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.
Overview of Programs and Services

The SOURCE for Independent Living
Selfhelp Community Services, Inc. enables approximately 20,000 seniors and their families to live independently through a comprehensive network of community-based home care, social services, and senior housing programs.

NAZI VICTIM SERVICES
The largest provider of programs in the New York metropolitan area, Selfhelp offers comprehensive social services, financial assistance, guardianship, financial management, Holocaust claim assistance, and home care services to survivors. Serving all boroughs within New York State, Nassau County, and Rockland County.

Seniors Housing
Selfhelp’s six affiliated apartment buildings and four on-site social services offer seniors the opportunity to lead independent lives in a warm and supportive environment. Each building has emergency response systems, closed-circuit TV surveillance in lobby, easy access to public transportation and in and within walking distance to Selfhelp services. On-site social services offer seniors the opportunity to lead independent lives through a comprehensive network of community-based home care, social services, and senior housing programs.

Home Health Care
A leading provider of home health care in the New York metropolitan area, Selfhelp offers four core services: options. Licensed home care services Agency (LHCSA) provides home health services to mostly elderly clients who require assistance or rehabilitation care. Certified home health Agency (CHA), provides care to frail seniors and individuals/families with HHSCGC-eligible—home care services program administered new York state home care services program.

Senior Centers
Selfhelp’s six senior centers cater to a wide range of preferences, whether computer classes, concerts and lectures, wellness workshops, as well as informative seminars for approximately 6,000 seniors living in surrounding communities. Program ideas in Queens.

Overview of Services

Selfhelp’s Community Care Program serves as court appointed legal guardian for clients referred by Adult Protective Services (APS), who are over 18 years of age. Selfhelp’s Evelyn Frank Legal Resources Program services clients and refers to other services.

Home Care
The Central Office for all Home Care Services located at 520 Eighth Avenue, New York.

Housing
Selfhelp’s Community Care 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 in Nassau County.

Dedicated to Living Memory of Phyllis Stolzen, First President
Program Development and External Relations

Other Community Programs for Seniors

Selfhelp’s Alzheimer’s Resource Program performs evaluations to help seniors live independently through a comprehensive network of community-based home care, social services, and senior housing programs.

Selfhelp’s Comprehensive Care 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 in Nassau County.

Selfhelp’s Evelyn Frank Legal Resources Program services clients and referrals to other services.

Selfhelp’s Project Legacy supports individuals with Alzheimer’s disease. The program also offers support groups for caregivers. Program site in Clearview, Manhattan, Brooklyn, and Queens.

Selfhelp provides social adult day care, mental health counseling, family support, case management, counseling, health screenings, and social, recreational, and educational programs.

Selfhelp’s Home Health Aides program provides care to frail seniors and individuals, and, Housekeeping Program, provides services to survivors in New York state. Selfhelp offers four core services. Facilities in Queens.

Selfhelp’s Community Care 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 in Nassau County.
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.

Dear Friends,

It is during times of extraordinary challenge that Selfhelp not only stems the tide but overrides the current. Our strengths are rooted in our origins as providers of services to refugees who, during World War II, lost their homeland, their financial resources, and tragically for many, their families.

Today, the 20,000 clients we serve are also experiencing dire times—however Selfhelp has remained a staunch provider. Our strong leadership has sustained our programs at full capacity thanks to prudent management of resources and a resiliency that seeks opportunity even in adversity. Despite difficult times, steady progress continues. We are pleased to report the following accomplishments in 2009:

• We refinanced two of our six affordable senior residences, which resulted in funding for building modernization and enhancements. Federal stimulus funding was obtained to support these renovations.

• Our historic commitment to survivors of the Holocaust was underscored through several initiatives: we launched Project Legacy, a $30 million fundraising campaign to ensure that Selfhelp will have the resources required to sustain its services for the last generation of survivors. We prepared and disseminated a white paper analyzing demographic data, projecting the needs of this population through the year 2025. And, in recognition that Brooklyn is home to fully 25% of survivors in the United States, we opened a second program site in this borough to accommodate the growing needs of this frail, aging population. We have grown to seven locations now serving Holocaust survivors in the New York metropolitan area.

• We provided enhanced technologies to our clients, including innovative telehealth and remote monitoring systems. In collaboration with the New York City Department for the Aging (DFTA) and Microsoft Corporation, we piloted a “virtual senior center” which enables homebound seniors to
participate in classes, discussion groups, and lectures, from the comfort of their living rooms.

- Our website was redesigned, affording caregivers easy access to our comprehensive network of services. The tagline, “The Source for Independent Living,” was adopted, in recognition of the vast array of health and social services Selfhelp can provide for individuals residing at home. A remarkable statistic: of the 1,000 tenants living in Selfhelp’s six residences, less than 1% require transition to a nursing home or assisted living facility.

On a national level, President Obama designated 2009 “The Year of Community Living” and launched a new initiative to improve access to housing, community supports, and independent living arrangements for the elderly and disabled. This acknowledgment of the future direction for aging services is proof positive that Selfhelp’s philosophy of living independently with dignity is now widely recognized.

In the pages that follow, we detail the many ways in which Selfhelp “Adds Value to Community.” We are grateful to you, our donors and friends, for enabling us to sustain our mission and our impact, ever more vital in these challenging times.

Sincerely,

Victor A. Wyler
President,
Selfhelp Board of Directors

Ernest L. Bial
Chairman, SCS Foundation Board

Stuart C. Kaplan
Chief Executive Officer
In this year’s Annual Report,

we share with you a sampling of the many

ways Selfhelp adds value to community—especially

now—during the most challenging of times.

You will read about emergency cash assistance to help
those experiencing turbulent times; cutting edge technology
used by Selfhelp seniors to relieve isolation; expert legal
assistance for low-income seniors; home health aide training
and certification for those seeking new career paths; and
education and wellness classes to keep seniors engaged in
lifelong learning.

Reminiscent of our earliest days, when a handful of
volunteers assisted those fleeing Nazi persecution, with your
support, Selfhelp will continue to step forward to serve,
enabling thousands to live independently with dignity.
Emergency Cash Assistance: Providing Stability During Turbulent Times

Last year, Selfhelp distributed $1,164,167 in emergency cash assistance to 675 people in financial distress who were struggling to meet basic expenses such as rent, medical and dental care, food, and clothing. Funds were provided by the Conference on Material Claims Against Germany, UJA-Federation of New York, the Austrian Holocaust Sur-

ENGAGED AND INVOLVED AT 106

During his first century of life, Dr. Alexander Imich survived war, forced labor, and the death of most of his family and friends in concentration camps. He and his wife immigrated to the United States in 1951, where he began a more peaceful life as a chemical engineer. Now, at 106 years of age, Dr. Imich is engaged in researching and writing about parapsychology and remains resilient, despite the fact that he lost his life savings twice in the stock market, and is now surviving on Social Security and other entitlements. With assistance from The New York Times Neediest Cases Fund, Selfhelp assists him with "Medigap"—medical coverage to supplement Medicare—and with funding to pay for eyeglasses and other medical bills.

