world. When I came to America in 1938 I started again from scratch. That's when I first heard about Selfhelp. They were helping my aunt and uncle find work way back then. They arranged for my aunt to take a position as a housekeeper for a family in Manhattan, and she worked for them until my uncle learned enough English to get a job in a Brooklyn machine shop. I enlisted as soon as I could. The army needed guys who could speak German and knew their way around, and it felt right to go back and fight those Nazi criminals. A lot of guys didn't make it—but I was lucky. I came back to New York, went to work with my uncle, and made a pretty good life for myself. Lately, though, I can't get the old memories out of my mind—the terrifying flashbacks I kept hidden for so many years; the terrible moment when I realized that I'd never see my parents again; the knots in my stomach as I tried to keep a



DATE	TRANSACTION DESCRIPTION	PAYMENT FEE WITHDRAWAL (✓)	SERVICE FEE (PROF. ✓)
101	Hamuk		
102	Mr. electric	41 19	
103	telephone	36 82	
			1 52 31

FINANCIAL MANAGEMENT

As some Nazi victims reach advanced age, they need assistance managing their financial and personal affairs. Three levels of service are available, ranging from bill paying to court appointed guardianship, and are coordinated closely with case management services.



SOCIAL PROGRAMMING

Selfhelp provides a variety of social activities and holiday celebrations throughout the year to address the loneliness and isolation experienced by many elderly and frail Nazi victims. Selfhelp's "Coffee House" program is one of the most popular with an average attendance of 65 people per event. These gatherings evoke the relaxed atmosphere of an old-world "European coffee house" in which Holocaust survivors can socialize with friends who have had similar experiences and understand their feelings. This year, Selfhelp held 72 Coffee Houses for survivors living in Brooklyn, the Bronx, Manhattan, Nassau County, Queens, and Washington Heights. Nearly 2,000 Nazi victims participated in other social programming which included holiday celebrations, day trips, bereavement groups, creative writing classes, and luncheon gatherings with Hillel students.



NAZI VICTIM SERVICES



The age and frailty of surviving victims of the Nazis require an

extensive network of support services to help them live as independently as possible in their own homes. Selfhelp operates the largest program of comprehensive services for Holocaust survivors and victims of Nazi persecution in North America. This year, Selfhelp assisted 4,653 Holocaust survivors and Nazi victims through a seamless network of services ranging from case management and emergency assistance to home health care, counseling, and social programming. As part of those services, Selfhelp provided 31,804 hours of case management services and 10,947 home visits to our Nazi victim clients.

EMERGENCY ASSISTANCE



In 2005 Selfhelp's Nazi Victim Services Program distributed \$416,000 in emergency cash assistance to Nazi victims in New York City for a variety of needs including medical

care, food, clothing, rent, and utilities. An additional \$336,000 was distributed, through a special program, to Austrian Nazi victims throughout North America. Selfhelp also provides subsidized home health care services to clients awaiting eligibility for Medicaid or state-funded home care. In 2005 Selfhelp provided 17,304 hours of subsidized home care to Nazi victims.

Staying Vital at 92 Mary's Story

My favorite place is the garden. Before I moved to Selfhelp's Weinberg Apartments, my fingers hadn't been in the dirt for years. But right next to my building there's a lovely little garden with raised flower beds that I can reach from my wheelchair. Anytime the weather is good, my friend who lives down the hall takes me down there. It feels so wonderful to be growing things again! When it's cold and rainy, I often go next door to Selfhelp's senior center. They have lots of activities, but I especially like the exercise class designed for people like me who use wheelchairs. After my stroke, I didn't know whether I could keep up my active life—but I was never one for taking it easy, and with Selfhelp housing services and the senior center, I'm busier than ever. And even though I'm 92, I'm still learning new things. When my great-granddaughter, Lindsey, was sent to Iraq, she gave me her computer to take care of while she was gone. I promised



ON-SITE HOUSING SERVICES

Each of Selfhelp's six affordable housing sites have on-site social workers and staff who provide counseling, information referrals, help with family issues, and supportive services.

Depending on need, Selfhelp's on-site staff can arrange a visit with a community nurse, organize home care services, provide housekeeping services, match a frail tenant with a volunteer companion, and obtain the assistance of a financial manager to organize daily finances.



SUPPORTIVE TECHNOLOGY

Selfhelp's housing and senior service programs are developing exciting initiatives to assist independent living through the application of home-based technologies. These technology initiatives range from providing access to computers and promoting computer literacy among seniors to combat isolation and improve quality of life, to providing electronic medical and home-safety devices that help seniors and their caregivers monitor their health and wellness.

GUTHERY INSTITUTE OF HOME CARE TRAINING

Certified by the New York State Department of Health, Selfhelp's Guthery Institute of Home Care Training provides tuition-free training for home health aides. The Institute also provides "in-service" training for Selfhelp aides to maintain their skills, and offers additional training to meet special needs associated with Alzheimer's disease, HIV/AIDS, and terminal illnesses. This year the Institute trained 208 new aides and conducted 184 in-service training sessions to maintain the quality of our home care workers. Selfhelp has also created a mentoring program for new home care workers and a career ladder program to give motivated home health aides the opportunity to pursue advanced careers in professional health care.



