

Our past propels us forward...



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.

Seventy Years of Progress: A Message from our Leadership:

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

Introduction

On a cold November night in 1936, our founders met in a New York City apartment to discuss ways to help their brethren escape the threat of Nazi persecution. There, the concept of Selfhelp Community Services was born—to provide the support that allows people to retain independence and control of their own lives. Over the past 70 years, the components of our services have grown to meet changing times and evolving client needs. We now offer a wide spectrum of services such as home health care, affordable housing and Alzheimer’s programs to respond to a growing and increasingly diverse population. Although our services have expanded and delivery methods improved, every generation of caregivers at Selfhelp has carried on the legacy of those who reached out with compassion and understanding so many years ago. As Selfhelp begins its 71st year, we remain determined that the most vulnerable among us need not shoulder the burden alone.



fulfilling the promise to be the “last surviving relative” to aging victims...



Sarline and Paul Selkowitz are active participants in Selfhelp's Nazi Victim Services Program and have lived at our Martin Lande House for 24 years.

...Selfhelp has broadened and deepened its commitment to the community at large, including the elderly, the infirm, and families at risk of losing their independence.

Nazi Victim Services: Easing an enormous burden

Selfhelp was created to assist the thousands who managed to escape persecution and find their way to the United States. Though our mission has grown and expanded, Nazi Victim Services remains at the core of Selfhelp's programs. Last year, we provided comprehensive services for 5,308 Holocaust survivors and victims of Nazi persecution, *of which 25% were new to our program.* As these men and

women grow older and frailer, they require additional support to help them live with dignity in their own homes – where they most want to be. We provide that support through a seamless network of services ranging from case management, home care, social programming, emergency cash assistance and friendly visits. The average age of our clients is 83. Over half live alone.

Wherever we go, we carry our history with us. We have learned lessons, caring for generations...

Senior Residences: Affordable housing that feels like home

In 1964, Selfhelp was the first not-for-profit organization to construct its own apartment building for seniors, complete with a wide range of on-site services to promote independent living. Today, Selfhelp owns and operates six senior residences providing affordable apartments for over 1,000 low and moderate income seniors in the metropolitan area. Situated on three campuses, rich with opportunities

for recreational, educational and social activities, seniors enjoy an active lifestyle with the confidence of knowing that supportive services are available if needed. In addition to on-site social work services, residents may receive visits with a community nurse, home care services, housekeeping services, financial management, information and referrals, and volunteer companions.

Senior Centers: Nourishing minds, souls and bodies

Selfhelp operates six comprehensive Senior Centers offering a wide variety of innovative, life-enhancing programs such as computer classes, concerts and lectures, wellness workshops and outings, as well as nutritious meals to the more than 1,000 tenants in our residences and approx-

imately 8,000 seniors living in surrounding communities. Senior Centers often make the difference between isolation and a meaningful life for our seniors. Together, the centers served 157,358 hot lunches and delivered 35,175 meals to home-bound elderly men and women this past year.



Selfhelp was among the first to introduce the concept of senior centers to enrich the lives of older adults, like Rosa Cosachov, pictured here with art instructor, Virginia Burstein.



Personal Care Assistant, Isaura Carvajal, has built a lasting bond with Lauraliz and Geraldine—who she cares for daily as part of Selfhelp's Home Attendant Program.

...that there is no mission more important than preserving the dignity and independence of those struggling to build productive lives in the face of adversity...

Home Care: Essential services for independence

Independent living is what Selfhelp is all about. Today, we are a leading provider of such care in the New York metropolitan area, offering five different home care options to the elderly, infirm, and families at risk. Selfhelp employs nearly 2,000 trained home care workers and staff who provide approximately 3,000,000 hours of service each year. We are proud to offer the following home care programs:

Licensed Home Care Services Agency (LHCSA), administering care to elderly clients who require convalescent and rehabilitative care; *Certified Home Health Agency (CHHA)*, serving frail seniors as

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

...that each of our clients is unique and precious and that there is no substitute for compassionate, expert care.

Citizenship and ESL: With liberty and justice for all

Selfhelp learned 70 years ago that immigrants need much more than food and housing to succeed in America. They need to learn the language and culture to build new lives in their new home. With waves of immigrants from a multitude of nations arriving in New York, the need for Citizenship training and English as a Second Language (ESL) is immense. Selfhelp's Citizenship

and ESL programs offer a range of services that include education, assistance with applications and interviews, information and referral and case management. Last year, we assisted 230 individuals in becoming United States citizens. Our services do not conclude once citizenship is attained – but continue with the breadth of programs Selfhelp provides.