Dr. Alexander Imich
vivors Emergency Assistance Program, and The New York Times Neediest Cases Fund. While each grant was relatively modest in size, the impact for the recipients was enormous.

Modest Investments, Major Outcomes

When the Nazis invaded Poland in 1939, Mrs. R, then just 5 years old, went into hiding. For the next four years, she had little food to nourish her growing body, and the lack of nutrition affected her health in many ways. Now 75, she has had trouble with her teeth for most of her life and has not been able to afford dental care for ten years. The pain in her mouth meant that she could only eat soft foods and she lost 20 pounds because of this continued deprivation. Selfhelp provided financial assistance to obtain appropriate dental care so that she could, finally, eat well enough to take care of her health.

Preserving Independence and Dignity

Throughout his life, Mr. P worked hard to provide for his wife and children. Originally from China, he obtained citizenship and eventually saved enough money to own and operate his own restaurant. In later years, he sold his restaurant to friends, continued to work, and took great pride in the fact that he could provide for the education of his two children. Now, 68 years old and faced with arthritis and osteoporosis, he can no longer handle the rigors of restaurant work, and his wife can no longer sustain her job as a babysitter and housekeeper. His children contributed to his rent until recently, when they lost their jobs due to the recession. Selfhelp is assisting the couple with paying for basic utilities until they can work out another means of retaining their home.
Recent developments in technology offer the promise of enhanced quality of life for the elderly. Demonstration projects indicate that sensor technology and telemedicine can assist elders in living independently for longer periods than ever before. Cognitive stimulation and computer training can help sharpen memory, provide opportunities for long distance communication and for lifelong learning.

Selfhelp is committed to testing new modalities for enhancing the lives of those we serve and drawing on new technologies to expand the types and quality of care that we provide.

Exciting innovations over the past year include a virtual senior center for the homebound, and a web-based job search network for those seeking continued stimulation or new careers.

Right: Rose Portell, tenant, Martin Lande House, participating in the Virtual Senior Center project.
WorkSearch: Finding “Encore” Careers

As the recession worsened this year, some of our clients lost financial support from their adult children, leading them to seek security through employment. Selfhelp made it possible for clients to explore new careers through WorkSearch, a unique computer program operated in partnership with the AARP Foundation. Using this web-based system, seniors assess their own skills and strengths, identify job possibilities, and take online courses to prepare for new employment.

Homebound...but Connected: The Virtual Senior Center

Homebound seniors are often isolated, with little change from day to day. In partnership with Microsoft and the New York City Department for the Aging (DFTA), Selfhelp is currently engaged in a pilot of a new and exciting technology for homebound seniors: a Virtual Senior Center. Using a specialized computer, web cam and microphone, participants can see, hear, and communicate in real time with friends and staff members at their nearby senior center and other venues. Sitting in their own apartments, they can view and take part in armchair yoga, Chinese calligraphy classes, discussion groups, informative lectures, and even religious services.

The pilot program is showing a dramatic impact on the emotional health of these frail individuals, as measured through formal assessments.

Participant Adele Lerner expressed her sentiments in a recent video blog:

Hello,

My name is Adele Lerner. I am 102 years old. I never thought I would be alive in the Martin Lande House, 19 stories high, and have a camera and be able to talk to you. This is something new -- that’s why I wanted to be in this. With the camera I can do everything. I can go to painting class, computer class, lecture class, exercise class, I can do everything! You don’t have to stay home and sit and do nothing. I can talk to my children. One in Long Island and one in California everyday. I don’t have to go out, I don’t have to ride trains and buses and everything. I have everything here. Aren’t we lucky? Lucky to have this program!
A significant barrier for many seniors is a lack of knowledge of their rights. Each year, the Evelyn Frank Legal Resources Program (EFLRP) educates close to 800 social workers, case workers, health care professionals and lawyers, both employed by Selfhelp and in the community, who work with clients on a daily basis. EFLRP also consults on client cases and provides professional training and con-
sultation 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.

Among the clients served by EFLRP are impoverished Holocaust survivors, disabled seniors, and numerous elderly who lack the resources to navigate the health care system and therefore access the benefits for which they are entitled. Sadly, many face a daily choice of whether to purchase food or the medications they need to survive. The EFLRP is their advocate, providing direct legal representation or guiding their social workers on problems involving Medicaid, SSI, Medicare Part D, and similar issues.

A National Expert in Protecting the Rights of Holocaust Survivors

Much confusion exists regarding Medicaid eligibility for Holocaust survivors who have received reparations over many years. These vulnerable individuals are often misdirected by well-meaning professionals to “spend down” their reparations and literally impoverish themselves, in order to qualify for Medicaid and other entitlements.

EFLRP is a national expert in this area and has represented numerous survivors in winning Medicaid benefits following prior unsuccessful applications. One of these cases was featured in the New York Law Journal, as it established a precedent for Holocaust survivors’ rights which has cleared the way for other victims of Nazi persecution to meet Medicaid eligibility.

New EFLRP Website: An Invaluable Resource

EFLRP established a new website, www.nyhealthaccess.org, containing in-depth, practical information on public health insurance programs in New York State. It’s a joint venture of Selfhelp’s Evelyn Frank Legal Resources Program, Empire Justice Center, and the Legal Aid Society. Attorneys and advocates at these organizations use the site to publish training materials and educational articles so that professionals, caregivers, and consumers throughout the state can benefit from their expertise. In 2009, EFLRP published 65 articles on the NY Health Access website, with the top 10 articles getting more than 8,500 views.
Exceptional Training for Aspiring Home Health Aides—at No Cost

The best home care requires outstanding Home Health Aides. To accomplish this, Selfhelp established the Guthery Training Institute in 1977 to train caring individuals for employment in our home care programs. Offering tuition-free instruction, the Guthery Training Institute provides a career path in health care for these paraprofessionals. The curriculum also includes specialized training modules related to treating Holocaust survivors, pediatric patients, and those with complex medical conditions such as Alzheimer’s disease, HIV/AIDS, and terminal illness.

Providing Steady Employment in Uncertain Times

In 2009, 400 Home Health Aides received tuition-free training and certification as Home Health Aides at Selfhelp’s Guthery Institute. They will also participate in mandatory in-service training each year, enabling them to keep current their certification, and remain up to date on the skills required to best meet the needs of their patients.

