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.
Sefton is a not-for-profit organization dedicated to maintaining the independence and dignity of seniors and all populations through a spectrum of housing, home health care, and social services and will lead in applying new methods and technologies to address changing needs of its community. Sefton will continue to serve as the “last surviving relative” to its historic constituency, victims of Nazi persecution.

Sefton was founded in 1936 to help victims of Nazi persecution and still

Overview of Programs and Services

Caring for Generations
Selfhelp Community Services, Inc. enables ready access services and in-home services 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 medical physical, occupational, and speech therapy services, nutrition education, home health aide, mental health counseling and/or referral, and social service services to home in the vicinity as well as clients affected by HIV/AIDS. Services are paid for by Medicaid, SSI and other insurers. Our licensed Home Care Services Agency (HCSCA) provides similar services at homes through hospices and other contracting entities or for individuals who pay for them providing Social Work through Interfaith Staten Island and Nassau County.

Senior Housing
Selfhelp’s affordable apartment buildings and on-site social service services offer seniors the opportunity to live independently, free from worry and supportive environment. Each unit has emergency response systems, closed circuit TV surveillance in lobby access to public transportation and 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 NORCs provide a wide range of services for our residents, please call 718-886-1412. For information about on-site social services for our residents, please call 718-886-5777.

Selfhelp Senior Source
Selfhelp’s Senior Source Program is located at 520 Eighth Avenue. For more information about the SHARP program, please call 212-971-7658.

Selfhelp’s six affordable apartment buildings and on-site social service services for our residents, please call 718-886-1412. For information about on-site social services for our residents, please call 718-886-5777.

Selfhelp’s Certified Home Health Agency (CHHA) provides services for our residents, please call 718-886-5777.

NORCs

Introduction
On a cold November night in 1936, our founders met in New York City to assemble to discuss ways to help their brethren escape the threat of Nazi persecution. Then, the concept of Selfhelp Community Services was born—to provide the support that allows people to retain their independence, to respond to a growing and increasingly diverse population. Although our services have expanded and delivery methods improved, every generation of caregivers at Selfhelp has carried on the legacy of those who helped to keep us safe and understanding so many years ago. As Selfhelp begins its 70th year, we remain determined that the most vulnerable among us need not shoulder the burden alone.

Seven Years of Progress: A Message from our Leadership
Seventy years ago. As Selfhelp begins its 70th year, we remain determined that the most vulnerable among us need not shoulder the burden alone.
fulfilling the promise to be the “last surviving relative” to aging victims...
Sarline and Paul Selkowitsch are active participants in Selfhelp’s Nazi Victim Services Program and have lived at our Martin Lande House for 24 years.
...Selfhelp has broadened and deepened its commitment to the community at large, including the elderly, the infirm, and families at risk of losing their independence.

Nazi Victim Services: Easing an enormous burden

Selfhelp was created to assist the thousands who managed to escape persecution and find their way to the United States. Though our mission has grown and expanded, Nazi Victim Services remains at the core of Selfhelp’s programs. Last year, we provided comprehensive services for 5,308 Holocaust survivors and victims of Nazi persecution, of which 25% were new to our program. As these men and women grow older and frailer, they require additional support to help them live with dignity in their own homes – where they most want to be. We provide that support through a seamless network of services ranging from case management, home care, social programming, emergency cash assistance and friendly visits. The average age of our clients is 83. Over half live alone.
Wherever we go, we carry our history with us. We have learned lessons, caring for generations...

**Senior Residences: Affordable housing that feels like home**

In 1964, Selfhelp was the first not-for-profit organization to construct its own apartment building for seniors, complete with a wide range of on-site services to promote independent living. Today, Selfhelp owns and operates six senior residences providing affordable apartments for over 1,000 low and moderate income seniors in the metropolitan area. Situated on three campuses, rich with opportunities for recreational, educational and social activities, seniors enjoy an active lifestyle with the confidence of knowing that supportive services are available if needed. In addition to on-site social work services, residents may receive visits with a community nurse, home care services, housekeeping services, financial management, information and referrals, and volunteer companions.

**Senior Centers: Nourishing minds, souls and bodies**

Selfhelp operates six comprehensive Senior Centers offering a wide variety of innovative, life-enhancing programs such as computer classes, concerts and lectures, wellness workshops and outings, as well as nutritious meals to the more than 1,000 tenants in our residences and approximately 8,000 seniors living in surrounding communities. Senior Centers often make the difference between isolation and a meaningful life for our seniors. Together, the centers served 157,358 hot lunches and delivered 35,175 meals to home-bound elderly men and women this past year.
Selfhelp was among the first to introduce the concept of senior centers to enrich the lives of older adults, like Rosa Cosachov, pictured here with art instructor, Virginia Burstein.
Personal Care Assistant, Isaura Carvajal, has built a lasting bond with Luraliz and Geraldine—who she cares for daily as part of Selfhelp’s Home Attendant Program.
Independent living is what Selfhelp is all about. Today, we are a leading provider of such care in the New York metropolitan area, offering five different home care options to the elderly, infirm, and families at risk. Selfhelp employs nearly 2,000 trained home care workers and staff who provide approximately 3,000,000 hours of service each year. We are proud to offer the following home care programs:

**Licensed Home Care Services Agency (LHCSA)**, administering care to elderly clients who require convalescent and rehabilitative care; **Certified Home Health Agency (CHHA)**, serving frail seniors as well as families and individuals with HIV/AIDS; **Homemaking Program**, delivering child-focused home care to families at risk living in Brooklyn and the Bronx; **Housekeeping Program**, serving clients in Manhattan and the Bronx; and the **Home Attendant Program** providing services such as meal preparation, cleaning, shopping, personal care and escort to doctors, to clients in the Bronx and Queens. Applicable licensure for our home care programs is issued by the New York State Department of Health (NYSDOH) and accreditation has been earned from the Community Home Care Accreditation Program (CHAP).