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

Since its inception, our innovative Selfhelp Alzheimer's Resource Program (SHARP) has made a dramatic difference in the lives of hundreds of men and women with Alzheimer's disease and their families. Providing stimulating programs for participants and much needed respite for caregivers, SHARP offers an affordable,

community-based continuum of care from early diagnosis to the mid-stages of the disease. Support groups give families solace, support and information in a structured, reassuring environment. This past year, SHARP provided 21,224 hours of adult day care and social activities to families at our sites in Bayside, Maspeth and Flushing.



Ok Soon Song, recent United States citizen, pictured with Jalitza Garcia, Citizenship and English as a Second Language (ESL) instructor.

As modern families become more dispersed, Selfhelp's programs permit seniors to continue to lead independent and secure lifestyles. Here, Vera Fogelman communicates with her children and grandchildren in California.



These lessons are ideal for today's realities. In the 1930's and 40's we created programs that were revolutionary in their time.

NORCs: Aging gracefully in familiar surroundings

Naturally Occurring Retirement Communities (NORCs) are housing complexes with a large percentage of elderly residents, many of whom have “aged in place.” Offering services in four Queens NORCs, Selfhelp provides essential on-site programs for residents who might otherwise be unable to remain safely in their homes. Services

include health screening and home care; case management and counseling; social, recreational, wellness and volunteer programs. Thanks to Selfhelp's NORCs, over the past year, thousands of seniors utilized supportive services while maintaining active lifestyles in the homes in which they raised their families.

Senior Source: Taking the stress and confusion out of caregiving

Senior Source is a comprehensive care management program that provides support from the viewpoint of the consumer. Through this program, seniors and their families can plan for every eventuality, whether addressing immediate needs or creating a plan for the future. In an age where health care choices are ever-expanding and insurance coverage fraught

with restrictions, our experienced Senior Source Care Managers save the client time and worry by navigating the complex maze of options for them—on their terms. Selfhelp staff ensure that our clients are receiving the expert attention and resources they need—be they medical, legal, financial, or social—to help guarantee our clients' best quality of life.

Today, we continue to innovate—exploring new methods and technologies to meet emerging needs—with community partners and long time friends.

Advanced Technology: New ways to enhance independent living

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

A pilot program in our Senior Housing and NORCs uses wireless sensors to automatically alert family members to possible emergencies. The wireless sensors track daily activities and can alert caregivers to changes in behavior. Telehealth equipment is now under review for Selfhelp's home care clients. This system will monitor and record data on clients' blood pressure, glucose, temperature and weight and will

automatically transmit the information to a central location for professional review. Cognitive Stimulation is a revolutionary therapeutic technique employing the newest computer technology to enhance cognitive abilities for early-stage Alzheimer's patients. It is, in a sense, "exercise for the brain," with the hope of improving the quality of life for clients suffering from early dementia. Computer learning offers seniors the opportunity to communicate with grandchildren via email as well as navigate through various software programs. We are committed to applying these and other technologies, helping to ensure our seniors' safety, well-being, and overall life satisfaction.

Seniors like Carl Schneider benefit from the conveniences of email and the internet through computer learning classes. Instructor John Giancone shown in the background.





Larry Sheng takes advantage of the many recreational and cultural opportunities close to his Flushing home. Pictured here with social worker, Miranda Chau.

We have become a care delivery leader: providing life-affirming, independent living services to nearly 20,000 New Yorkers in their homes and at our 23 locations...

Case Management: One-on-one counseling for seniors

Because no two seniors are alike, social service programs need to be "tailor-made" for each individual. The New York City Department for the Aging (DFTA) funds three Selfhelp case management programs, located in the Kensington section of Brooklyn and on Manhattan's Upper West Side. These programs perform evaluations

to help seniors live independently in their own homes. Counseling is offered regarding entitlements and benefits that may be available, such as financial assistance, home delivered meals and chore services. Last year, Selfhelp provided case management services to 7,268 elderly individuals at our three locations.

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

Selfhelp's Community Guardian staff serves as the court-appointed legal guardian for clients referred by New York City's Adult Protective Services, who are

unable to manage their financial or domestic affairs. This past year we served as legal guardians for 268 clients.

...blazing new trails in senior housing and home care, and operating the largest Nazi Victim Services Program in North America.