The Highest Caliber of Home Health Aides: Trained and Employed by Selfhelp

Mario Beauge, Instructor, and Nancy Pacheco, student, during a lab demonstration.
On October 14, 2009, another excited group of newly certified Home Health Aides gathered in Selfhelp’s Board Room for their graduation. Having completed an intensive month-long training course at Selfhelp’s Guthery Institute for Home Care Training, they spoke exuberantly about the new opportunities that now awaited them. Yina Cepeda Valdez, a graduate of Selfhelp’s training program for Spanish speakers—generously funded through the Robin Hood Foundation—addressed her fellow classmates and instructors, saying, “First of all I want to thank God and all the people who gave us the opportunity to be someone in life...now it’s our turn to show you that we are prepared. You gave us your trust, your time, your knowledge. This will not only help the people we will be caring for, it will also help us and our families. Now we will be the eyes and ears for the patients we will care for. For me, it’s a wonderful opportunity in my career. All I want to do is help people...”
Everyone Needs a Mentor

Three years ago, Ilza Villar was promoted from Home Health Aide to Mentor, having provided stellar care for her patients for 14 years. Now, hundreds of newly trained Home Health Aides benefit from her knowledge and experience. In addition to assisting with their professional development skills, Ilza helps them iron out any obstacles that may stand in the way of a successful employment experience. For some, it might be child care issues and for others it may be applying for Section 8 housing. Says Ilza, “I understand because I was there. I do role playing with them. I help them deal with difficult patients. I enjoy my position very much and am grateful to have been promoted to Mentor. I like to be able to help as many people as I can.”

Providing Comfort, Support, and Care

Selfhelp’s 1,425 Home Health Aides provide daily companionship and physical support to those who are frail, elderly, or coping with disabilities. They work directly in clients’ homes, assisting with basic needs such as bathing, dressing, and personal care, as well as meal preparation, shopping, and laundry. For our frailest clients, these services make a critical difference—by ensuring that they have the comfort, support and care they need to remain in their own homes.
Senior Source is devoted to the changing needs of 21st century seniors. An affordable, private-pay, geriatric care management program, Senior Source helps families by planning, coordinating and overseeing a personalized care plan, tailored to the unique needs and lifestyles of their loved ones. No matter how complex a situation may be, compassionate support and comprehensive care management are provided to help preserve independence and enable elderly individuals to live life to the fullest—on their own terms, in their own homes. Senior Source provides invaluable assistance in areas such as home care, escort to medical appointments, benefits and entitlement research, financial counseling, and connection to community resources.

Right to Left: Miranda Chau, Social Worker, checks in with Rose Portell.

1,000 Residents: Living, Learning, and Thriving

This past year, under the American Recovery and Reinvestment Act, Selfhelp obtained millions of dollars in Federal stimulus funding to refinance its first two buildings, generating sufficient revenue to renovate and modernize them for the enjoyment of our residents. Selfhelp is the first not-for-profit organization in New York City to build affordable rental housing for seniors under the NY State Mitchell-Lama program. Selfhelp owns and operates six such residences and is currently planning for its seventh.

Uncomplicating the Complicated

Senior Source: We’ll Take Care of You Like Family
For the past fifteen years, our friends Karen Nichols and Fred Pazmino of Oppenheimer & Co. along with Selfhelp Board member, Nadine Levy, have reached out to the needy families served by Selfhelp’s home care programs to make their holidays a little brighter.

Above: The Oppenheimer Angels. Left to right top row: Kimberly Breslauer, Karen Nichols, Fred Pazmino, Fern Gold, Marilyn Coffey, and Steve Gluckstein. Left to right bottom row: Shea James and Ronni Reich.
Each year, Karen, Fred and Nadine, along with a group of dedicated friends, raise money to purchase much needed items for our families. For some, it might mean winter coats and boots for growing children, while for other families, household furniture might be what is needed to add comfort and dignity to their lives. This year, ten needy families have been selected to receive holiday gifts and another 40 will receive gift cards to Pathmark and Target. Heartfelt kudos to Selfhelp’s angels, Karen, Fred, Nadine and company for *Bringing the Holidays Home* to our needy families each year.

**Charlotte’s Club: Enriching the Quality of Later Life**

Perhaps Abraham Lincoln said it best, “It’s not the years in your life that count. It’s the life in your years.” These words are etched into a beautiful plaque marking the establishment of “Charlotte’s Club” at the Benjamin Rosenthal Senior Center in Flushing, Queens.

Shelley and Steven Einhorn have made this extraordinary program possible, offering seniors a vibrant collection of educational, recreational and cultural programs. One such program is “Selfhelp University”—a lifelong learning program where Queens College classes are presented at the Senior Center. Other Charlotte Club favorites are fitness and self defense classes, computer training, Tai Chi and yoga.

**ACTION RECONCILIATION SERVICE FOR PEACE**

For the past 15 years our Holocaust survivors have benefited greatly from the Action Reconciliation Service for Peace (ARSP), a program through which young German volunteers serve in communities affected by the Holocaust around the world. They provide friendly visits, translation, escort, companionship, light shopping and chore assistance to our Nazi victim clients.
Having escaped the terror of Nazi Germany, a fortunate few made it their mission to help their brethren who were fleeing with just the clothes on their backs. They assisted by providing life's essentials—food, clothing, shelter, employment—whatever was necessary to begin their lives anew in America. And there was more. They knew of the unspeakable horrors that were befalling those left behind. And so they made a promise, “to serve as the last surviving relative to victims of the Holocaust,” and with little more than steely determination, Selfhelp Community Services was created.

Selfhelp’s longtime supporters know well of the tremendous assistance our Nazi Victim Services Program has provided our clients over the last seven decades. But what many of our even staunchest supporters don’t realize is that the need is still acute. The unanticipated reality is that although the number of Holocaust survivors has declined, those in need of services has dramatically risen. The numbers don’t lie. Last year, of the 5,700 victims of Nazi persecution we served, over 1,000 had approached us for the very first time.

Selfhelp recently completed a comprehensive study to project the need for services for our survivor clients through the year 2025. Many are frail and alone and oftentimes suffering from illnesses brought on as a result of their experiences in concentration camps. During their final years, they often relive the horrors of the past and the slightest obstacle can cause tremendous anguish. Most troublesome is the poverty we see among our clients—a startling number are poor, or live near the poverty line.

While Selfhelp is prepared to be there for our clients, we have been advised by our primary funder, the Claims Conference, that their funding will be exhausted in the next 5-7 years. As such, in 2015, when the need will be peaking, it will be necessary for us to replace over $4 million of our annual $7.5 million Nazi Victims Services budget.
Out of this serious concern, the Project Legacy initiative was born. Always looking towards the future, Selfhelp leadership agreed that in order to fulfill our promise to the survivor community we must begin planning now for the anticipated decrease in funding. This year we launched the Project Legacy Campaign to raise $30 million in replacement funding, the income from which will be used to support programs for Holocaust survivors. Beginning on or around 2015, we expect to begin using a portion of the principle.

While some may wonder how Selfhelp can launch a Campaign during these challenging economic times, the answer is simple. How can we not? How can we abandon Holocaust survivors during their final hours of need? These difficult times only compound the already dire situation for those we serve.

This Campaign is not for a beautiful building, nor for state-of-the-art equipment. It is to provide our mothers, fathers, grandmothers and grandfathers—those who suffered unimaginable horrors—with the opportunity to live out their remaining years with dignity.

Our founders made a promise over 70 years ago to be there for those survivors who had no support system to rely upon. Today, many of the survivors we care for have no living relatives—but for Selfhelp. We are their last surviving relative. And we will proudly serve as such so long as a single victim of Nazi persecution remains. But we can’t do it alone. We hope you will join our efforts to help provide:

- emergency cash assistance to help survivors struggling to meet their basic daily needs
- subsidized home health care to frail survivors living alone
- help to relieve isolation at Selfhelp’s celebrated Coffee Houses, a comfortable setting where an unspoken understanding is shared

The views or opinions expressed therein and the context in which the images are used, do not necessarily reflect the views or policy of, nor imply approval or endorsement by, the United States Holocaust Memorial Museum.