...that there is no mission more important than preserving the dignity and independence of those struggling to build productive lives in the face of adversity...
...that each of our clients is unique and precious and that there is no substitute for compassionate, expert care.

Citizenship and ESL: With liberty and justice for all

Selfhelp learned 70 years ago that immigrants need much more than food and housing to succeed in America. They need to learn the language and culture to build new lives in their new home. With waves of immigrants from a multitude of nations arriving in New York, the need for Citizenship training and English as a Second Language (ESL) is immense. Selfhelp’s Citizenship and ESL programs offer a range of services that include education, assistance with applications and interviews, information and referral and case management. Last year, we assisted 230 individuals in becoming United States citizens. Our services do not conclude once citizenship is attained – but continue with the breadth of programs Selfhelp provides.

Selfhelp Alzheimer’s Resource Program: A lifeline for families in need

Since its inception, our innovative Selfhelp Alzheimer’s Resource Program (SHARP) has made a dramatic difference in the lives of hundreds of men and women with Alzheimer’s disease and their families. Providing stimulating programs for participants and much needed respite for caregivers, SHARP offers an affordable, community-based continuum of care from early diagnosis to the mid-stages of the disease. Support groups give families solace, support and information in a structured, reassuring environment. This past year, SHARP provided 21,224 hours of adult day care and social activities to families at our sites in Bayside, Maspeth and Flushing.
Ok Soon Song, recent United States citizen, pictured with Jalitza Garcia, Citizenship and English as a Second Language (ESL) instructor.
As modern families become more dispersed, Selfhelp’s programs permit seniors to continue to lead independent and secure lifestyles. Here, Vera Fogelman communicates with her children and grandchildren in California.
These lessons are ideal for today’s realities. In the 1930's and 40's we created programs that were revolutionary in their time.

**NORCs: Aging gracefully in familiar surroundings**

Naturally Occurring Retirement Communities (NORCs) are housing complexes with a large percentage of elderly residents, many of whom have “aged in place.” Offering services in four Queens NORCs, Selfhelp provides essential on-site programs for residents who might otherwise be unable to remain safely in their homes. Services include health screening and home care; case management and counseling; social, recreational, wellness and volunteer programs. Thanks to Selfhelp’s NORCs, over the past year, thousands of seniors utilized supportive services while maintaining active lifestyles in the homes in which they raised their families.

**Senior Source: Taking the stress and confusion out of caregiving**

Senior Source is a comprehensive care management program that provides support from the viewpoint of the consumer. Through this program, seniors and their families can plan for every eventuality, whether addressing immediate needs or creating a plan for the future. In an age where health care choices are ever-expanding and insurance coverage fraught with restrictions, our experienced Senior Source Care Managers save the client time and worry by navigating the complex maze of options for them—on their terms. Selfhelp staff ensure that our clients are receiving the expert attention and resources they need—be they medical, legal, financial, or social—to help guarantee our clients’ best quality of life.
Today, we continue to innovate—exploring new methods and technologies to meet emerging needs—with community partners and long time friends.

Advanced Technology: New ways to enhance independent living

From remote monitoring to cognitive stimulation of early stage Alzheimer’s patients, Selfhelp is employing state-of-the-art technology in new and imaginative ways. For example:

A pilot program in our Senior Housing and NORCs uses wireless sensors to automatically alert family members to possible emergencies. The wireless sensors track daily activities and can alert caregivers to changes in behavior. Telehealth equipment is now under review for Selfhelp’s home care clients. This system will monitor and record data on clients’ blood pressure, glucose, temperature and weight and will automatically transmit the information to a central location for professional review. Cognitive Stimulation is a revolutionary therapeutic technique employing the newest computer technology to enhance cognitive abilities for early-stage Alzheimer’s patients. It is, in a sense, “exercise for the brain,” with the hope of improving the quality of life for clients suffering from early dementia. Computer learning offers seniors the opportunity to communicate with grandchildren via email as well as navigate through various software programs. We are committed to applying these and other technologies, helping to ensure our seniors’ safety, well-being, and overall life satisfaction.
Seniors like Carl Schneider benefit from the conveniences of email and the internet through computer learning classes. Instructor John Giancone shown in the background.
Larry Sheng takes advantage of the many recreational and cultural opportunities close to his Flushing home. Pictured here with social worker, Miranda Chau.
We have become a care delivery leader: providing life-affirming, independent living services to nearly 20,000 New Yorkers in their homes and at our 23 locations...