HOME CARE

Selfhelp is a leading provider of home care services in the New York metropolitan area, offering a variety of home care programs to the elderly, infirm, and families at risk. Selfhelp currently employs nearly 3,641 home care workers and staff who provide approximately 2.8 million hours of service annually. For example, this year Selfhelp's Home Attendant Program provided 842,460 hours of home care services such as meal preparation, grocery shopping, escort to medical appointments, personal care, and reminders to take prescribed medication to Medicaid-eligible adults. Selfhelp's Housekeeping Department provided 224,216 hours of services this year to clients, and our Homemaking Department provided 520,499 hours of child-focused home care for families at risk. Selfhelp's Certified Home Health Agency also provided 196,073 hours of service this year to frail seniors, and individuals and families with HIV/AIDS.



Campaign for Selfhelp

New friends and old moved the *Campaign for Selfhelp* closer to its goal this year. A few highlights: Selfhelp staff contributed \$75,000 to the campaign in just six months, demonstrating their deep commitment to the work of our organization. And the family of Eric S. Sondheimer, who has served as a Board member of both Selfhelp and United Help for nearly 50 years, raised over \$1 million for the campaign. In recognition of that accomplishment, Selfhelp proudly

named our west residential campus in Queens *The Sondheimer Family Campus* in June. We are tremendously grateful to Eric and to all who make it possible for Selfhelp to continue its work.

These large and small contributions add up to an impressive affirmation of Selfhelp's mission and our ability to fulfill it. We are heartened by our progress, and as we enter the final year of the campaign, look forward with confidence to the successful completion of the campaign.

Campaign for Selfhelp Committee Co-Chairs

Matthew A. Cantor *
Peter H. Jakes * °
Raymond V.J. Schrag * °

Selfhelp gratefully acknowledges the generous campaign support of the donors listed below. Gifts to our campaign will allow us to honor Selfhelp's commitment to victims of Nazi persecution and to enhance the lives of the thousands of elderly men and women who rely on our home care, social service, and senior housing programs.

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Selfhelp notes with gratitude the many estate gifts, large and small, received from supporters, former volunteers and clients, which have also been included in the campaign.

Additional resource materials about the campaign, including detailed information about each funding area and naming opportunities, may be obtained by calling our Office of Development & Public Relations, 212-971-7764.

Legend

- * Selfhelp Board Member
- ° United Help Board Member
- ∞ Honorary Life Member
- ‡ Deceased

Providing Support

ANNUAL FUND

Fiscal Year 2005 (July 1, 2004 - June 30, 2005)

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Selfhelp is a grateful recipient of major annual support from:

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Conference on Jewish Material Claims Against Germany for an Austrian Holocaust Survivor Emergency Assistance Program

Conference on Jewish Material Claims Against Germany for the Emergency Assistance Program for Nazi Victims at the direction of the United States District Court supervising the lawsuit
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Conference on Jewish Material Claims Against Germany for the International Commission on Holocaust Era Insurance Claims

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Barbara Cuneo	Joan B. Grant	Margaret Kahn	Barbara C. Lippe
Lucy and Frederick Danziger	Martha B. Greenbaum-Jakes	Kalustyan Corporation	Irene and Sheldon Lippert
Marlies K. Danziger	Mariann and Martin Greenberg	Judith and Stephen Kamberg	Lini Lipton
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	Karen and Walter Joelson	Brenda Lewis-Cooper	Marion and Peter Mosheim
		Lee and Gerald Lewis	Georgeann Moss
		Christopher E. Lim	Elsa S. Nad and Abraham Nad Foundation

This year, Selfhelp provided comprehensive housing, home care and case management services to 4,653 victims of Nazi persecution.