Guthery Training Institute: Providing quality home health aides

The best home care requires outstanding home health aides. To accomplish this, Selfhelp established the Guthery Training Institute to train caring individuals for employment in our home care programs. By offering tuition-free instruction, the Guthery Training Institute provides a career path in health care for these

paraprofessionals. Certified by the New York State Department of Health, the Institute offers mandatory "in-service" training for Selfhelp aides to maintain and further polish their skills. The curriculum also includes specialized training in dealing with complex medical conditions such as Alzheimer's, HIV/AIDS, and terminal illness.

Evelyn Frank Legal Resources Program: Expert advice and advocacy

A significant barrier for many seniors is a lack of knowledge of their rights. Selfhelp's Evelyn Frank Legal Resources Program (EFLRP) educates more than 125 social and case workers employed by Selfhelp who work with clients on a daily basis. EFLRP also consults on client cases and provides professional training and consultation to other organizations on such issues

as Medicaid and elder-law. As well, EFLRP advocates on behalf of the special interests of the elderly to city and state government agencies. Over the past year, program staff consulted on 924 client cases and participated in 107 training sessions with Selfhelp staff, professional and community-based organizations.



Selfhelp provides housing to more than 1,000 senior citizens on three campuses in Queens. Pictured, Rosa Barrow.



Shirley Caplan enjoys her weekly canasta game at the Benjamin Rosenthal Senior Center.

Born of our historic journey, our work shines today as never before and casts our mission in a light that is not just relevant—but vital. Truly, our past propels us forward to ever greater achievements.



Victor A. Wyler
President



Stuart C. Kaplan
Chief Executive Officer

Campaign for Selfhelp

\$12 Million Goal Reached!

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

With the increase in demand for our Nazi Victim Services, half of the funds raised have been earmarked for this core program so that we can continue to fulfill our founders' promise to serve as the "last surviving relative" for those who need us, for as long as they need us. Plans for the other funds include further investments in our senior centers and housing, quality of life

initiatives, Alzheimer's programs, new technologies, and educational and recreational programs. The infusion of campaign revenue has already been felt in several of our service areas. Some examples include the initiation of our Mentoring and Career Path Program for home care workers; the addition of the Frederick P. Rose Arts and Technology Center at the Benjamin Rosenthal Senior Center; upgraded kitchens in one of our senior residences; multi-year funding of the Evelyn Frank Legal Resources Program; and a music fund for the Nazi Victim Services Coffee House program.

Campaign for Selfhelp funds will increase the effectiveness of our programs while preserving the compassionate delivery of services that has distinguished Selfhelp's work for more than 70 years. These programs reflect our unwavering commitment to the Nazi victim community and underscore Selfhelp's determination to remain one of New York's leading providers of social services, affordable housing, and home care for the elderly and homebound.



On behalf of the 20,000 men, women and children we serve each year, our warmest appreciation to the following *Campaign for Selfhelp* donors:

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 ° United Help Board Member

∞ Honorary Life Member
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In fiscal year 2006 Selfhelp provided comprehensive home care,
housing, socialization, and case management services to

5,308 victims of Nazi persecution,
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Selfhelp is a grateful recipient of major annual support from:

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and staff who provide approximately

3,000,000 hours of service

each year to clients living in Manhattan, Brooklyn, Queens,
the Bronx, and Nassau County.

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

In Honor of:

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

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In Memory of:

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

Else Abelmann
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 Irmi Bering
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 Norbert Blechner
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We acknowledge with deep appreciation the friends who remembered Selfhelp through their legacies and bequests:

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 Estate of Herman Boehm
 Estate of Herta Braude
 Estate of John H. Elton
 Estate of Ilse Gamber
 Estate of Maria Geduldig
 Estate of Martha Gruen
 Estate of Rolf Hirschberg
 Estate of Heinz Herbert Jacob
 Estate of Charlotte Kahn
 Estate of Bruno Korn
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 Estate of Margaret W. Llera
 Estate of Nathan Maier
 Estate of Samuel Millbauer
 Estate of Elsbeth Miller
 Estate of Hilde Neugass-Gouldman
 Estate of Edith R. Pinkuss
 Estate of Martha (and Curt) Reisner
 Estate of Carol Rindner
 Estate of Magdalena Shearer

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

Working Together

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

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

Selfhelp participated in joint programs with:

112th Police Precinct
AARP
Action Reconciliation Service for Peace
Adelphi University
Adelphi University School of Social Work
Adult Protective Services
Alzheimer's Association of New York City
Alzheimer's Foundation of America
American Association of Homes and Services for the Aged
American Cancer Society
American Cancer Society - Eastern Division, Chinese Unit
American Diabetes Association
American Red Cross
Arnold & Porter LLP
Arthritis Foundation
Asian Health Center of Flushing
Association of the Bar of the City of New York
Association for the Help of Retarded Children
Bayside High School, Queens
Behavioral Informatics, Inc.
Berkley-Carroll School
Beth Torah Glatt Kosher Caterers
Bleuler Psychotherapy Center
Blue Card
B'nai B'rith Project HOPE
Brain Injury Association of NYS
Bronx House
Bronx Jewish Community Council
Brookdale Center on Aging of Hunter College/Samuel Sadin Institute on Law
Celebrity Travel
Center for Medicare and Medicaid Services (CMS)
Central Queens Y - Forest Hills
Chinatown Health Center
Chinese American Planning Council
City University of New York (CUNY) Law School
Citymeals-on-Wheels
Cliffside Nursing Home
College of Staten Island
Columbia Presbyterian Opth. Department
Columbia University School of Social Work
Community Food Resource Center
Community Service Society (CSS)
Congregation Habonim
Cornell Institute for Transitional Research of Aging (CITRA)
Cornell University Outreach Nutrition Workshops
Council of Senior Centers and Services of New York City
DOROT
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Elder Plan

Elders Share the Arts
Elmhurst Hospital
Elmhurst Hospital Mobile Crisis Team
FEES - Haym Salomon Foundation
Flushing Council on Culture and the Arts
Flushing Hospital Medical Center
Flushing Jewish Community Council
Flushing Library
Flushing Town Hall - Culture & Arts
Fordham University Graduate School of Social Work
Forest Hills Community House
Forest Hills Jewish Center
Forest View Center for Rehabilitation and Nursing
Frances Schervier Home and Hospital
Friends & Relatives of Institutionalized Aged
Good Samaritan Certified Home Health Care Agency
Gracie Square Hospital (Chinese Unit)
Graenum Berger Bronx Jewish Federation Service Center
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HANAC Summer Youth Employment
HANAC Transportation Program
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Hillel Society of Brooklyn College
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Hillel Society of Hunter College
Hillel Society of New York University
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Hillside Hospital
HIP
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Home Care Council
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Hunter College School of Social Work
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Immigration Advocacy Services
International Society of Psychiatric Nursing (ISPN)
IS 73
J.T. Tai Foundation
Jamaica Hospital Medical Center
Jewish Association for Services for the Aged (JASA)
Jewish Association for Services for the Aged - Adult Protective Services
Jewish Association for Services for the Aged - Legal Services for the Elderly
Jewish Board of Family and Children's Services
Jewish Home and Hospital Lifecare Systems
Joint Passover Association
Joint Public Affairs Committee
Kings Bay Y - Brooklyn
Kingsborough Community College
LaGuardia Community College

LaGuardia High School
 Legal Aid Society
 Legal Services of New York (LSNY)
 Lexington Hearing and Speech Center
 Life Alert
 Lion's Club, Flushing
 Living Independently Group, Inc.
 Lois Lazar Speakers Bureau
 Long Island Alzheimer's Foundation
 The Long Island Homecare Association
 Long Island University
 Main Street Legal Services, Inc. of CUNY School of Law at Queens College
 Manhattan School of Music
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 Margaret Tietz Center for Nursing Care
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 Max Mainzer Memorial Foundation
 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
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 Montefiore Medical Center - Geriatric Psychiatry
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 Nassau County Department of Social Services
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 National Geriatric Care Management Association - New York City Chapter
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 New York Association of Homes and Services for the Aged
 New York City Administration for Children's Services
 New York City and Westchester's Geriatric Mental Health Alliance
 New York City College of Technology (CUNY)
 New York City Department for the Aging
 New York City Department of Cultural Affairs
 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 Department of Social Services
 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 - Division of AIDS Services & Income Support
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 New York City Fire Department
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 New York County Lawyers Association
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 New York Legal Assistance Group
 New York State Adult Day Services Association, Inc.
 New York State Adult Day Services Region 8
 New York State Attorney General's Office
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 New York State Citizens Committee on Aging
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 PS 58
 Quality Service For the Autism Community
 Queens Chapter of Holocaust Survivors
 Queens College
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 Queens Jewish Community Council
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 Queens Museum of Art
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 Queensborough Public Library - Central Branch
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 Retired Senior Volunteer Program of the Community Services Society

Ridgewood Older Adults Center
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 Social Security Administration
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 West Side One Stop for Coordinated Senior Services
 The White House Conference on Aging
 Winthrop University Hospital
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 Yeshiva Stern College Students
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 Yeshiva University Wurzweiler School of Social Work
 YM-YMHA of Washington Heights and Inwood
 Young Adult Institute

Selfhelp's six Senior Centers served

157,358 hot lunches

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

Financial Information

Balance Sheet

For the year ended June 30, 2006

Selfhelp Community Services, Inc.