**Case Management: One-on-one counseling for seniors**

Because no two seniors are alike, social service programs need to be “tailor-made” for each individual. The New York City Department for the Aging (DFTA) funds three Selfhelp case management programs, located in the Kensington section of Brooklyn and on Manhattan’s Upper West Side. These programs perform evaluations to help seniors live independently in their own homes. Counseling is offered regarding entitlements and benefits that may be available, such as financial assistance, home delivered meals and chore services. Last year, Selfhelp provided case management services to 7,268 elderly individuals at our three locations.

**Community Guardian Program: When seniors can’t manage, Selfhelp steps in**

Selfhelp’s Community Guardian staff serves as the court-appointed legal guardian for clients referred by New York City’s Adult Protective Services, who are unable to manage their financial or domestic affairs. This past year we served as legal guardians for 268 clients.
…blazing new trails in senior housing and home care, and operating the largest Nazi Victim Services Program in North America.

**Guthery Training Institute: Providing quality home health aides**

The best home care requires outstanding home health aides. To accomplish this, Selfhelp established the Guthery Training Institute to train caring individuals for employment in our home care programs. By offering tuition-free instruction, the Guthery Training Institute provides a career path in health care for these paraprofessionals. Certified by the New York State Department of Health, the Institute offers mandatory "in-service" training for Selfhelp aides to maintain and further polish their skills. The curriculum also includes specialized training in dealing with complex medical conditions such as Alzheimer’s, HIV/AIDS, and terminal illness.

**Evelyn Frank Legal Resources Program: Expert advice and advocacy**

A significant barrier for many seniors is a lack of knowledge of their rights. Selfhelp’s Evelyn Frank Legal Resources Program (EFLRP) educates more than 125 social and case workers employed by Selfhelp who work with clients on a daily basis. EFLRP also consults on client cases and provides professional training and consultation to other organizations on such issues as Medicaid and elder-law. As well, EFLRP advocates on behalf of the special interests of the elderly to city and state government agencies. Over the past year, program staff consulted on 924 client cases and participated in 107 training sessions with Selfhelp staff, professional and community-based organizations.
Selfhelp provides housing to more than 1,000 senior citizens on three campuses in Queens. Pictured, Rosa Barrow.
Shirley Caplan enjoys her weekly canasta game at the Benjamin Rosenthal Senior Center.
Born of our historic journey, our work shines today as never before and casts our mission in a light that is not just relevant—but vital. Truly, our past propels us forward to ever greater achievements.

Victor A. Wyler
President

Stuart C. Kaplan
Chief Executive Officer
The Campaign for Selfhelp, our $12 million capacity building campaign, was successfully concluded in June of 2006. Part of a comprehensive plan to prepare Selfhelp for the next decade, dedicated teams of Board members and staff worked together to develop new strategies to enhance our facilities, strengthen our financial position, and grow the excellence of our programs. Under the capable leadership of Co-Chairs, Matthew A. Cantor, Peter H. Jakes, and Raymond V.J. Schrag, and with the strong support of UJA-Federation of New York and hundreds of individuals, foundations, corporations and organizations, we were able to achieve our ambitious goal.

With the increase in demand for our Nazi Victim Services, half of the funds raised have been earmarked for this core program so that we can continue to fulfill our founders’ promise to serve as the “last surviving relative” for those who need us, for as long as they need us. Plans for the other funds include further investments in our senior centers and housing, quality of life initiatives, Alzheimer’s programs, new technologies, and educational and recreational programs. The infusion of campaign revenue has already been felt in several of our service areas. Some examples include the initiation of our Mentoring and Career Path Program for home care workers; the addition of the Frederick P. Rose Arts and Technology Center at the Benjamin Rosenthal Senior Center; upgraded kitchens in one of our senior residences; multi-year funding of the Evelyn Frank Legal Resources Program; and a music fund for the Nazi Victim Services Coffee House program.

Campaign for Selfhelp funds will increase the effectiveness of our programs while preserving the compassionate delivery of services that has distinguished Selfhelp’s work for more than 70 years. These programs reflect our unwavering commitment to the Nazi victim community and underscore Selfhelp’s determination to remain one of New York’s leading providers of social services, affordable housing, and home care for the elderly and homebound.
On behalf of the 20,000 men, women and children we serve each year, our warmest appreciation to the following Campaign for Selfhelp donors:

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* Selfhelp Board Member
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‡ Deceased
In fiscal year 2006 Selfhelp provided comprehensive home care, housing, socialization, and case management services to

5,308 victims of Nazi persecution,

25% of whom were new to our program.
Providing Support

Selfhelp is a grateful recipient of major annual support from:

$1,000,000 – $4,000,000

- Conference on Jewish Material Claims Against Germany
- Conference on Jewish Material Claims Against Germany for Programs Benefiting Jewish Nazi Victims
- Conference on Jewish Material Claims Against Germany for an Austrian Holocaust Survivor Emergency Assistance Program
- Conference on Jewish Material Claims Against Germany for the benefit of needy Hungarian victims, from the settlement of a class action regarding the Hungarian Gold Train (Rosner v. United States) under the jurisdiction of Judge Patricia A. Seitz
- 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 In Re: Holocaust Victim Assets Litigation (Swiss Banks).
- Conference on Jewish Material Claims Against Germany for the International Claims Against Germany for the Emergency Assistance Program for Nazi Victims

Selfhelp also receives major funding from:

New York City
- Administration for Children's Services
- Department for the Aging
- Human Resources Administration
- Borough Presidents
- Members of the City Council

New York State
- Bureau of Refugee & Immigrant Affairs
- Office for the Aging
- Office of Children & Family Service
- Office of Mental Retardation & Development Disability
- Office of Temporary & Disability Assistance

Refugee Assistance Program
- Members of the State Legislature
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Kay and Peter Bergmann
John W. Bing
Kenneth M. Brown
Robert Carmona *
Maureen Cronin-McLaughlin and
Patrick McLaughlin
Carol Dallos
Henry T. Dessauer
Lynn and Arnold Feld
Ruth and Peter Fleck Foundation
Hilda Geffen Trust
Joan E. Gerster
Frank K. Gottschalk
Sharon Kovacs Gruer
Lotte L. Hart
Health Net
Magda M. Hull
Andrea and Robert Ingram
Renee and Ronald Joelson
Eleanor and Saul Kagan *
Walter Kann Foundation
Patricia and Michael Kaplan
Katsky Korins LLP
Daniela and Steven Klein
Edward and Diane Korman
Helga and Bernard Kramarsky
Ursula Lerce
Lilli Lowenthal
The Mayer Corporation
Harriet and Richard L. Mayer
Reggie and Peter Mayer * °
Virginia and Juan Meyer
National Bank of New York City
Nancy and Daniel Neff
Alfred E. Netter
Hannah and Frank Neubauer
Abbi and Paul Neulather
Karen Nichols and John Souto
Christa I. Nordmann
ODM&D Housing Advisory Group, LLC
Joe Osnoss
Joshua Pessin
Marianne J. Phiebig
Lina and Hans Popper
Marni and Morris Propp
Morris and Anna Propp Sons Fund
Bonneie Reiffel
Sheila Johnson Robbins
Isabel and Thomas Roche
Erika and Rolf Roland
Cathy Schoen and Lawrence Zacharias
Ghita Schwartz
The Law Office of Jill Sherman
Rita and Franke Shewer ≈
Franz W. Sichel Foundation
Marion S. Sinek
Marion B Sondheimer-Couturier
Ruth Grunebaum Sondheimer
Sally and Joel Spivack
The Philip & Lynn Straus Foundation
Gloria and Fred Strauss
Thesco Benefits, LLC
Jerry A. Tishman
TPC Home Care Services
Elaine Tross
United Way of New York City
Gerhard Van Biema
Naomi Wolfensohn & Jascha D. Preuss

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Anonymous (17)
Karen Jacoby Aarts and Jeffrey Aarts
Dr. and Mrs. Walter H. Abelmann
Pearl Addu
Marion Adler
Arthur Antin
Nancy Aries and Elliott Sclar
Marilynn and Thomas Aron
Robert G. Aschenassy
Herbert J. Ashe
Leon D. Ashner
Ruth C. Bach
Hildegard Bachert
Lore and Leo Baer
Veronica Balassone and Kirby Tirk
Lillian and Lucien Ballin
Ursula and Gerald Bamberger
David Baron
Sarah H. Beatty-Buller and Mark Buller
Nancy and Allan Beaver
Marion Benedek and Charles Rubinstein
Eva Benjamin
Eva and Fred Bergmann
Valentina and Marc Bernheim
Phyllis Birnbaum and Ashok Modak
Hannah & Norbert Blechner
Memorial Fund
Marianne and Rudy Block
Erika Bloomfield
Anneliese and Herbert Bodenheim
Eleanor and George Bollag
Hilda Bondi
Meyer Braiterman
The Saul Brandman Foundation
Morris Breitstein
Miriam Burns
Lisa Camerino
Maureen Charney
Dwayne Clark and Bobby Gaynor
Nina and Peter Cobb
Margot Lehman Cornretto
Crestwood Memorial Chapel
Barbara Cuneo
Lucy and Frederick Danziger
Marlies K. Danziger
Luise David
Mary and Kurt Delbanco
Diesel USA
Erica Doctorow
James P. Dolan, Jr.
John P. Dolan
Catherine J. Doyle
Kurt P. Dulkan
Joan and Robert Easton
Paula and Henry Ehrenberg
Henry and Celia Eisenberg Fund

Ruth K. Elsner
Linda and Alan Englander
Cheryl Ernest
Andreas Essberg
Barbara and Terry Feeney
Violet Fisher
Rosemary K. Flanagan
Tara Foster and John Macrae
Jeffrey Freehof
Jo Anne and Jack Friedenthal
Froehlich Family Foundation
Diane and Michael Fruchtmann
Ruth Gans
George’s Meat Associates
Deborah and Elliot Gibber
Carlotta Giglio
Alva Giuck
Caryl Goldsmith
Margit Goldsmith
Elizabeth and Thomas Goss, Jr.
The Gramercy Park Foundation
Susan I. Grant and Brian King
Jill Grayson
Marian and Martin Greenberg
Ellen Greenbaun and Simeon Schwartz
Martha B. Greenbaum-Jakes
Stephen Grosberg
Margot I. Grossmann
Allen Guggenheim
Paul R. Guggenheim
Harold Gumbel
Rosemarie Gumpel
Ursula Gundel
Laura and Leo Guthart
Ruth Gutmann
Eva and Fred Habermann
Beatrice and Gerald Hahn
Hella Hammellbacher
Tres Hanley-Millman & Paul Millman * °
C. Lowell Harris
Andree M. Hayum
Eugene A. Hegy, Jr.
Anne Hellman
Ronald Hellman
Martha Hirsch
Gerry and Robert Hodes
Janice F. Hohenstein
Andrew J. Homburger
Debra and Philip Homburger
Ruth and Peter Homburger
Stephen M. Homburger
Marie and Jerry Hornstein
Hilda and Selmar Hubert
Cathy Hull & Neil Janovic Family Fund
Mary H. Jacker
Diane and Herbert Jaffin
Cyril and Elena Jalon
The Jesselton Foundation
Elizabeth and Samuel Kahn
Margaret Kahn
Rita and Al Kalish
Jonathan M. Kamen
Alice K. Kantor
Bernard Kaplan
Debra Kaplan and Michael Lainkin
Selfhelp employs nearly 2,000 trained home care workers and staff who provide approximately 3,000,000 hours of service each year to clients living in Manhattan, Brooklyn, Queens, the Bronx, and Nassau County.
In Memory of:

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

- Sara Cytryn
- Shirley Dworsky
- Shirley Ehrenberg Family
- John H. Elton
- Mother Grossman Ernone
- Sylvia Fairyberg
- Fred S. Fallek
- Family lost in the Holocaust
- Erna and Ernest Felsenstein
- Hans J. Frank
- Mother Johanna Freimark
- Paul Freireich
- Alvin E. Friedman
- Florence and Anthony Giglio
- Herbert William Gold
- Morris Goldman
- George T. Greenfield
- Philip Gruss
- Frederick Gundell
- Frieda Guttermann
- Eleanor Haas
- Else and Arthur Hahn
- Marianne Hayum
- Kidra and Armin Held
- Jack Hellman
- Ruth Herzog
- Erwin Hirsch
- Frederick R. Homburger
- Kurt Honberg
- Luise Hornstein
- Walter Jakob
- Beth Kacenga-Leegant
- Margaret Kassel
- Paul A. Kohlmann
- Ida Konig
- Gertrude Kowal
- Leo Kruger
- Julius Kupfer
- Willy Kussi
- Sidney Leff
- Augusta and Walter J. Levy
- Robert A. Levy
- Susan B. Levy
- Arnold Lewis
- Eva Lewis
- Fred A. Lewis
- Ellen Linstone
- Anthony Loguerio
- Marie Mallot
- Anna and Fritz Mayer
- Irma Mayer
- Liesel Mayer
- Rachela Melezin
- Thekla Meyerbach
- Alex Morgan
- Claire Moskowitz
- Maureen Murphy
- Julie Nagel
- Irene Nathan
- K. Fred Netter
- Gideon Netter
- Allen Nussbaum
- Harold Oppenheimer
- Anne-Uwe Pagel
- Jenny and Oscar Pappenheimer
- Tina Patton
- Frances Posner
- Hannah and Alfred Regensburger
- Alice and Paul Roche
- Abraham Roitman
- Dorothy Rubin
- Greta Samet
- Tilda Scadron
- Gabriele D. Schiff
- Paul Schreiber
- Beth Schwartz
- Mannes Schwarz
- Charles Schweger
- John Slade
- Lee Sommer
- Manfred Sondheimer
- Ilse Stein
- Beate G. Stern
- Manfred Stern
- Eva Stroh
- O. Morley Tanney
- Rudie Thal
- Hildegard Tuchmann
- Victims of the Holocaust
- Claire Warschauer
- Fred Wechsler
- Elsbeth Weilheimer
- Alfred Weinberger
- Gerard Wertheimer
- Marianne Winkler
- Jean Wolf
- Ruth Wolf
- Else and Henry Wolff
- Murray Zinaman
- Elizabeth Zorek

Matching Gifts

American Express
The Commonwealth Fund
Freddie Mac Foundation
GE Foundation

2006 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 2006 to benefit our Nazi Victim Services Program.

Platinum
Louis & Anne Abrons Foundation, Inc.
Gerda Wassermann

Gold
The Frederick Baum Family
Shelley and Steven Einhorn

Silver
Arnhold and S. Bleichroeder
Holdings, Inc.
Citibank, N.A.
Park Gardens Rehabilitation and Nursing Center, LLC
Steven and Debra Prince
QuietCare by Living Independently

2006 Event Sponsors

Nurse's Choice Nursing Center, LLC

Bronze
Loeb & Troper
Newmark Knight Frank
The Frederick P. & Sandra P Rose Foundation

Pacesetter
All Metro Emergency Response System, Inc.
Mc Millian’s Home Care Agency, Inc.
Mobile Health Management Services, Inc.
Ronald F. Ries

Friend
CharterMac Capital, LLC
Douglas Elliman Property Management Health Net
MD Building Services
Thesco Benefits, LLC
TPC Home Care Services, Inc.