Roberta and Stephen Nash	The Ridgefield Foundation	Corinne and Peter Simmons * °	Helen and John Vogel
Warner Nash	Ronald F. Ries *	Marion S. Sinek	John L. Vogelstein
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Stanley G. Pensak	Sabine Schipper	William J. Taft	Jane and Richard Zenker
Eve and Stanley Peterfreund	Carol and Norman Schnall	Naomi and John Tamerin	Elizabeth Zorek †
Marianne J. Phiebig	Silvia Schnur	Tasmanian Alkaloids Pty. Ltd.	Claire and Irving Zuckerman
Melvin Polisher	Charlotte and Walter Schoemann	Hanna L. Tennen	
Barbara and Alfred Poll	Cathy Schoen and Lawrence Zacharias	Carol and Steven Tepper * °	Selfhelp would also like to acknowledge
Mr. and Mrs. Hans Popper	Naomi Schrag and Todd Krichmar	Erika Teutsch	the generosity of donors whose gifts of
John Posniak	Raymond V.J. Schrag Family Fund * °	Mr. and Mrs. William Thurnauer	\$99 or less are too numerous to list.
Kurt & Gladys Preuss Fund	Schuman, Lichtenstein, Claman, Efron	Esther and Albert U. Tietz * °	
Eve Propp	Architects	Jerry A. Tishman	Honor Listings
Marni and Morris Propp	Gerda Schulz	Phyllis and Paul Tobin	
Morris and Anna Propp Sons Fund	Marilyn and Myron Schuster	Vivian Torres-Suárez	The following individuals were
Gail and Steven Prystowsky	Charles E. Schwab	Anita and Walter Tritell	remembered by friends and family as
Judith and Sheldon Raab	Charlotte Schwartz	Jean and Raymond Troubh	they celebrated special occasions:
Gordon D. Rapp	Gertrude H. Schwarz	Paul Ueberall	
Michael Reich	H. Pierre Secher	Alice Ullmann *	Bernice Altarac
Susan and Stanley Reifer *	Suzanne Seligman	Ursula and Werner Ulrich	John W. Bing
Bonnie Reiffel	Klare Selo	United Way of Long Island	Margaret Coombs
The Kurt & Susie Reinsberg	Franz W. Sichel Foundation	United Way of New York City	Mary W. Delbanco
Philanthropic Fund	Lilian Sicular	Gerhard Van Biema	Jill and Tom Delbanco
Karen and Robert Reuben	Tami Siedler and Robert Hinkelman	Max Van Pels	Kurt Delbanco
Marjorie and Seymour Richman * °	SIG Susquehanna Foundation	Elsa and Charles Vance	Henry T. Dessauer

In FY 2005, Selfhelp provided 2,856,298 hours
of home care services to clients living in Manhattan, Brooklyn,
Queens, the Bronx, and Nassau County.

Selfhelp's six senior centers provide essential social services and stimulating programs to nearly 8,000 older adults who live in our buildings or in the surrounding communities.

Mr. and Mrs. David Dunbar
John Fruhling
Herman C. Goldsmith
Liesel R. Gumpert
Lotte L. Hart
Renée N. Herman
Helga and Gerard Hoffbauer
Stephen Hornstein
Magda M. Hull
Karen and Peter Jakes * °
Saul Kagan °
Barbara and Walter Kahn
Stuart C. Kaplan °
Stuart C. Kaplan and Rosemary
DePersia and Family °
Frances Katzenstein
John Keller
Lotte Kimstler
Eva E. Klepetar
Doris and Johannes Krausch-Orsaw
John H. Lang
Helen D. Lessing
Nadine N. Levy *
Edward G. Newman
Claus Pappenheimer
Margrit Wreschner Rustow *
R. Samstrom
Vera and Peter Sander
Ethel Sanger
Fanny Scala
Carol and Norman D. Schnell
Jean and Raymond V. J. Schrag * °
Mimi Schwartz
Rella and Bernard Seidenfeld
Lilian Sicular
Hilde Siegel
Eric S. Sondheimer * °
Joan C. and Eric S. Sondheimer * °
Ruth and Manfred Sondheimer
Herman Tietz
Erwin A. Weil ∞
Gisela Weil ∞
Muriel Weisel
Karen C. Wies
Nell and Victor A. Wyler * °
Victor A. Wyler * °

Matching Gifts

American Express

BP Matching Fund Programs
The Commonwealth Fund
Freddie Mac Foundation
ISO - Insurance Services Office
UBS Matching Gift Program
Unilever United States Foundation

Memorial Listings

Contributions to Selfhelp were made in memory of the following loved ones this year:

Else Abelmann
George B. Adler
Lisa Allmeier
Bernard Aschkenazy
Frederick A. Baum
Anne Beresin
Anna Karchmar Boehm
Margot Brandt
Gertrud Dallos
Gerda Daniel
Hedwig Lengyel Drach
John H. Elton
Family lost in the Holocaust
Erna and Ernest Felsenstein
Al Fliegel
Hans J. Frank
Marvin Fulds
Florence and Anthony Giglio
Mr. Goodstein
Elsie Green
Hana and Isaac Handy
Marianne Hayum
Jack Hellman
Gertrude Herman
Ruth Herzog
Erwin Hirsch
Gertrude Hochstaedter
Kurt Honberg
Lilo Hutzler
Ilse and Alfred Ilton
Kate Jarret
Tybee Jonas
Aziz Kalagvano
Lilian Kallir
Mala and Solomon Kamm
Margaret Kassel
Loretta Kaufman