To learn more about Project Legacy and how you can help, please call Lois Deutsch, Vice President for Development, at (212) 971-7621.
Providing Support

Selfhelp is a grateful recipient of major support from:

$1,000,000 – $5,000,000

Leo Model Foundation *
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 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

UJA-Federation of New York

The Caring Commission: Core Operating Support Grant
Josef & Maurice Garbary Fund
Margot Landes Fund

The Caring Commission: Daily Money Management for Economically Disadvantaged Older Jews in Queens
Harry and Jeanette Weinberg Fund for Programs for the Aging

The Caring Commission: Emergency Cash Assistance
Harry and Jeanette Weinberg Fund for Programs for the Aging

The Caring Commission: Legal Advocacy for Jewish Elderly

The Caring Commission: The New York Times Neediest Cases Cash/Direct Assistance Grant
New York Times 100 Neediest Cases Fund

The Caring Commission: Selfhelp Alzheimer’s Resource Program (SHARP)

The Caring Commission: Senior Aid Center
The Harry and Jeanette Weinberg Foundation, Inc.

The Caring Commission: Services to the Russian Elderly, Brooklyn
Anne H. Berger Fund

The Caring Commission: Subsidized Home Care for Nazi Victims
Community Initiative for Nazi Victims: Core Funding for Basic Services to Nazi Victims
Community Initiative for Nazi Victims: Comprehensive Case Management Services 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

Conference to Address Mental Health Needs of Aging Holocaust Survivors
Peter I. Feinberg Lecture Series for the Aged Fund of UJA-Federation

Big Six Towers NORC
Sidney L. and Jeanette Solomon Fund

Queensview/Queensview NORC
Sidney L. and Jeanette Solomon Fund

Selfhelp also receives major funding from:

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New York City Administration for Children’s Services
Adult Protective Services (APS) Department for the Aging

Department of Health
HIV/AIDS Services Administration
Human Resources Administration
Borough Presidents
Members of the City Council

New York State Bureau of Refugee and Immigrant Affairs
Department of Health
Office for the Aging
Office of Children & Family Service
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Office of Temporary & Disability Assistance
Refugee Assistance Program
Members of the State Legislature

U.S. Department of Housing and Urban Development

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The Claims Conference has played a crucial role in enabling Selfhelp to expand its services to meet the increasing needs of victims of Nazi persecution throughout the New York metropolitan area. With their invaluable support Selfhelp has been able to grow the size and scope of our service network, allowing us to offer services in Brooklyn, the Bronx and Nassau County, and broaden our services in Manhattan and Queens. We take this opportunity to publicly thank the Claims Conference for their ongoing support which helps thousands of Holocaust survivors live with dignity.

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Marion Lust-Cohen
Elise Marx
Reggie * and Peter Mayer
Walter Nathan
Alfred Neu
Charlotte Nevitt
Edward Newman * Grace S. Nierenberg * Thalia and Noah Nierenberg
Illyse Rief
Charlotte Ries
Allison and Eric Rice
Seymour Richman
Alice Rubinstein
Margrit Wreschner Rustow *
Walter Sachs
Karen Sax
Miriam and Alan Schick
Frank Shever
Lilian SicuMar [Joan C. t] and Eric S. SonDheimer *
Doris Stiefel
Fred Strauss
Harry Weilheimer * Renée (née Renate Kurz) Wiener
Nell and Victor Wyler * 0
Caring for Generations Tribute Fund—In Memory Of:

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

Sidney Abelsohn
Gerard Abraham
Myrna Abrams
Ray Abrahams
Abe Arak
Bennard Aschkinazy
Lucy Bachrach
Dr. Ruth W. Berenda
Jack Berger
Max Berkowitz
Lewis and Grete Bial
Inge Braun
Katherine Kurz Charney
David Chin
Dora
Genia Dercher
Ruth Dimow
Leon Ettinger
Faye Evans
Walder Falk
Harry Fischer
Hans J. Frank
Henry Froehlich
Florence Giglio
Susan Goldschnitt
Avelyn Goldstein
Lisa Grubel
Pearl and Martin Grunfeld
Kurt Gutmann
Alfred Hamberg
Marianne Hayum
Rhea Helfand
Kay Hirsch
Fred and Lore Homburger
Ilse and Alfred Ilton
Eric Isler
Hanne and Walter Jacobsberg
Jean Kain
Lillie Kaplan
Margaret Kassel
Loretta Kaufman
Monia and Henry Klempner
Roz Kornfeld
Gertrude Kowal
Leopold and Frida Kurz
Wan On Lam
Lotte and Peter Lekish
Ida Sherman Lesch
Fred A. Lewis
Ellen Linstone
Dr. Hanna Lischner
Adolph and Beatrice Lowe
Dora Lublinski
Jerome Mandel
Estelie Marder
Frederic Marshall
Irma and Paul Mayer
Rachela Melezin
Thekla Meyerbach
Phoebe Moak
Bohdan Mychajliv
Oriel Matza
Gideon Nettler
Eleanor Neuburger
Grace S. Nierenberg
Irene Oestreicher
Elisbeth Oppenheimer
Hilda Oppenheimer
Evelyn Platt
Jack Perolberg
Fay Kurtztag Perlis
Albert Phiebig
Harry Reis
Gladys Revitch
Joseph Rodgers
Elise and Henry Roland
Rolf Roland
Irving Rosen
Lotte and Adolf Rosenberg
Arthur and Frieda Roos
Edith Saeman
Marga Samoje
Judith F. Scheibe
Kaete and Erich Scheibe
Dr. and Mrs. G. Scherker
Gabrielle D. Schiff
Hans and Marianne Schindler
Maness Schwarz
Mindel and Paula Schwarz
Seedman brother
Doris Sherman’s mother
Ruth E. Siegel
Bela Sobol
Selma Sonnheimer
Selfhelp Founders
Ralph Steinberg
Helene C. Stern
Arnold Stotzer
Eva Stroh
Margot Sundheimer
Clemente Vallieres-Gauthier
Victims of the Holocaust
Haskel Wadowski
Anita Warburg
Erwin Wein
Ravhaela Weisstuch
Jean Wolf
Ulrich Wolff
Burt Yudin
Pro Bono Services
Grateful appreciation to our friends who have given so generously of their time and talent:

Arnold & Porter LLP
Peretz Berk, Esq.
Ann Margaret Carozza, Esq.
Bryan Cave LLP
Tae Choi, Esq.
DeWey & LeBoeuf
Douglas Chu, Hynes & Chu, LLP
CUNY School of Law - Main Street Legal Services
Dechert LLP
Karen Foxman, Esq.
Fried, Frank, Harris, Shriver & Jacobson
Donna Furey, Esq.
Goldfarb Abranid Salzman & Kutzin, LLP
Michael Kugman
Kurzman Karelshen & Frank, LLP
Teresa Marrero, Esq.
Ronald C. Mayer, Esq.
Thomas Pellegrino, Esq.
Professor Joseph Rosenberg, Esq.
Raymond V.J. Schrag, Esq.
Jeffrey Schwartz, Esq.
Dr. De Cong Tran
Pauline Yeung, Esq., Grimaldi & Yeung LLP

Matching Gifts

American Express
The Commonwealth Fund
Freddie Mac Foundation
GE Foundation
HSBC Matching Gift Program
UBS Matching Gift Program

Estates

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

Gerard Abraham Living Trust
Estate of Beatrice Buller
Estates of Hildegard Dreifuss-Thal
Estate of Jean Eastman
Irene R. Frank Revocable Trust
Estate of Ilona Gerstel
Estate of Hedwig Goldsands
Lotte Keller German Restitution Trust
Henry Kleiman Trust
Estate of Lieselotte Lachman
Estate of Abraham Melezin
Estate of Edith R. Pinkuss
Estate of Gabriele D. Schiff
Estate of Paula Weil
Estate of Alice P. Werthauer
Estate of Zipporah C. Winer
Estate of Violet Macy Wolff

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 Selfhelp Development Department at 212-971-7764, or visit our website at www.selfhelp.net
Joint Programs
Aaron Copland School of Music
AARP
AARP Foundation
Action Reconciliation Service for Peace
Adelphi University School of Social Work
AHRC
Advanced Diabetic Solutions
Agewell Physical Therapy & Wellness
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 Diabetes Association
American Society on Aging
Arthritis Foundation
Austrian Consulate General
Bellevue Academy
Beth Abraham Health Service
Big Six Towers Play ‘n’ Learn Nursery School
Blue Card
B’nai B’rith Project HOPE
Bronx House
Bronx Jewish Community Council
Brookdale Center on Aging of Hunter College/
Samuel Sadin Institute on Law
CUNY School of Law - Main Street Legal Services
Calamus Foundation
CAPE
Center for Independence of the Disabled of New York (CIDNY)
Center for Medicare and Medicaid Services (CMS)
Central Queens YM-YWHA
Chinese American Planning Council
Citymeals-on-Wheels
Columbia University School of Social Work
Community Food Resource Center
Community Service Society (CSS) Managed Care Consumer Assistance Program and Center for Benefits & Services
Conference on Jewish Material Claims Against Germany
Congregation Habonim
Congregation Kehilath Jeshurun
Connect 2
Council of Senior Centers and Services of New York City
Dancing Dreams
Department for the Aging Health Promotion Department of Transportation - Safety Education Department
DOROT
East-West School of International Studies
Easter Seals Senior Employment Program
Educational Alliance
Elder Craftsman, Inc.
Elder Plan

Elders Share the Arts
Elmhurst Hospital
Empire Justice Center
Eyecare Vision Services, Inc.
Flatbush Jewish Center
Flowers of the Sunset Group
Flushing Council on Culture and the Arts
Flushing Hospital Medical Center
Flushing House
Flushing Jewish Community Council
Flushing Library
Flushing Town Hall
Fordham University Graduate School of Social Work
Forest Hills Community House
Forest Hills Jewish Center
Forest View Center for Rehabilitation and Nursing
Fox Rehabilitation
General Electric / Living Independently
Good Samaritan Certified Home Health Care Agency
Goodwill Industries of Greater New York and Northern New Jersey
Graeme Berger Bronx Jewish Federation Service Center
Guildnet
HANAC Transportation Program
Health Insurance Plan of New York - HIP
HeartShare
Hillel Society of Columbia University
Hillel Society of Hunter College
Hillel Society of New York University
Hillside Hospital
Holy Cross High School
Hospice Care Network
Hospice of New York
Hunter Bellevue School of Nursing
Hunter College School of the Health Professions
Hunter College School of Social Work /Volunteer
JPAC
Jamaica Library
Jane Pratt Grippi
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 (JBFCS)
Jewish Community Council of Greater Coney Island
Jewish Community Relations Council (UCRC)
Jewish Home LifeCare
Jewish Theological Seminary (JTS)
Joint Passover Association
Joint Public Affairs Committee
Kings Bay YM-YWHA
Kissena Golf Course
LaGuardia Community College
Legal Aid Society
Legal Services NYC
Life Alert
Lois Lazar Speaker Bureau
Long Island Alzheimer’s Foundation

Long Island Jewish Hospital
Long Island University School of Social Work
Mannes School of Music
Margaret Tietz Nursing & Rehabilitation Center
Medicare Rights Center
Mercy College - Department of Occupational Therapy
Metropolitan Council on Jewish Poverty
Metropolitan Jewish Geriatric Health Care System
Metropolitan Museum of Art - Education Department
Metropolitan Transit Authority - Access-A-Ride
Microsoft Corporation
Montefiore Medical Center - Department of Geriatric Psychiatry
Mount Sinai Hospital of Queens
Nan Shan Senior Center
National Association of Social Workers (NASW)
National Geriatric Care Management Association - New York City Chapter
It’s Never 2 Late
New York Association of Homes and Services for the Aged (NYAHS)
New York Cares
New York Chapter of The Geriatric Care Management Association
New York City Bar
New York City Coalition on Aging
New York City College of Technology
New York City Council
New York City Department for the Aging
New York City Department of Employment - Youth Employment Program
New York City Department of Finance - SCHE Unit
New York City Department of Health
New York City Department of Housing Preservation and Development - SCRIE Unit
New York City Health and Hospitals Corporation
New York City Housing Authority - Office for the Aging
New York City Human Resources Administration
New York City Human Resources Administration - Adult Protective Services
New York City Human Resources Administration - MICS (Medical Insurance & Community Services Admin.)
New York City Fire Department
New York City Police Department
108th Police Precinct
109th Police Precinct
112th Police Precinct
New York City Schools
PS 24
PS 203
PS 237
PS 255 at 168
IS 73
Bayside High School
Bronx High School of Science
Francis Lewis High School
Townsend Harris High School
Stuyvesant High School
Older Adults Technology Services (OATS)  
North Shore - Long Island Jewish Health System  
New York Urban League of Social Work  
New York University - Shirley M. Ehrenkranz School of Social Work  
New York University - School of Nursing  
Disability Assistance  
Summer Youth Employment Program (SYEP)  
Stony Brook School of Social Work  
Stern College for Women  
Rabbi Steinig Elder Law Clinic  
St. John's University School of Law - St. John's University  
Services Now for Adult Persons (SNAP)  
Sephardic Home  
Queens Borough Public Library - Central Branch  
Retired Senior Volunteer Program of the Community Services Society (RSVP)  
Queens Boulevard Extended Care Facility  
Queens College  
Queens Interagency Council on the Aging  
Queens Jewish Community Council  
Queens Legal Services  
Queens Library Healthlink  
Queens Museum of Art  
Queens Occupational Training Center  
Queens Symphony Orchestra  
Queens Theatre in the Park  
Queensborough Community College  
Young Adult Institute  
Young Israel of Midwood  
York College  
Sunnyside CAPE Geriatric Mental Health Initiative  
(Sunrise Citywide Homecare Services, Inc.)  
Temple Emanu-El  
Top Dog Mortgage  
Touro College  
UJA-Federation of New York  
UJA-Federation of New York - Long Island Connections  
United Hospital Fund  
United States Social Security Administration  
VNS Choice  
VNS - Chinatown Community Center Homecare Program  
Visiting Nurse Service of New York  
WEP Goodwill Industry of Greater NY and Northern NJ  
Western New York Law Center  
West Side Inter-Agency Council on Aging  
Woodside Senior Assistance Program  
World Journal Newspaper  
Yeshiva of Central Queens  
Yeshiva University - Cardozo Law School  
Yeshiva University - Wurzweiler School of Social Work  
YM-YMHA of Washington Heights and Inwood  
Young Adult Institute  
Young Israel of Midwood  
Young Israel of Queens Valley Senior League  
York College  

