

Mission Statement:

Selfhelp is a not-for-profit organization dedicated to maintaining the independence and dignity of seniors and at-risk 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. Selfhelp will continue to serve as the “last surviving relative” to its historic constituency, victims of Nazi persecution.

Selfhelp

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

www.selfhelp.net



Claims Conference ועידת התביעות
The Conference on Jewish Material Claims Against Germany

a beneficiary of
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of New York

Selfhelp Community Services, Inc.

\dig-nət-ē\ \'

On Dignity \ 2008 Annual Report



dignity \ˈdig-nət-ē\ *n*, *pl* **-ties**
[*dignete*, fr. OF *dignette*, fr L *dignitate*-, *dignitas*, fr. *dignus*] (13c)
1: the quality or state of being worthy, honored, or esteemed
2 a: high rank, office or position
b: a legal title of nobility or honor
3 *archaic*: DIGNITARY **4**: formal reserve of manner or language...

In Memoriam

The Selfhelp family honors the memory of Grace S. Nierenberg, our beloved Senior Vice President, who, for over three decades, gave unwaveringly of her time and talents to improve the quality of later life. She left an extraordinary legacy for which she will always be remembered.

Forever in our hearts

Dear Friends,

If you have received Selfhelp's Annual Report in the past, you will certainly notice a dramatic change in this year's publication. While we of course recognize our responsibility to report to you—our valued donors and friends—these challenging times call for measures beyond “business as usual.” And so, this year's Report has been reduced to a fraction of its size with a more modest look and feel, enabling us to direct limited financial and human resources to critical elements of mission fulfillment.

Over the past few months, all of us watched in disbelief as our world began to spiral out of control. Here at Selfhelp, we hold in our hands the well-being of 20,000 of the city's most vulnerable. And with the effects of enormous cutbacks in city and state funding, we must find new and creative ways to deliver the vital services our clients need and deserve.

Dignity is the theme of our 2008 Annual Report. In times of plenty and in times of scarcity—whether we are delivering home care, health care or housing—providing opportunities to live with dignity is truly what defines our mission. At this critical juncture, Selfhelp's Board of Directors and staff have redoubled our commitment to victims of Nazi persecution, the elderly and those at risk of losing independence. And we are doing so responsibly, with prudent fiscal oversight and without compromising the outstanding quality of service we have provided for over seven decades.

Especially during these trying times, we are indeed grateful for your friendship and dedicated support.

Most sincerely,



Victor A. Wylar
President



Stuart C. Kaplan
Chief Executive Officer

At 89-years-young, Ray Joss, a resident of Selfhelp's Helen R. Scheuer House, enjoys an active lifestyle. As President of the Tenant's Council, she coordinates a calendar of stimulating programs for residents, such as speakers, holiday celebrations and wellness activities. During the day, Mrs. Joss can usually be found at Selfhelp's Benjamin Rosenthal Senior Center where she participates in a host of activities as well as volunteers. While at home, she and her children enjoy **peace of mind**, thanks to the sensor technology installed in her apartment by Selfhelp several years ago. She also benefits from subsidized housekeeping, and in the past has utilized Selfhelp's home care services following a hospitalization. Ray Joss' smile says it all, "We're very lucky," she remarks. "You don't feel alone when you live here."





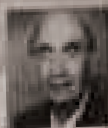
When Xian Xiang Cen arrived in New York with his wife Su Xia Liu in 2004, they had little to their names besides the memories they brought with them from Southern China. Both high school math teachers before retirement, the Cens, now in their 70s, needed some help acclimating to their new home. With the assistance they received from Selfhelp’s Prince Street Senior Center, they were soon able to rebuild their lives—finding work, a place to live, and just as importantly, an invaluable **support system**. Taking advantage of the services offered there, they learned English at an ESL class, applied for assistance to pay their U.S. citizenship application fees, and when money was tight, Mr. Cen received emergency cash assistance to purchase a new pair of eyeglasses. With great appreciation for all the help they received, they have proven to be excellent role models for other new immigrants who attend the senior center.