Henrik Kenig
Herbert D. Klein
Paul Kohlmann
Elisabeth Kübler-Ross
Kuhlman and Loebel Families
Augusta and Walter J. Levy
Robert A. Levy
Susan B. Levy
Eva Lewis
Louis J. Lipton
Hanna Lischner
Gerda Loewengart
Claire Lorch
Ezra Lowry
Regina Martin
Walley Marx
Werner and Henry Maschler
Floyd Maulik
Liesel Mayer
Ludwig Meyer
Thekla Meyerbach
Irene Nathan
Eugene Nelson
K. Fred Netter
Gideon Nettler
Anne-Lise Pagel
Albert J. Phiebig
Gertrude Pollock
Susie Reinsberg
Frieda and Arthur Roos
Harry Rosenbaum
Henry A. Samton
Harold Scharfglass
Hilde Scheraga
Gabriele D. Schiff
Gerda Schuyler
Leah Slapo
Bela Sobol
Elsie Somerfield
Selma Sondheimer
Ralph D. Stein
Simon Sterling
Ruth Ueberall
Haskiel Wadowski
Erna Weinberger
Matty Weiner
Dorothy Welsberg
Jean Wolf
Else and Henry Wolff
Gerry Wygoda

2005 Event Sponsors

Selfhelp Community Services and United Help gratefully acknowledge those individuals, foundations, and corporations listed below for their generous support of Selfhelp events held in 2005 to benefit our Nazi Victim Services Program.

Anonymous
Louis & Anne Abrons Foundation, Inc.
American Express Tax and Business Services
The Frederick Baum Family
Centennial Foundation
Citibank N.A.
Shelley and Steven Einhorn
Loeb & Troper
SIG Susquehanna Foundation
Marianne [and John #] Slade

Estates

We acknowledge with deep appreciation the friends who remembered Selfhelp through their legacies and bequests:

Estate of Marianne Boettigheimer
Estate of Henry Bratt
Estate of Margarete H. Katzenstein-Hess
Estate of Frank Glaser
Estate of Gabriele H. Grunebaum
Robert A. Levy Trust
Susan B. Levy Trust
Walter, Augusta, & Robert Levy Memorial Fund
Estate of Walter J. Levy
Mann Family Trust
Estate of Gertrude Pinner
Estate of Elisabeth Polatscheck
Estate of Charlotte Rosendorff
Elizabeth Ryan Trust
Estate of Marianne Winkler

To make a donation to Selfhelp, or to receive additional information about Estate Planning, Matching Gifts Programs, or Honor and Memorial gift giving, please contact the Selfhelp Development Department at 212-971-7764.

Working Together

Fiscal Year 2005 (July 1, 2004 - June 30, 2005)

Selfhelp is a member of the following coordinating and advisory bodies:

American Association of Homes and Services for the Aged
Bronx Inter-Agency Council on the Aging
Brookdale Center on Aging of Hunter College -
Social Work Advisory Committee
Brooklyn Borough-Wide Interagency Council
Center for Aging Services Technologies (CAST)
Community Services for the Elderly
Cornell University
Council of Senior Centers and Services of New York City
East Side Council on the Aging
The Home Care Association of New York State, Inc. (HCA)
Long Island City Senior Coalition
Lower East Side Inter-Agency Council on Aging
Lower West Side Inter-Agency Council on Aging
Manhattan Adult Protective Services Advisory Committee
Manhattan Borough President's Office Task Force
on Housing
Manhattan Borough-Wide Inter-Agency Council on Aging
Manhattan Mental Health Committee
Maspeth Kiwanis Club
Medicaid Advisory Committee
Nassau County Department of Senior Citizen Affairs
The New School for Social Research
New York AIDS Coalition
New York Association of Homes and Services for the Aging
New York Citizens Committee on Aging
New York City Coalition on Elder Abuse
New York City Immigration Coalition
New York City Medicaid Advisory Committee for HRA
New York State Adult Day Services Association, Inc.
New York State Adult Day Services Region 8
New York State Association of Health Care Providers
New York State Bar Association - Elder Law Section
Queens Inter-Agency Council on Aging
Senior Umbrella Network of Nassau County
UJA-Federation of New York - Caring Task Force
UJA-Federation of New York - Communal Service Division
UJA-Federation of New York - Executive, Housing, and
Government Relations Committees
UJA-Federation of New York - NORC Legislative
Committee
UJA-Federation of New York - Social Adult Day Care
Task Force
UJA-Federation of New York - Task Force on Elderly
Immigrants
Washington Heights - Inwood Coalition on Aging
Westside Inter-Agency Council on Aging

Selfhelp participated in joint programs with:

112th Police Precinct
AARP
Action Reconciliation Service for Peace
Adelphi University
Adelphi University School of Social Work
Alzheimer's Association of New York City
American Association of Homes and Services for the Aged
American-Italian Cancer Foundation
American Cancer Society
American Cancer Society - Eastern Division, Chinese Unit
American Diabetes Association
American Red Cross
Arthritis Foundation
Asian Health Center of Flushing
Association of the Bar of the City of New York Fund
Association for the Help of Retarded Children
Bayside High School, Queens
Berkley-Carroll School
Beth Israel Medical Center
Bikur Cholim
Blue Card
B'nai B'rith Project HOPE
Bronx Jewish Community Council
Brookdale Center on Aging of Hunter College / Samuel
Sadin Institute on Law
Brookhaven Memorial Hospital Medical Center,
Certified Home Health Agency
Center for Independence of the Disabled of
New York (CIDNY)
Center for Medicare and Medicaid Services (CMS)
Central Queens YM-YWHA
CHABAD on 26th Avenue
Chinatown Health Center
Chinese American Planning Council
Citymeals-on-Wheels
Cliffside Nursing Home
Columbia University School of Social Work
Community Food Resource Center
Community Service Society (CSS)
Congregation Habonim
Cornell Institute for Transitional Research of Aging (CITRA)
Cornell University Outreach Nutrition Workshops
Council of Jewish Organizations of Flatbush
Council of Senior Centers and Services of New York City
DOROT
Elder Craftsman, Inc.
Elder Plan