**Coordinating and Advisory Bodies**

Adult Protective Services Advisory Council  
American Association of Homes and Services for the Aged (AAHSA)  
Bronx Elder Abuse Task Force  
Bronx Inter-Agency Council on the Aging  
Brookdale Center on Aging at Hunter College - Social Work Advisory Committee  
Brooklyn Borough-Wide Interagency Council on Aging  
Center for Aging Services Technologies (CAST)  
Council of Senior Centers and Services of New York City  
East Side Council on Aging  
Flatbush Inter-Agency Council  
Home Care Association  
Kingsbrook Jewish Medical Center - Division of Geriatric Psychiatry  
Lighthouse International  
Lower East Side Inter-Agency Council on Aging  
Lower West Side Inter-Agency Council on Aging  
Maspeth Kiwanis Club  
Medicaid Matters New York  
Medicare Savings Program Coalition (MSP)  
Nassau County Department of Senior Citizen Affairs  
National Housing Conference  
National Leased Housing Association  
New York Association of Homes and Services for the Aging (NYAHSA)  
New York City Bar Association - Committee on Legal Problems of Aging  
New York City Coalition on Aging  
New York City Department for the Aging  
New York City Department of Housing and Preservation  
New York City Housing Authority  
New York City Housing Development Corporation  
New York City Immigration Coalition  
New York City Medicaid Advisory Committee for HRA  
New York Housing Conference  
New York State Adult Day Services Association, Inc.  
New York State Association for Financing Affordable Housing  
New York State Bar Association - Elder Law Section  
New York State Consumer Coalition on Part D  
New York State Department of Health  
New York State Department of Health - Home Health Reimbursement Work Group  
New York State Division of Housing and Community Renewal  
New York State Home Care Association  
New York State Housing Finance Agency  
New Yorkers for Accessible Health Coverage  
Queens Inter-Agency Council on Aging  
Senior Umbrella Network of Nassau County  
United Hospital Fund NORC Initiative  
UJA-Federation of New York - Caring Commission Task Force  
UJA-Federation of New York - Nazi Victim Task Force  
Vera Institute Guardianship Project  
Washington Heights - Inwood Council on Aging  
Westside Crime Prevention Program  
Westside Inter-Agency Council on Aging  
Women in Housing and Finance  

New York City Coalition on Aging  
New York City Department for the Aging  
New York City Department of Housing and Preservation  
New York City Housing Authority  
New York City Housing Development Corporation  
New York City Immigration Coalition  
New York City Medicaid Advisory Committee for HRA  
New York Housing Conference  
New York State Adult Day Services Association, Inc.  
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New York State Bar Association - Elder Law Section  
New York State Consumer Coalition on Part D  
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New York State Department of Health - Home Health Reimbursement Work Group  
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New York State Home Care Association  
New York State Housing Finance Agency  
New Yorkers for Accessible Health Coverage  
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UJA-Federation of New York - Caring Commission Task Force  
UJA-Federation of New York - Nazi Victim Task Force  
Vera Institute Guardianship Project  
Washington Heights - Inwood Council on Aging  
Westside Crime Prevention Program  
Westside Inter-Agency Council on Aging  
Women in Housing and Finance
Financial Information

Balance Sheet  For the Year ended June 30, 2009

SELFHELP COMMUNITY SERVICES, INC.

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash</td>
<td>$2,127,213</td>
<td>$2,146,842</td>
</tr>
<tr>
<td>Investments</td>
<td>12,663,924</td>
<td>11,202,179</td>
</tr>
<tr>
<td>Accounts Receivable</td>
<td>7,799,232</td>
<td>9,151,130</td>
</tr>
<tr>
<td>Due from Related Party</td>
<td>683,912</td>
<td>773,659</td>
</tr>
<tr>
<td>Contributions Receivable &amp; other current assets</td>
<td>394,675</td>
<td>309,520</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>23,668,956</strong></td>
<td><strong>23,583,330</strong></td>
</tr>
<tr>
<td>Fixed Assets</td>
<td>3,628,041</td>
<td>3,963,885</td>
</tr>
<tr>
<td>Other Non-current Assets</td>
<td>383,061</td>
<td>240,658</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>$27,680,058</td>
<td>$27,787,873</td>
</tr>
<tr>
<td><strong>LIABILITIES AND NET ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Current Liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts Payable and Accrued Expenses</td>
<td>$835,682</td>
<td>$1,489,738</td>
</tr>
<tr>
<td>Accrued Salaries and Benefits</td>
<td>2,929,868</td>
<td>3,075,166</td>
</tr>
<tr>
<td>Due to Third Parties and Other Payables</td>
<td>1,017,438</td>
<td>1,372,391</td>
</tr>
<tr>
<td>Loan Payable</td>
<td>—</td>
<td>300,000</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td><strong>4,782,988</strong></td>
<td><strong>6,237,295</strong></td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unrestricted Net Assets</td>
<td>21,045,999</td>
<td>16,899,014</td>
</tr>
<tr>
<td>Temporarily Restricted Net Assets</td>
<td>1,851,071</td>
<td>4,651,564</td>
</tr>
<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>22,897,070</strong></td>
<td><strong>21,550,578</strong></td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$27,680,058</strong></td>
<td><strong>$27,787,873</strong></td>
</tr>
</tbody>
</table>

A copy of our audited financial statement for Fiscal Year 2009 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, 2009

## SELFHELP COMMUNITY SERVICES, INC.

### REVENUE, GAINS, AND OTHER SUPPORT

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homecare Program</td>
<td>$29,750,411</td>
<td>$27,967,683</td>
</tr>
<tr>
<td>Community Programs &amp; Targeted Grants</td>
<td>18,422,846</td>
<td>18,406,228</td>
</tr>
<tr>
<td>Contributions, Legacies &amp; Bequests</td>
<td>6,039,000*</td>
<td>4,310,245</td>
</tr>
<tr>
<td>Developer and Investment Activity</td>
<td>170,807</td>
<td>2,289,649</td>
</tr>
<tr>
<td><strong>Total revenue, gains and other support</strong></td>
<td><strong>54,383,064</strong></td>
<td><strong>52,973,805</strong></td>
</tr>
</tbody>
</table>