Table Sponsors
Matthew and Christine Cantor
Renée Herman
Karen and Walter Joelson
Nadine and Peter Levy
Laure Zacharias

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

- Estate of Henri Abeles
- Estate of Herman Boehm
- Estate of Herta Braude
- Estate of John H. Elton
- Estate of Ilse Camper
- Estate of Maria Geduldig
- Estate of Martha Gruen
- Estate of Rolf Hirschberg
- Estate of Heinz Herbert Jacob
- Estate of Charlotte Kahn
- Estate of Bruno Korn
- Robert A. Levy Trust
- Susan B. Levy Trust
- Walter, Augusta, & Robert Levy Memorial Fund
- Estate of Margaret W. Llera
- Estate of Nathan Maier
- Estate of Samuel Milbauer
- Estate of Elsbeth Miller
- Estate of Hilde Neugass-Gouldman
- Estate of Edith R. Pinkuss
- Estate of Martha (and Curt) Reisner
- Estate of Carol Rindner
- Estate of Magdalena Shearer

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

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

- American Association of Homes and Services for the Aged
- Bronx Elder Abuse Task Force
- Bronx Inter-Agency Council on Aging
- Brookdale Center on Aging of Hunter College - Social Work Advisory Committee
- Brooklyn Borough-Wide Interagency Council on Aging
- 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
- Gray Panthers of New York - Board Member
- The Home Care Association of New York
- State, Inc. (HCA)
- Lower East Side Inter-Agency Council on Aging
- Lower West Side Inter-Agency Council on Aging
- Manhattan Borough President’s Office Task Force on Housing
- Manhattan Borough-Wide Inter-Agency Council on Aging
- Manhattan Mental Health Geriatric Committee
- Maspet Kiwanis Club
- Medicaid Advisory Committee
- Medicare Savings Program (MSP) Coalition
- Nassau County Department of Senior Citizen Affairs
- The New School for Social Research
- New York Association of Homes and Services for the Aging
- New York City Department for the Aging
- 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 Bar Association - Elder Law Section
- New York State Consumer Coalition on Part D
- Queens Inter-Agency Council on Aging
- Senior Umbrella Network of Nassau County
- UJA-Federation of New York - Bronx Elderly Services Task Force
- UJA-Federation of New York - Caring Task Force
- 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 Council on Aging
- Westside Inter-Agency Council on Aging

Selfhelp participated in joint programs with:

- 11th Police Precinct
- AARP
- Action Reconciliation Service for Peace
- Adelphi University
- Adelphi University School of Social Work
- Adult Protective Services
- Alzheimer’s Association of New York City
- Alzheimer’s Foundation of America
- American Association of Homes and Services for the Aged
- American Cancer Society
- American Cancer Society - Eastern Division, Chinese Unit
- American Diabetes Association
- American Red Cross
- Arnold & Porter LLP
- Arthritis Foundation
- Asian Health Center of Flushing
- Association for the Bar of the City of New York
- Behavioral Informatics, Inc.
- Berkeley-Carroll School
- Beth Torah Glatt Kosher Caterers
- B’nai B’rith Project HOPE
- Brain Injury Association of NYS
- Bronx House
- Bronx Jewish Community Council
- Brookdale Center on Aging of Hunter College
- Samuel Sadin Institute on Law
- Celebrity Travel
- Center on Medicare and Medicaid Services (CMS)
- Central Queens Y - Forest Hills
- Chinatown Health Center
- Chinese American Planning Council
- City of New York (CUNY) Law School
- Citymeals-on-Wheels
- Cliffside Nursing Home
- College of Staten Island
- Columbia Presbyterian Opth. Department
- 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 Senior Centers and Services of New York City
- DOROT
- Elder Craftsman, Inc.
- Elder Plan
- Elders Share the Arts
- Elmhurst Hospital
- Elmhurst Hospital Mobile Crisis Team
- 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
- Fordham University Graduate School of Social Work
- Forest Hills Community House
- Forest Hills Jewish Center
- Forest View Center for Rehabilitation and Nursing
- 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 Brooklyn College
- Hillel Society of Columbia University
- Hillel Society of Hunter College
- Hillel Society of New York University
- Hillel Society of Queens College
- Hillside Hospital
- HIP
- Holy Cross High School
- Home Care Council
- Hospital Audiences
- Hunter College School of Social Work
- Hunter College School of the Health Professions
- Immigration Advocacy Services
- International Society of Psychiatric Nursing (ISPN)
- IS 73
- J.T. Tai Foundation
- Jamaica Hospital Medical Center
- Jewish Association for Services for the Aged (JASA)
- Jewish Association for Services for the Aged - Adult Protective Services
- Jewish Association for Services for the Aged - Legal Services for the Elderly
- Jewish Board of Family and Children’s Services
- Jewish Home and Hospital Lifecare Systems
- Joint Passover Association
- Joint Public Affairs Committee
- Kings Bay Y - Brooklyn
- Kingsborough Community College
- LaGuardia Community College
Selfhelp’s six Senior Centers served

157,358 hot lunches

and delivered 35,175 meals to home-bound elderly men and women this past year.
# Financial Information