It's hard to keep up with Sam Friedlander, for whom a typical day consists of a trip to the library to catch up on reading, lunch at the senior center, and sometimes, even an excursion into Manhattan. At 96, Mr. Friedlander still reads the New York Times from cover to cover, and takes care of his own finances and shopping. Difficulties submitting insurance claims and a complication which left him temporarily without prescription drug coverage, led him to Selfhelp's Evelyn Frank Legal Resources Program, where he received **expert guidance** and assistance. In the Queens neighborhood where he has lived for over 50 years, he is somewhat of a celebrity – his hearty laugh and good cheer are practically contagious. And thanks to the supportive services he receives, Mr. Friedlander enjoys an active, independent lifestyle.





Soaring
Underground



HOWARD

Larry Orbach always had a great zest for life. Not even his memories of Auschwitz and Buchenwald could hold him back when he started his new life in America. But in 2007, after suffering a stroke, everything changed. Suddenly roles were reversed, and his two adult children needed to become his caregivers. Like most people facing such an overwhelming situation, Richard and Vivien didn't know where to turn. Fortunately, they were directed to Selfhelp's Senior Source Program, where a Care Manager quickly took charge. Describing her as **“an angel on our shoulder,”** she helped the siblings navigate the complex health care system, and advised them on financial, insurance, and legal issues, while in the throes of the greatest crisis of their lives. And thanks to Selfhelp's home care professionals, Richard and Vivien were able to bring their father home, where he lived out the remainder of his life in dignity, surrounded by the love of his family and friends.

For over 50 years, Joseph and Virginia Faro have enjoyed their Long Island City apartment, with its easy access to Manhattan and the wonderful environment it provided them to raise their daughters. Now, at a different stage of their lives, they appreciate the many services being made available to them since their apartment complex became classified as a Naturally Occurring Retirement Community (NORC). Selfhelp provides NORC programs to help aging residents live **meaningful** and **productive** lives. In addition to the recreational and educational activities offered, a Selfhelp nurse visits the Faros twice a week, a home health aide assists with personal care, and the NORC housekeeper helps with light housework. Recently, Selfhelp installed a telehealth device in their home, enabling Mr. Faro to self-monitor his blood pressure, which is then automatically transmitted to a Selfhelp nurse. Thanks to all of these services, the Faros are able to remain in the home they love.





Picking up the pieces following the loss of a spouse—one of life’s most difficult challenges—especially for Hannah Nadler, a Holocaust survivor. Extremely devoted, several times a week she would bring her wheelchair-bound husband to the Austin Street Senior Center, where he enjoyed the activities. Once widowed, Mrs. Nadler was at a loss as to what to do with her time. She received bereavement counseling from Selfhelp’s Nazi Victim Services Program, and was encouraged to attend the senior center, which soon became the highlight of her day. Mrs. Nadler became an **active** volunteer at the lunch table, and began participating in intergenerational programs with local students. With the Selfhelp community as her new supportive family, Mrs. Nadler is beginning to enjoy her life once again.

On the surface, the members of this group have little in common with one another, yet they are closer than some families. What binds them together is a most insidious disease: each is caring for a spouse with Alzheimer's. Here at their weekly Alzheimer's Support Group, they feel free to relate to one another for they understand the trials and tribulations each is facing. Some of their spouses attend the Selfhelp Alzheimer's Resource Program (SHARP), while others now reside in nursing homes. Regardless of their individual circumstances, here, support group members have found an **oasis of caring** and concern. Says a participant, "It's an intimate group. We learn from each other how to cope. We understand each other."



Programs and Services

> **Caring for Generations**

Selfhelp Community Services, Inc. enables approximately 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.

> **Nazi Victim Services**

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.

> **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, and home care services. Apartment complexes in Queens.