### EXPENSES

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homecare Services</td>
<td>26,826,175</td>
<td>25,269,201</td>
</tr>
<tr>
<td>Community and Other Programs</td>
<td>19,521,675</td>
<td>18,593,061</td>
</tr>
<tr>
<td>Management and general</td>
<td>5,851,259</td>
<td>6,020,109</td>
</tr>
<tr>
<td>Fund Raising</td>
<td>837,463</td>
<td>823,348</td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td><strong>53,036,572</strong></td>
<td><strong>50,705,719</strong></td>
</tr>
<tr>
<td>Change in net assets</td>
<td>1,346,492</td>
<td>2,268,086</td>
</tr>
<tr>
<td>Net assets - beginning of year</td>
<td>21,550,578</td>
<td>19,282,492</td>
</tr>
<tr>
<td><strong>Net assets - end of year</strong></td>
<td><strong>$22,897,070</strong></td>
<td><strong>$21,550,578</strong></td>
</tr>
</tbody>
</table>

*This figure does not include approximately $758,000 in contributions received by Selfhelp Community Services Foundation which will benefit Selfhelp’s family of services.*

*Selfhelp and its family of services provide a wide range of independent living and fund raising activities. Assets, net assets and revenue for Selfhelp and its family of services 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, Inc.</td>
<td>$27,680,058</td>
<td>$22,897,070</td>
<td>$54,383,064</td>
</tr>
<tr>
<td>Selfhelp Community Services Foundation</td>
<td>1,099,981</td>
<td>1,093,981</td>
<td>761,100</td>
</tr>
<tr>
<td>Senior Citizen Housing Corporations</td>
<td>61,529,956</td>
<td>11,308,797</td>
<td>8,859,066</td>
</tr>
<tr>
<td>Certified Home Health Agency</td>
<td>1,461,560</td>
<td>(2,802,853)</td>
<td>4,930,394</td>
</tr>
</tbody>
</table>

**The corporations have different year ending dates.**
SELFHELP COMMUNITY SERVICES FOUNDATION, INC. (SCS Foundation) was founded in 2008 to raise, manage and steward philanthropic funds to support the work of Selfhelp Community Services, Inc. Through a balanced fundraising program which includes annual campaign, major gifts, planned giving and special events, the Foundation provides a variety of opportunities for individuals to advance Selfhelp’s mission of providing independent living with dignity to the elderly and other populations at risk.

The Foundation is governed by a Board of Trustees committed to promoting philanthropy for the benefit of Selfhelp and its programs.

### Balance Sheet  For the Year ended June 30, 2009

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash</td>
<td>$83,846</td>
<td>$313,844</td>
</tr>
<tr>
<td>Investments</td>
<td>905,380</td>
<td>—</td>
</tr>
<tr>
<td>Contributions Receivable</td>
<td>110,755</td>
<td>128,986</td>
</tr>
<tr>
<td>Due from Related Party</td>
<td>—</td>
<td>45,220</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$1,099,981</strong></td>
<td><strong>$488,050</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIABILITIES AND NET ASSETS</th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Liabilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accrued Expenses</td>
<td>$6,000</td>
<td>$6,000</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td><strong>6,000</strong></td>
<td><strong>6,000</strong></td>
</tr>
<tr>
<td>Net Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unrestricted Net Assets</td>
<td>410,996</td>
<td>482,050</td>
</tr>
<tr>
<td>Temporarily Restricted Net Assets</td>
<td>682,985</td>
<td>—</td>
</tr>
<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>1,093,981</strong></td>
<td><strong>482,050</strong></td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$1,099,981</strong></td>
<td><strong>$488,050</strong></td>
</tr>
</tbody>
</table>
### Statement of Activities  
For the Year ended June 30, 2009  
SELFHELP COMMUNITY SERVICES FOUNDATION, INC.

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REVENUE, GAINS, AND OTHER SUPPORT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contributions, Legacies &amp; Bequests</td>
<td>$ 757,907</td>
<td>$ 329,779</td>
</tr>
<tr>
<td>Recovery of Bad Debt</td>
<td></td>
<td>124,373</td>
</tr>
<tr>
<td>Net Increase in Investments</td>
<td>3,193</td>
<td>3,805</td>
</tr>
<tr>
<td><strong>Total revenue, gains and other support</strong></td>
<td>$ 761,100</td>
<td>$ 457,957</td>
</tr>
<tr>
<td><strong>EXPENSES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program Services</td>
<td>$ 93,422</td>
<td>$ 800,000</td>
</tr>
<tr>
<td>Management and general</td>
<td>25,341</td>
<td>10,469</td>
</tr>
<tr>
<td>Fund Raising</td>
<td>30,406</td>
<td>—</td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td>149,169</td>
<td>810,469</td>
</tr>
<tr>
<td>Change in net assets</td>
<td>611,931</td>
<td>(352,512)</td>
</tr>
<tr>
<td>Net assets - beginning of year</td>
<td>488,050</td>
<td>840,562</td>
</tr>
<tr>
<td><strong>Net assets - end of year</strong></td>
<td>$ 1,099,981</td>
<td>$ 488,050</td>
</tr>
</tbody>
</table>

A copy of our audited financial statement for Fiscal Year 2009 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 Foundation, 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, Directors, and Management Staff

### Officers 2009 - 2010
- **President**: Victor A. Wyler
- **Chairman**: Ernest L. Bial
- **Vice President**: Peter Model
- **Treasurer**: Peter L. Simmons
- **Secretary**: Dennis Baum

### Trustees 2009 - 2010
- **Dennis Baum**
- **Ernest L. Bial**
- **Bert E. Brodsky**
- **Shelley Einhorn**
- **Jeffrey S. Jacob**
- **Karim Shewer Krugman**
- **Peter Model**
- **Michael F. Price**
- **Stanley J. Reifer**
- **Victor A. Wyler**
- **Jeffrey Zorek**