**Balance Sheet** For the year ended June 30, 2006

<table>
<thead>
<tr>
<th>Assets</th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash</td>
<td>$2,112,587</td>
<td>$1,405,469</td>
</tr>
<tr>
<td>Investments</td>
<td>10,689,158</td>
<td>9,087,265</td>
</tr>
<tr>
<td>Accounts Receivable</td>
<td>7,906,582</td>
<td>7,489,088</td>
</tr>
<tr>
<td>Due from Related Party</td>
<td>1,135,665</td>
<td>940,854</td>
</tr>
<tr>
<td>Contributions Receivable &amp; other current assets</td>
<td>556,014</td>
<td>747,244</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>22,400,006</strong></td>
<td><strong>19,669,920</strong></td>
</tr>
<tr>
<td><strong>Fixed Assets</strong></td>
<td>3,550,811</td>
<td>3,962,927</td>
</tr>
<tr>
<td><strong>Other Non-current Assets</strong></td>
<td>54,142</td>
<td>35,444</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$26,004,959</strong></td>
<td><strong>$23,668,291</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Liabilities and Net Assets</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts Payable and Accrued Expenses</td>
<td>$1,245,367</td>
<td>$1,484,125</td>
</tr>
<tr>
<td>Accrued Salaries and Benefits</td>
<td>3,553,299</td>
<td>3,675,737</td>
</tr>
<tr>
<td>Due to Third Parties and Other Payables</td>
<td>1,751,831</td>
<td>1,855,073</td>
</tr>
<tr>
<td>Loan Payable</td>
<td>1,830,638</td>
<td>1,980,000</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td><strong>8,381,135</strong></td>
<td><strong>8,994,935</strong></td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unrestricted Net Assets</td>
<td>10,867,613</td>
<td>8,327,789</td>
</tr>
<tr>
<td>Temporarily Restricted Net Assets</td>
<td>6,756,211</td>
<td>6,345,567</td>
</tr>
<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>17,623,824</strong></td>
<td><strong>14,673,356</strong></td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$26,004,959</strong></td>
<td><strong>$23,668,291</strong></td>
</tr>
</tbody>
</table>
## Statement of Activities
For the year ended June 30, 2006

<table>
<thead>
<tr>
<th>Revenue, Gains, and Other Support</th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homecare Program</td>
<td>$32,081,525</td>
<td>$31,084,945</td>
</tr>
<tr>
<td>Community Programs &amp; Targeted Grants</td>
<td>14,687,781</td>
<td>12,692,481</td>
</tr>
<tr>
<td>Contributions, Legacies &amp; Bequests</td>
<td>4,670,272</td>
<td>2,829,134</td>
</tr>
<tr>
<td>Developers Fee-Net</td>
<td>747,650</td>
<td>0</td>
</tr>
<tr>
<td>Investment Income</td>
<td>760,699</td>
<td>579,143</td>
</tr>
<tr>
<td><strong>Total revenue, gains and other support</strong></td>
<td><strong>52,947,927</strong></td>
<td><strong>47,185,703</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homecare Services</td>
<td>29,372,198</td>
<td>28,904,165</td>
</tr>
<tr>
<td>Community and Other Programs</td>
<td>14,614,960</td>
<td>13,235,140</td>
</tr>
<tr>
<td>Management and general</td>
<td>5,314,328</td>
<td>5,209,342</td>
</tr>
<tr>
<td>Fund Raising</td>
<td>695,973</td>
<td>639,371</td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td><strong>49,997,459</strong></td>
<td><strong>47,988,018</strong></td>
</tr>
</tbody>
</table>

| Change in net assets              | 2,950,468       | (802,315)       |
| Net assets - beginning of year    | 14,673,356      | 15,475,671      |

| **Net assets - end of year**       | **$17,623,824** | **$14,673,356** |

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

<table>
<thead>
<tr>
<th></th>
<th>Total Assets</th>
<th>Total Net Assets</th>
<th>Total Revenues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selfhelp Community Services</td>
<td>$26,004,959</td>
<td>$17,623,824</td>
<td>$52,947,927</td>
</tr>
<tr>
<td>United Help</td>
<td>499,286</td>
<td>494,286</td>
<td>431,276</td>
</tr>
<tr>
<td>Home Attendant Services</td>
<td>4,170,973</td>
<td>3,218,564</td>
<td>13,492,915</td>
</tr>
<tr>
<td>Senior Citizen Housing Corporations</td>
<td>39,087,878</td>
<td>6,745,655</td>
<td>8,468,211</td>
</tr>
<tr>
<td>Certified Home Health Agency</td>
<td>1,255,928</td>
<td>(1,150,585)</td>
<td>5,438,651</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$71,019,024</strong></td>
<td><strong>$26,931,744</strong></td>
<td><strong>$80,778,980</strong></td>
</tr>
</tbody>
</table>

* The corporations have different fiscal year ending dates.

A copy of our audited financial statement for Fiscal Year 2006 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.
Officers 2006 - 2007
Victor A. Wyler
President
Ernest L. Bial
Chairman
Peter Model
Vice President
Peter L. Simmons
Treasurer
Nadine N. Levy
Secretary

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David Barone
Dennis Baum
Ernest L. Bial
Ellen Blum
Max J. Brandsdorfer
Matthew A. Cantor
Robert Carmona
Ernest F. Grunebaum
Ernest M. Grunebaum
Peter H. Jakes
Dori Konig
Nadine N. Levy
Mary Mayer
Reggie Mayer
Ilse Melamid
Joshua Mermelstein
Paul Millman
Peter Model
Stanley J. Reifer
Ronald F. Ries
Sandra Priest Rose
Margrit Wreschner Rustow
Raymond V. J. Schrag
Peter L. Simmons
Peter C. Simon
Eric S. Sondheimer
Steven G. Tepper
Albert U. Tietz
Alice Ullmann
Victor A. Wyler
Jeffrey A. Zorek