Elders Share the Arts
Elmhurst Hospital
Empire Justice Center
Everybody Wins Foundation
Fashion Institute of Technology
FEGS - Haym Salomon Foundation
Flushing Council on Culture and the Arts
Flushing Hospital Medical Center
Flushing Jewish Community Council
Flushing Library
Flushing Town Hall - Culture & Arts
Food Exchange
Fordham University Graduate School of Social Work
Forest Hills Community House
Forest Hills Jewish Center
Frances Schervier Home and Hospital
Friends & Relatives of Institutionalized Aged
Good Samaritan Certified Home Health Care Agency
Gracie Square Hospital (Chinese Unit)
Graenum Berger Bronx Jewish Federation Service Center
Guildnet
Hamilton-Madison House (Chinese Alcoholism Services)
HANAC Summer Youth Employment
HANAC Transportation Program
Health & Hospital Corporation
Hebrew Academy of Nassau County
Hillel Society of Baruch College
Hillel Society of Columbia University
Hillel Society of Hunter College
Hillel Society of New York University
Hillel Society of Queens College
Holy Cross High School
Homefirst
Hospital Audiences
Hunter College School of Social Work
Hunter College School of the Health Professions
Immigration Advocacy Services
IS 73
Jewish Association for Services to the Aged (JASA)
Jewish Association for Services to the Aged -
Adult Protective Services
Jewish Association for Services to the Aged -
Legal Services for the Elderly
Jewish Board of Family and Children's Services
Jewish Community Council of Greater Coney Island
Jewish Guild for the Blind
Jewish Home and Hospital Lifecare Systems
Jewish Institute for Pastoral Care of the
Health Care Chaplaincy
Joint Public Affairs Committee

Korean Community Services	New York City Human Resources Administration - MICSA (Medical Insurance & Community Services Admin)	Queens Occupational Training Center
LaGuardia Community College	New York Downtown Hospital	Queens Theatre in the Park
LaGuardia High School	New York Foundation for Senior Citizens	Queensborough Public Library - Central Branch
League for the Hard of Hearing	New York Hospital Manhattan	Queensborough Public Library - Flushing Branch
Legal Aid Society	New York Legal Assistance Group	Retired Senior Volunteer Program of the Community Services Society
Legal Services of New York (LSNY)	New York Service Program for Older People	Ridgewood Older Adults Center
Lexington Hearing and Speech Center	New York State Adult Day Services Association, Inc.	Samuel Field/Bay Terrace YM & YWHA - Community Advisory Program for the Elderly
Lion's Club, Flushing	New York State Adult Day Services Region 8	St. Charles Hospice
Little Sisters of the Assumption	New York State Bar Association	St. Frances Preparatory High School, Queens
Long Island Alzheimer's Foundation	New York State Citizens Committee on Aging	St. John's University
Long Island University	New York State Division of Housing and Community Renewal	St. Mary's Hospital for Children
Long Island University - Arts Department	New York State Office for the Aging	St. Mary's Hospital of Brooklyn - Home Health Agency
Maimonides Medical Center	New York State Office of Mental Retardation and Developmental Disabilities	St. Vincent's Catholic Medical Centers of New York
Main Street Legal Services, Inc. of CUNY School of Law at Queens College	New York State Office of Temporary and Disability Assistance	St. Vincent's Catholic Medical Centers/St. John's Queens Hospital Family Health Center
Manhattan School of Music	New York University Downtown Hospital - Kress Vision Program	Steinway Community Center
Mannes College of Music	New York University Ehrenkranz School of Social Work	Stuyvesant High School
Margaret Tietz Center for Nursing Care	New York University Medical Center	Support and Training Result in Valuable Employees (STRIVE)
Maspeth Kiwanis Club	New York University School of Nursing	Temple Emanu-El
Maspeth Lions Club	New York Urban League	Touchstone Health Partnership, Inc.
Matrix Medical Network	Newsday Future Corps	Touro College
Max Mainzer Memorial Foundation	NewYork-Presbyterian - The University Hospital of Columbia and Cornell	Town Total Nutrition
Medical and Health Research Association of New York City	Northeast Queens Senior Services	The Trinity School
Mercy College - Department of Physical Therapy	North Shore - Long Island Jewish Health System	UCP of Queens
Metro Therapy, Inc.	Nursing Sisters Home Visiting Service	UJA-Federation of New York
Metropolitan Jewish Geriatric Center	Organization of Chinese Americans - Long Island Chapter	UJA-Federation of Long Island - Connections
Metropolitan Museum of Art - Education Department	Our Lady of Consolation - Geriatric Care Center	United Hospital Fund
MHH Clinical Services	Parker Jewish Institute for Health Care and Rehabilitation	United States Department of Housing and Urban Development
Montefiore Medical Center - Geriatric Psychiatry	Phoenix Medical Outreach - Diabetic Health Care	Urban League
Mount Sinai Medical Center	Pride of Judea	Village Center for Care
Nassau County Department of Social Services	PS 24Q	VISIONS
Nassau EISEP	PS 33 (Manhattan)	VNS Choice
New York Association for New Americans	PS 58	VNS - Chinatown Community Center Homecare Program
New York Association of Homes and Services for the Aged	PS 101	Visiting Nurse Association of Brooklyn, Inc., Certified Home Health Agency
New York City Administration for Children's Services	PS 175	Visiting Nurse Service of New York
New York City Council - Jewish Caucus	Quality Service For the Autism Community	West Hempstead Mitzvah Club
New York City Department for the Aging	Queens Chapter of Holocaust Survivors	West Side One Stop for Coordinated Senior Services
New York City Department of Cultural Affairs	Queens College	The White House Conference on Aging
New York City Department of Health	Queens Council on Mental Retardation and Developmental Disabilities	Winthrop University Hospital
New York City Department of Social Services	Queens Interagency Council on the Aging	Woodside Senior Assistance Program
New York City Department of Employment -Youth Employment Program	Queens Legal Services	Wyckoff Heights Medical Center
New York City Housing Authority, Office for the Aging	Queens Museum of Art	Yeshiva University Wurzweiler School of Social Work
New York City Human Resources Administration		YM-YMHA of Washington Heights and Inwood
New York City Human Resources Administration - Adult Protective Services		Young Adult Institute
New York City Human Resources Administration - Division of AIDS Services & Income Support		Young Israel Senior League