### Selfhelp Honorary Life Members
- Hannah Hirschfeld
- Rita Shewer
- Gisela Weil

### Management Staff
- **Stuart C. Kaplan**
  Chief Executive Officer
- **Morris Breitstein**
  Chief Financial Officer
- **Leo Asen**
  Vice President, Senior Communities
- **Lois Deutsch**
  Vice President, Development
- **Elhui Kover, LMSW**
  Vice President, Nazi Victim Services Program
- **Russell Lusak**
  Vice President, Administration
- **Phyllis Tobin, LMSW**
  Vice President, Program Development and External Relations
- **Evelyn J. Wolff**
  Vice President, Real Estate Development
- **Pearl Addu, RN**
  Assistant Vice President, Home Care
- **Kevin T. Byrne, Esq.**
  Director, Human Resources
- **Beth Zeidel, LMSW**
  Administrative Director, Nazi Victim Services Program
- **Dorothy Kern**
  Managing Director of Real Estate
- **Patricia L. Kaufman**
  Managing Director of Senior Communities
- **Tova Klein, MSW**
  Managing Director of Senior Communities
- **Betsy Smith, LMSW**
  Managing Director of Senior Communities
- **Rose Aniano, LMSW**
  Senior Programs Director of Housing
  Senior Communities
- **Erin Brennan, MPS**
  Senior Programs Director
  SHARP/Clearview Senior Center
- **Priscilla Maysonet**
  Senior Programs Director
  Senior Communities
- **Neil Actable**
  Director, Information Technology and Facilities Management
- **Becky Bigio, NP-P, PhD**
  Director, Senior Source Care Management Program
- **Valerie Bogart, Esq.**
  Director, Evelyn Frank Legal Resources Program
- **Natasha Gooden-Williams, RN**
  Director, Patient Services
  Licensed Home Care Services Agency (LHCSC), Long Island
- **Madeline Jacobs**
  Director, Quality Management & Research
- **Elizabeth Lynn**
  Director, Grants Management
- **Rena L. Schwarz**
  Director of Development
- **Vivian Torres, RN**
  Director, Patient Services
  Licensed Home Care Services Agency (LHCSC), New York City
- **Phyllis Wahrman, RN**
  Director, Patient Services
  Certified Home Health Agency (CHHA)
- **David Silva, Esq.**
  Assistant Director, Evelyn Frank Legal Resources Program

### Selfhelp Community Services Foundation Board (SCS Foundation) Officers 2009 - 2010
- **Chairman**: Ernest L. Bial
- **Vice Chair**: Dennis Baum
- **Secretary**: Peter Model

‡ Deceased
Overview of Programs and Services

The Source for Independent Living

Selfhelp Community Services, Inc. enables approximately 30,000 seniors and special needs to live independently through a comprehensive network of community-based home care, social services, and senior housing programs. NAZI VICTIM SERVICES

The legacy program of the organization in North America, Selfhelp offers comprehensive social services, financial assistance, guidance, financial management, Holocaust claims assistance, and home care services to survivors. Serving all boroughs beyond Staten Island and Nassau County. SENIOR HOUSING

Selfhelp’s six apartment buildings and on-site social services offer seniors the opportunity to lead independent lives in a safe and supportive environment. Each building has energy-efficient systems, closed-circuit TV surveillance in lobby, easy access to public transportation and in and within walking distance to Selfhelp services. The home sites access to social work, nursing, and home care services, services 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), provides home health aide to most elderly clients who require home care assistance for daily living. Certified Home Health Agency (CHHA), provides care to frail seniors and individuals/families with HIV/AIDS. Community-Based Program provides child-care home care for families at risk, and Homecare Program, provides services to the frail and the elderly. Additionally, Selfhelp offers approximately 400 home health aides each year through our Guthery Training Institute located in Manhattan and approximately 80 from Long Island. SENIOR CENTERS

Selfhelp’s six senior centers offer a wide variety of wellness programs such as computer classes, concerts and lectures, wellness workshops, as well as nutritious meals for approximately 6,000 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 selection, find immediate, non-emergency care, or prepare for future care. A non-fee service program serving all boroughs and Nassau County.

NATURALLY OCCURRING RETIREMENT COMMUNITIES (NORC)

Selfhelp NORC programs provide senior residences in four large co-operative housing complexes with the support services they need to continue living in their own homes. Selfhelp’s six site includes case management, counseling, health screenings and social, recreational, and educational programs. Program sites: in Queens. Alzheimer’s Programs

Selfhelp provides social adult day care, mental health assessment and referral, as well as social activities for individuals in the early as well as mid stages of Alzheimer’s disease. This program offers support groups for caregivers. Program site in Queens, Small.

CASE MANAGEMENT

Selfhelp’s comprehensive Case Management Program performs evaluations to help seniors reside independently in their own homes. Counseling is offered regarding entitlements and benefits that may be available, such as financial assistance, home delivered meals and other services. Served Manhattan, Brooklyn, and Queens. Legal Resources

Selfhelp’s Eaton Home Legal Resources Program provides legal assistance for Selfhelp clients. It also offers professional training regarding legal issues to local bars and other organizations. Served Manhattan and Nassau County.

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 and domestic affairs, serving all boroughs and Nassau County.

Selfhelp Training Institute

The Training Institute of Selfhelp Community Services, Inc. provides educational and training programs that build professionals and volunteers in the fields of social services, housing, health care, and community programs. Program sites: in Queens.

For more information on Selfhelp’s programs, including: case management, financial management, and housing, please call Betsy Smith, Managing Director of Social Services at 718-886-1412. For more information about Holocaust claims assistance, please call Rose Aniano, Senior Programs Director at 718-886-5777.
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.
Overview of Programs and Services

THE SOURCE FOR INDEPENDENT LIVING
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.

HOME HEALTH CARE
A leading provider of home health care in the New York metropolitan area, Selfhelp offers 24-hour on-site social services to keep them healthy in their homes. Selfhelp’s six senior centers offer a wide variety of information about the short- and long-term care options available in the area, and can answer questions about Medicare, Medicaid, and other sources of payment.

HOME CARE TRAINING
The Guthery Institute of the Selfhelp Foundation, Inc. 520 Eighth Avenue, New York. Clinical Director of Senior Communities, 212-971-7776. The Central Office for all Home Solutions, 212-971-7731. For general information about Selfhelp’s Senior Communities, 212-971-7629. For general information about the Guthery Institute, 212-971-7776.

FINANCIAL INFORMATION:
Working Together
Senior Source ...............................................
Home Health Aides ......................................
Emergency Cash Assistance .......................

NATURALLY OCCURRING RETIREMENT COMMUNITIES (NORC)
Selfhelp’s NORC program provides senior residents in four large cooperative housing complexes with the supportive services they need to continue living in their own homes. Selfhelp’s six senior centers include case management, and access to social work, nursing, and home care services.

ALZHEIMER’S PROGRAMS
Selfhelp provides social day care, mental health assessment, and referral, and social activities for individuals in the early as well as mid stages of Alzheimer’s disease. This program accommodates support for caregivers. Program site in Clinton, Queens.

CASE MANAGEMENT
Selfhelp’s comprehensive Case Management Programs perform evaluations to help clients find the resources necessary to live independently in their own homes. Counseling is offered on getting the benefits and entitlements that may be available, such as healthcare, income related, and social, educational, and recreational programs.

LEGAL RESOURCES
Selfhelp’s Clinton Park Legal Resources Program provides legal assistance for Selfhelp clients. It also offers professional training regarding additional law issues to Selfhelp staff and other organizations serving low-income and senior clients.

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 medical affairs. Serving all boroughs except Staten Island.

SELFHELP TRAINING INSTITUTE
The Selfhelp Training Institute, located at 520 Eighth Avenue, New York. The Institute offers 15-week courses in various community programs. For information, call 212-971-7776.

For general information about Selfhelp, please call Erin Brennan, Administrative Director of Community Services, 212-971-7613. For general information about SHARP, please call Erin Brennan, Administrative Director of Community Services, 212-971-7613. For general information about the Guthery Institute, 212-971-7776.

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