Honorary Life Members
Hannah Hirschfeld
Annemarie Maass
Rita Shewer
Erwin A. Weil
Gisela Weil

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Chief Executive Officer
Vivian Torres-Suárez, RN
Chief Operating Officer
Morris Breitstein
Chief Financial Officer
Grace S. Nierenberg, LMSW
Senior Vice President,
Senior Communities
Lois Deutsch, CFRE
Vice President,
Development
Elihu Kover, LMSW
Vice President,
Nazi Victim Services Program
Pearl Addu, RN
Assistant Vice President,
Home Care
Tami Siedler, RN
Assistant Vice President,
Quality Management
Phyllis Tobin, LMSW
Assistant Vice President,
Senior Communities
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Director,
Human Resources
Leo Asen
Administrative Director,
Senior Communities
Beth Zeidel, LMSW
Administrative Director,
Nazi Victim Services Program

Erin Brennan, MPS
Senior Programs Director,
SHARP/Clearview Senior Center
Tova Klein, MSW
Senior Programs Director,
Case Management
Betsy Smith, LMSW
Senior Programs Director,
NORC Programs
Neil Actable
Director,
Information Technology and
Facilities Management
Valerie Bogart
Director,
Families in Crisis
Miriam Burns
Director,
Government Relations
Liz Gleason, RN
Director, Patient Services
Licensed Home Care Services
Agency (LHCSA), Long Island
Patricia L. Kaufman
Director,
Community Guardian Program
Fannie Porter, RN
Director, Patient Services
Licensed Home Care Services
Agency (LHCSA), New York City
Rosina Sanchez, RN
Director, Patient Services
Certified Home Health
Agency (CHHA)
Selfhelp Special Family
Home Care
Shannon Simpson, RN
Director,
Training Program –
Guthery Training Institute

Erin Brennan, MPS
Senior Programs Director,
SHARP/Clearview Senior Center
Tova Klein, MSW
Senior Programs Director,
Case Management
Betsy Smith, LMSW
Senior Programs Director,
NORC Programs
Neil Actable
Director,
Information Technology and
Facilities Management
Valerie Bogart
Director,
Families in Crisis
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Liz Gleason, RN
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Licensed Home Care Services
Agency (LHCSA), New York City
Rosina Sanchez, RN
Director, Patient Services
Certified Home Health
Agency (CHHA)
Selfhelp Special Family
Home Care
Shannon Simpson, RN
Director,
Training Program –
Guthery Training Institute
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.
Selfhelp is a not-for-profit organization dedicated to maintaining the independence and dignity of seniors and at-risk populations through a comprehensive network of community-based home care, social service, and senior housing programs.

Overview of Programs and Services

Caring for Generations
Selfhelp Community Services, Inc. enables ready access to services 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 non-nursing physical and speech therapy programs, nutrition education, home health aides, mental health counseling and referral, and social services at home to the elderly as well as clients affected by HIV/AIDS. Services are paid for by Medicaid, OMID and other insurers. Our licensed Home Care Services Agency (HCBS) provides similar services at home through hospitals and other contracting agencies or for individuals who pay for them providing housing (except Staten Island) and Nassau County.

Selfhelp was founded in 1936 to help victims of Nazi persecution and still

Seven Years of Progress: A Message from our Leadership

Established 70 years ago to serve the victims of Nazi persecution and still

Introduction
On a cold November night in 1936, our founders met in a New York City apartment to discuss ways to help their brethren escape the threat of Nazi persecution. Then, the concept of Selfhelp Community Services was born—to provide the support that allows people to retain their independence and dignity, and to carry on with their lives, even as others are forced to flee their homes. Over the past 70 years, the components of our services have grown to meet changing times and evolving client needs. We now offer a wide spectrum of services such as home health care, affordable housing and day programs to respond to a growing and increasingly diverse population. Although our services have expanded and delivery methods improved, every generation of caregivers at Selfhelp has carried on the legacy of those who helped their brethren and understanding so many years ago. As Selfhelp begins its 70th year, we remain determined that the most vulnerable among us need not shoulder the burden alone.
Overview of Programs and Services

Caring for Generations
Selfhelp Community Services, Inc. enables ready access services and in-home services to live independently through a comprehensive network of community-based home care, social service, and adult housing programs.

Home Care
Selfhelp’s Certified Home Health Agency (CHHA) provides nursing, physical and speech therapy, social services and case management. Clients receive 24-hour a day personal care and assistance with ADLs (activities of daily living) such as bathing, dressing, toileting and transferring.

Community Guardianship
Selfhelp’s Community Guardian Program serves as court appointed guardian for clients referred by Adult Protective Services (APS), who are over the age of 70 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 stabilization and referral, as well as social activities for individuals with Alzheimer’s disease. It also has support groups for caregivers. Programs in Queens.

Legal Services
Selfhelp’s Civil-Litigation Legal Resource Program provides legal assistance for Selfhelp clients. It offers professional training regarding Medicaid and other legal issues to other organizations. Serving all boroughs except Staten Island.

Nutritive Services
Selfhelp is dedicated in spirit to help victims of Nazi persecution and still serve the victims of Nazi persecution and still...
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