In 2005, Selfhelp's Evelyn Frank Legal Resources
Program consulted on nearly 1,000 elder-law cases.

Financial Information

BALANCE SHEET FOR THE YEAR ENDED JUNE 30, 2005

SELFHHELP COMMUNITY SERVICES, INC.

Assets	2005	2004
Current Assets		
Cash	\$ 1,405,469	\$ 1,358,085
Investments	9,087,265	8,724,219
Accounts Receivable	7,489,088	7,705,668
Due from Related Party	940,854	722,021
Contributions Receivable & Other Current Assets	747,244	883,249
Total Current Assets	19,669,920	19,393,242
Fixed Assets	3,962,927	4,288,132
Other Non-current Assets	35,444	85,984
Total Assets	\$ 23,668,291	\$ 23,767,358
Liabilities and Net Assets		
Current Liabilities		
Accounts Payable and Accrued Expenses	\$ 1,646,444	\$ 1,283,190
Accrued Salaries and Benefits	3,513,418	3,475,837
Due to Third Parties and Other Payables	1,855,073	1,542,660
Loan Payable	1,980,000	1,990,000
Total Current Liabilities	8,994,935	8,291,687
Net Assets		
Unrestricted Net Assets		
Operating	4,364,862	5,256,818
Plant	3,962,927	4,288,132
Total Unrestricted Net Assets	8,327,789	9,544,950
Temporarily Restricted Net Assets	6,345,567	5,930,721
Total Net Assets	14,673,356	15,475,671
Total Liabilities and Net Assets	\$ 23,668,291	\$ 23,767,358

STATEMENT OF ACTIVITIES FOR THE YEAR ENDED JUNE 30, 2005

SELFHELP COMMUNITY SERVICES, INC.

	2005	2004
Revenue, Gains, and Other Support		
Home Care Program	\$ 31,084,945	\$ 30,453,070
Community Programs & Targeted Grants	12,692,481	12,612,076
Contributions, Legacies & Bequests	2,829,134	3,563,278
Investment Income	579,143	619,111
Total Revenue, Gains, and Other Support	47,185,703	47,247,535
Expenses		
Home Care Services	28,904,165	27,915,652
Community and Other Programs	13,235,140	11,934,794
Management and general	5,209,342	5,314,415
Fund Raising	639,371	748,432
Total Expenses	47,988,018	45,913,293
Change in Net Assets*	(802,315)	1,334,242
Net Assets - Beginning of Year	15,475,671	14,141,429
Net Assets - End of Year	\$ 14,673,356	\$ 15,475,671

* Decrease in 2005 net assets as a result of the bankruptcy of one of Selfhelp's major contractors for home care services.