> **Home Health Care**

A leading provider of home health care in the New York metropolitan area, Selfhelp offers four home care options: Licensed Home Care Services Agency (LHCSA), providing home health aides to mostly elderly clients who require convalescent or rehabilitative care; Certified Home Health Agency (CHHA), providing care to frail seniors and individuals/families with HIV/AIDS; Homemaking Program, providing child-focused home care for families at-risk; and, Housekeeping Program, providing services to the frail and the elderly. Additionally, Selfhelp trains hundreds of home health aides each year through our Guthery Training Institute located in Manhattan and Long Island.

> **Senior Centers**

Selfhelp's six senior centers offer a wide variety of life-enhancing programs such as computer classes, concerts and lectures, wellness workshops, as well as nutritious meals for approximately 8,000 seniors living in surrounding communities. Program sites in Queens.

> Senior Source

For adults seeking 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. These professionals can help navigate the maze of entitlements, implement immediate care, monitor ongoing care, or prepare for future care needs. A fee-for-service program serving all boroughs, Nassau County and lower Westchester.

> Naturally Occurring Retirement Communities (NORCs)

Selfhelp NORC programs provide senior residents in four 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 screenings, and social, recreational, and educational programs. Program sites in Queens.

> Selfhelp Alzheimer's Resource Program (SHARP)

Selfhelp provides social adult day care, mental health assessment and referral, as well as social activities for individuals with Alzheimer's disease. The program also offers support groups for caregivers. Program sites in Queens.

> Case Management

Selfhelp's comprehensive Case Management 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. Serving Manhattan, Brooklyn, and Queens.

> Legal Resources

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

> Community Guardianship

Selfhelp's Community Guardian Program serves as the 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.

Thank You for Your Support

PROVIDING SUPPORT

Fiscal Year 2008
(July 1, 2007 - June 30, 2008)

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- * Selfhelp Board Member
- ◇ Selfhelp Community Services Foundation Trustee
- ° United Help Board Member
- ∞ Honorary Life Member
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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 Nazi 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 Commission on Holocaust Era Insurance Claims

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*The Caring Commission: Senior Partners Program Expansion
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Community Initiative for Nazi Victims: Comprehensive Case Management Services for Russian Nazi Victims

Community Initiative for Nazi Victims: Emergency Cash Assistance for Russian Nazi Victims

Community Initiative for Nazi Victims: Guardianship and Financial Management for Nazi Victims

Community Initiative for Nazi Victims: Home Care Services for Nazi Victims

Selfhelp also receives major funding from:

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Marianne and John Schiffer	Yu Tai and Xue Er Li	Kum Sin Wong
Sabine Schipper	Naomi G. Tamerin, MD	Ping Sheng Wu
Carol and Norman Schnall	Adele and Ronald Tauber	
Anne and Howard Schneider	Eva Teller	

Zi Shun Xiong
Yue Er Yang
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Tsun Tat David Yung
Jane and Richard Zenker
Ruth and Eric Zielenziger

Selfhelp would also like to acknowledge the generosity of donors whose gifts of \$99 or less are too numerous to list.

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Grateful appreciation to our friends who have given so generously of their time and talent:

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Dr. De Cong Tran
Pauline Yeung, Esq. -
Grimaldi & Yeung LLP
Marc Wein

Caring for Generations

Tribute Fund - In Honor Of:

The following individuals were remembered by friends and family as they celebrated special occasions:

Daniel Aibel
Leo Asen
Tricia and Elliott Barlow
Ernest L. Bial * ◊ °
Valerie Bogart
Ille Buttenwieser
Arthur Cohen
Sumner Cohen
Henry T. Dessauer
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Erica Drake
Lydia Ecker
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Marion Lust-Cohen
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Reverend Elizabeth Belasco
Millicent and Harold May

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Reggie and Peter Mayer * °
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Phyllis Tobin
Harry Weilheimer
Victor A. Wyler * ◊ °
Helen Zubalsky

Caring for Generations

Tribute Fund - In Memory Of:

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

Gerard N. Amoroso
Marion and Erich Aschkenasy
Bernhard Aschkenazy
Lucy Bachrach
Paula Ball
Mr. and Mrs. Leo H. Bendit
Therese and Paul Bergmann
Mr. Bergrtraum

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Gertrude and Henry Wegner
Else and Henry Wolff
Ida Wygoda
Alfred and Marguerite Wyler

Beatrice Zeidel
Yi Ping Zeng
Elizabeth Zorek

Estates

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

Estate of Henry Brodnitz
Estate of Jean Eastman
Estate of Ilona Gerstel
Estate of Ilisa Goldberg
Estate of Hedwig Goldsand
Estate of Martha Gruen
Estate of Lieselotte Lachman
Walter Augusta & Robert Levy
Memorial Fund
Estate of Trude Lowenthal
Estate of Hilde Neugass-Gouldman
Estate of Edith R. Pinkuss
Estate of Gabriele D. Schiff
Estate of Paula Weil
The Frances Weishut 2000 Trust

To make a donation to Selfhelp, or to receive additional information about the Caring for Generations Tribute Fund, Estate Planning, or Matching Gifts Programs, please contact the Development Department at 212 971 7764, or visit our website at www.selfhelp.net.

Our clients' lives are greatly enriched through the many organizations that partner with us to achieve our mission. We take this opportunity to thank UJA-Federation of New York, the Conference on Jewish Material Claims Against Germany, and the hundreds of community organizations that bolster our effort to bring dignity and independence to those we serve.

Financial Information

BALANCE SHEET For the year ended June 30, 2008

Selfhelp Community Services, Inc.

Assets	2008	2007
Current Assets		
Cash	\$ 2,146,842	\$ 3,693,858
Investments	11,202,179	8,883,631
Accounts Receivable	9,151,130	7,780,402
Due from Related Party	773,659	421,839
Contributions Receivable & other current assets	309,520	491,211
Total Current Assets	23,583,330	21,270,941
Fixed Assets	3,963,885	3,120,642
Other Non-current Assets	240,658	262,600
Total Assets	\$ 27,787,873	\$ 24,654,183
Liabilities and Net Assets		
Current Liabilities		
Accounts Payable and Accrued Expenses	\$ 1,489,738	\$ 1,697,840
Accrued Salaries and Benefits	3,075,166	2,587,630
Due to Third Parties and Other Payables	1,372,391	1,086,221
Loan Payable	300,000	-
Total Current Liabilities	6,237,295	5,371,691
Net Assets		
Unrestricted Net Assets	16,899,014	14,152,581
Temporarily Restricted Net Assets	4,651,564	5,129,911
Total Net Assets	21,550,578	19,282,492
Total Liabilities and Net Assets	\$ 27,787,873	\$ 24,654,183

A copy of our audited financial statement for Fiscal Year 2008 has been filed with the Secretary of State and may be obtained from the Department of State, 41 State Street, 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.

STATEMENT OF ACTIVITIES For the year ended June 30, 2008

Selfhelp Community Services, Inc.

	2008	2007
Revenue, Gains, and Other Support		
Homecare Program	\$ 27,967,683	\$ 28,991,167
Community Programs & Targeted Grants	19,753,380	17,299,752
Contributions, Legacies & Bequests	2,963,093	2,606,027
Developer and Investment Activity	2,289,649	2,088,658
Total revenue, gains and other support	52,973,805	50,985,604
Expenses		
Homecare Services	25,269,201	26,164,045
Community and Other Programs	18,593,061	17,154,455
Management and general	6,020,109	5,350,093
Fund Raising	823,348	658,343
Total expenses	50,705,719	49,326,936
Change in net assets	2,268,086	1,658,668
Net assets - beginning of year	19,282,492	17,623,824
Net assets - end of year	\$ 21,550,578	\$19,282,492

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

	Total Assets	Total Net Assets	Total Revenues
Selfhelp Community Services	\$ 27,787,873	\$ 21,550,578	\$ 52,973,805
United Help	488,050	482,050	457,957
Home Attendant Services	6,748,253	4,781,483	13,615,520
Senior Citizen Housing Corporations	67,590,019	8,543,743	7,969,039
Certified Home Health Agency	1,057,181	(2,437,766)	4,127,323
Total	\$ 103,671,376	\$ 32,920,088	\$ 79,143,644

* The corporations have different fiscal year ending dates.