SUMMARY: SELFHELP COMMUNITY SERVICES, INC. AND RELATED ENTITIES

Together with its related entities, Selfhelp provides a wide range of independent living services. Total assets, net assets, and revenue for Selfhelp and its related entities for their most recent fiscal years¹ are summarized below:

	TOTAL ASSETS	TOTAL NET ASSETS	TOTAL REVENUES
Selfhelp Community Services, Inc.	\$ 23,668,291	\$ 14,673,356	\$ 47,185,703
United Help, Inc.	806,136	801,136	346,092
Home Attendant Corporation	3,598,952	2,829,029	12,824,045
Housing Corporations	38,432,991	3,961,836	8,448,887
Certified Home Health Agency	1,125,315	(1,175,363)	4,420,352
Total	\$ 67,631,685	\$ 21,089,994	\$ 73,225,079

¹ The corporations have different fiscal year ending dates.

A copy of our audited financial statement for Fiscal Year 2005 has been filed with the Secretary of State and may be obtained from the Department of State, 162 Washington Avenue, Albany, New York 12231, or directly from Selfhelp. Selfhelp Community Services, Inc. is dedicated to the practice of equal employment opportunity in every aspect of its operations and complies with all Federal, State, and City government regulations.

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Valerie Bogart
Director, Evelyn Frank
Legal Resources Program

Miriam Burns
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Government Relations

Liz Gleason
Director, Patient Services
Licensed Home Care Services
Agency (LHCSA), Long Island

Patricia Kaufman
Director,
Community Guardian Program

Fannie Porter, RN
Director, Patient Services
Licensed Home Care Services
Agency (LHCSA), New York City

Rosina Sanchez
Director, Patient Services
Certified Home
Health Agency (CHHA)
Selfhelp Special
Family Home Care

Shannon Simpson
Director, Training Program -
Guthery Training Institute

See next spread for inside back cover treatment

Do Not EPS!

Overview of Programs and Services

Caring for Generations

Selfhelp Community Services, Inc. enables nearly 20,000 seniors and at-risk families to live independently through a comprehensive network of community-based home care, social service, and senior housing programs.

Home Care

Selfhelp's Certified Home Health Agency (CHHA) provides nursing, physical, occupational and speech pathology therapies, nutrition education, home health aides, mental health counseling and/or referral, and social work services at home to clients affected by HIV/AIDS. Services are paid for by Medicaid, ADAP, and other insurances. Our Licensed Home Care Services Agency (LHCSA) provides similar services at home through hospitals and other contracting agencies, or to individuals who pay for them privately. Serving all boroughs (except Staten Island) and Nassau County.

Senior Housing

Selfhelp's six affordable apartment buildings and on-site social services offer seniors the opportunity to lead independent lives in a warm and supportive environment. Each unit has emergency response systems, closed circuit TV surveillance in lobby, easy access to public transportation and is within walking distance to Selfhelp senior centers. Residents have access to social work, nursing, home care and spiritual counseling. Facilities in Queens.

Naturally Occurring Retirement Communities (NORCs)

Selfhelp NORC programs provide senior residents in six large cooperative housing complexes with the supportive services they need to continue living in their own homes. Selfhelp's on-site services include case management, counseling, health screening, and social, recreational, and educational programs. Programs in six Manhattan and Queens NORCs.

Selfhelp Senior Source

For adults who want a single point of entry for all health and other forms of care, Selfhelp Senior Source provides access to a care manager 24 hours a day, 7 days a week. This professional can help them navigate the maze of entitlements, find immediate care, monitor ongoing care, or prepare for future care needs. Serving all boroughs (except Staten Island) and Nassau County.

Case Management

Selfhelp operates programs funded by the New York City Department for the Aging (DFTA), which evaluate seniors to determine the help they need to live independently in their own homes and then refers them to DFTA funded services such as home care and Meals on Wheels. Serving Manhattan, Brooklyn, and Queens.

Community Guardianship

Selfhelp's Community Guardian Program serves as court appointed legal guardian for clients referred by Adult Protective Services (APS), who are over 18 years of age and unable to manage their financial or domestic affairs. Serving all boroughs except Staten Island.

Social Adult Day Care & Alzheimer's Resources

Selfhelp provides social adult day care, mental health assessment and referral, as well as social activities for individuals with Alzheimer's disease. It also has support groups for caregivers. Programs in Queens.

Legal Resources

Selfhelp's Evelyn Frank Legal Resources Program provides legal assistance for Selfhelp clients. It also offers professional training regarding Medicaid and elder-law issues to other organizations. Serving all boroughs except Staten Island.

Nazi Victim Services

Selfhelp was founded in 1936 to help victims of Nazi persecution emigrate and build new lives. Its promise to serve as the "the last remaining relative" of any who suffered at the hands of the Nazis is at the heart of Selfhelp's long-standing commitment to offer support to those at risk of losing their dignity and independence. Now the largest program of its kind in North America, Selfhelp offers comprehensive social services, financial assistance, guardianship, financial management, Holocaust claims assistance, and home care services to survivors. Serving all boroughs (except Staten Island) and Nassau County.