Program Contact information

Nazi Victim Services

Bronx Program 718-239-3177

Brooklyn Programs:

Sheepshead Bay 718-646-7500

Kensington 718-633-1300

Manhattan Program 212-971-5475

Nassau County Program
516-481-1865

Queens Program 718-268-1252

Washington Heights Program
212-781-7200

Financial Management Unit
212-971-5475

Housing

To inquire about our housing applications, please call 718-886-1412. For information about on-site social services for our residents, please call 718-762-6803.

Helen R. Scheuer House, Flushing

Martin Lande House, Flushing

Scheuer House of Bayside, Bayside

Scheuer House of Flushing, Flushing

Harry and Jeanette Weinberg House,
Flushing

Harry and Jeanette Weinberg
Apartments, Flushing

Naturally Occurring Retirement Communities (NORCs)

For general information about the NORCs listed below, please call 718-565-6569.

Big Six NORC Program, Woodside

Fresh Meadows Senior Program,
Fresh Meadows

Northridge / Brulene / Southridge
NORC Program, Jackson Heights

Queensview / North Queensview
NORC Program, Long Island City

Senior Centers

Austin Street Senior Center,
Forset Hills
718-520-8197

Benjamin Rosenthal Senior Center,
Flushing
718-886-5777

Clearview Senior Center,
Bayside
718-224-7888

Latimer Gardens Senior Center,
Flushing
718-961-3660

Maspeth Senior Center,
Maspeth
718-429-3636

Prince Street Senior Center,
Flushing
718-961-4550

Home Care

Home Care Intake
212-971-5471

Certified Home Health Agency
(CHHA)
212-971-7651

Homemaking Program
212-971-7659

Housekeeping Program
212-971-7613

Licensed Home Care Services Agency
(LHCSA)
212-971-5490

Long Island Home Care
516-505-2571

Other Community Programs for Seniors

Community Guardian Program
212-971-7776

Evelyn Frank Legal Resources
Program
212-971-7658

Senior Source
1-800-935-3701

Selfhelp Alzheimer's Resource Program (SHARP)

For more information about SHARP, please call 718-224-7888.

SHARP Locations:

Clearview Senior Center, Bayside

Maspeth Senior Center, Maspeth

Case Management Programs

Kensington Program, Brooklyn
718-633-1300

Selfhelp Queens North, Flushing
718-321-8194

Project Pilot, New York
212-787-8106

Guthery Institute of Home Care Training, New York

Trains and certifies home health aides
212-971-7721

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Ernest L. Bial

Vice President
Peter Model

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Ernest M. Grunebaum
Jeffrey S. Jacob
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Dori Konig
Mary Mayer
Reggie Mayer
Ilse Melamid
Joshua Mermelstein
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Margrit W. Rustow
Raymond V. J. Schrag
Peter L. Simmons
Eric S. Sondheimer
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Victor A. Wyler
Jeffrey A. Zorek

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Senior Communities

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Senior Communities

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External Relations

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Assistant Vice President,
Home Care

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Human Resources

Mission Statement:

Selfhelp is a not-for-profit organization dedicated to maintaining the independence and dignity of seniors and at-risk 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. Selfhelp will continue to serve as the “last surviving relative” to its historic constituency, victims of Nazi persecution.

The logo for Selfhelp, featuring the word "Selfhelp" in a white, elegant serif font. A thick white horizontal line is positioned below the text, starting under the 'S' and ending under the 'p', with a slight upward curve at the ends.

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

www.selfhelp.net

Selfhelp Community Services, Inc. \ On Dignity

\ 'dig-nət-ē \

\ 2008 Annual Report