NAZI VICTIM SERVICES PROGRAM

Bronx Program 718-828-1114 Amy Newman, Program Coordinator	Brooklyn Program 718-646-7500 Stephanie Zylberberg-Tresser, Program Director	Nassau County Program 516-481-1865 Gina Goldman, Program Coordinator	Washington Heights Program 212-781-7200 Adeena Horowitz, Program Director
	Manhattan Program 212-971-5474 Lilian Sicular, Program Director	Queens Program 718-268-1252 Adele Friedman, Program Director	Financial Management Unit 212-971-5475 Ruth Rosado, Program Director

HOUSING

To inquire about our housing applications, please call 718-886-1412. For information about on-site social services for our residents, please call Helen Esanbor, Director of Housing and Social Services, 718-762-6803.	Helen R. Scheuer House 45-25 Kissena Boulevard, Flushing	Scheuer House of Bayside 208-11 26th Avenue, Bayside	Harry and Jeanette Weinberg Apartments 45-35 Kissena Boulevard, Flushing
	Martin Lande House 137-47 45th Avenue, Flushing	Scheuer House of Flushing 138-52 Elder Avenue, Flushing	
		Harry and Jeanette Weinberg House 140-16 45th Avenue, Flushing	

NATURALLY OCCURRING RETIREMENT COMMUNITIES (NORCs)

For general information about the NORCs listed below, please call Betsy Smith, Senior Programs Director, 718-565-6569.	Big Six Towers NORC Program 718-458-8579 59-55 47th Avenue, Woodside Jennifer Cinelli, Program Director	Northridge / Brulene / Southridge I and II NORC Program 718-396-5425 34-10 94th Street, Jackson Heights Sharon Sherman, Program Director	Queensview / North Queensview NORC Program 718-278-4148 33-34 Crescent Street, Long Island City Mary Hayes, Program Director
1199 Plaza Services/NORC 718-278-4148 2106 First Avenue, New York Raiza Torres, Program Director	Fresh Meadows Senior Program 718-458-8579 67-00 192nd Street, Fresh Meadows Jennifer Cinelli, Program Director		

SENIOR CENTERS

Austin Street Senior Center 718-520-8197 106-06 Queens Boulevard, Forest Hills Rachel Epstein, Program Director	Benjamin Rosenthal Senior Center 718-886-5777 45-25 Kissena Boulevard, Flushing Cheryl Gersh, Program Director	Latimer Gardens Senior Center 718-961-3660 45-25 Kissena Boulevard, Flushing Cheryl Gersh, Program Director	Prince Street Senior Center 718-961-4550 36-12 Prince Street, Flushing Jane Qiu, Program Director
	Clearview Senior Center 718-224-7888 208-11 26th Avenue, Bayside Erin Brennan, Senior Programs Director	Maspeth Senior Center 718-429-3636 69-61 Grand Avenue, Maspeth Donna Del Cielo, Program Director	

HOME CARE

The central office for all Home Care programs is located at 520 Eighth Avenue, New York.	Certified Home Health Agency 212-971-5471	Home Attendant Program 212-971-5481	Housekeeping Program 212-971-7613
	Expanded In-Home Services for the Elderly Program 212-971-5495	Homemaking Program 212-971-7659	Licensed Home Care Services Agency 212-971-5490

OTHER COMMUNITY PROGRAMS FOR SENIORS

These Community Programs are located at 520 Eighth Avenue, New York.	The Evelyn Frank Legal Resources Program 212-971-7658 Valerie Bogart, Director
Community Guardian Program 212-971-7776 Patricia L. Kaufman, Director	Senior Source 1-800-935-3701 Becky Bigio, Clinical Manager

SELFHELP'S ALZHEIMER'S RESOURCE PROGRAM (SHARP)

For more information about the SHARP programs listed below, please call Erin Brennan, Senior Programs Director, 718-224-7888.	Scheuer House of Flushing 138-52 Elder Avenue, Flushing
Scheuer House of Bayside 208-11 26th Avenue, Bayside	Maspeth Senior Center 69-61 Grand Avenue, Maspeth

CASE MANAGEMENT PROGRAMS

Kensington Program 718-633-1300 419 Church Avenue, Brooklyn Tova Klein, Senior Programs Director	Project PILOT 212-787-8106 136 West 91st Street, New York Valrey Richards, Program Director
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GUTHERY TRAINING INSTITUTE

The Guthery Institute of Home Care Training Programs 212-971-7714 520 Eighth Avenue, New York

Selfhelp Community Services, Inc.
520 Eighth Avenue
New York, New York 10018
212-971-7600

www.selfhelp.net

Throughout New York, older adults, homebound individuals, and families at risk, rely upon Selfhelp to meet their needs for home health care, Nazi victim services, affordable senior housing, and social service support.

This program directory contains contact information for all of the Selfhelp services that are available to assist you and your family. To detach the directory, tear along the perforated edge and fold along the indicated line.

Program Directory

Selfhelp

Caring for Generations

TRIM

FOLD

SCORE