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

Liabilities and Net Assets

Current Liabilities

Accounts Payable and Accrued Expenses	\$ 1,245,367	\$ 1,484,125
Accrued Salaries and Benefits	3,553,299	3,675,737
Due to Third Parties and Other Payables	1,751,831	1,855,073
Loan Payable	1,830,638	1,980,000
Total Current Liabilities	8,381,135	8,994,935

Net Assets

Unrestricted Net Assets	10,867,613	8,327,789
Temporarily Restricted Net Assets	6,756,211	6,345,567
Total Net Assets	17,623,824	14,673,356
Total Liabilities and Net Assets	\$ 26,004,959	\$ 23,668,291

Statement of Activities

For the year ended June 30, 2006

Selfhelp Community Services, Inc.

	2006	2005
Revenue, Gains, and Other Support		
Homecare Program	\$ 32,081,525	\$ 31,084,945
Community Programs & Targeted Grants	14,687,781	12,692,481
Contributions, Legacies & Bequests	4,670,272	2,829,134
Developers Fee-Net	747,650	0
Investment Income	760,699	579,143
Total revenue, gains and other support	52,947,927	47,185,703
Expenses		
Homecare Services	29,372,198	28,904,165
Community and Other Programs	14,614,960	13,235,140
Management and general	5,314,328	5,209,342
Fund Raising	695,973	639,371
Total expenses	49,997,459	47,988,018
Change in net assets	2,950,468	(802,315)
Net assets - beginning of year	14,673,356	15,475,671
Net assets - end of year	\$ 17,623,824	\$ 14,673,356

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

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

* The corporations have different fiscal year ending dates.

A copy of our audited financial statement for Fiscal Year 2006 has been filed with the Secretary of State and may be obtained from the Department of State, 162 Washington Avenue, Albany, New York 12231, or directly from Selfhelp. Selfhelp Community Services, Inc. is dedicated to the practice of equal employment opportunity in every aspect of its operations and complies with all Federal, State, and City government regulations.



Officers 2006 - 2007

Victor A. Wyler
President

Ernest L. Bial
Chairman

Peter Model
Vice President

Peter L. Simmons
Treasurer

Nadine N. Levy
Secretary

Directors 2006 - 2007

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

Honorary Life Members

Hannah Hirschfeld
Annemarie Maass
Rita Shewer
Erwin A. Weil
Gisela Weil

Management Staff

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Chief Executive Officer

Vivian Torres-Suárez, RN
Chief Operating Officer

Morris Breitstein
Chief Financial Officer

Grace S. Nierenberg, LMSW
Senior Vice President,
Senior Communities

Lois Deutsch, CFRE
Vice President,
Development

Elihu Kover, LMSW
Vice President,
Nazi Victim Services Program

Pearl Addu, RN
Assistant Vice President,
Home Care

Tami Siedler, RN
Assistant Vice President,
Quality Management

Phyllis Tobin, LMSW
Assistant Vice President,
Senior Communities

Kenneth W. Korsu
Director,
Human Resources

Leo Asen
Administrative Director,
Senior Communities

Beth Zeidel, LMSW
Administrative Director,
Nazi Victim Services Program

Erin Brennan, MPS
Senior Programs Director,
SHARP/Clearview Senior Center

Tova Klein, MSW
Senior Programs Director,
Case Management

Betsy Smith, LMSW
Senior Programs Director,
NORC Programs

Neil Actable
Director,
Information Technology and
Facilities Management

Valerie Bogart
Director,
Evelyn Frank Legal
Resources Program

Miriam Burns
Director,
Government Relations

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

Patricia L. Kaufman
Director,
Community Guardian Program

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

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

Shannon Simpson, RN
Director,
Training Program –
Guthery Training Institute

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

www.selfhelp.net

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

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

Program Directory



Selfhelp

Caring for Generations

Overview of Programs and Services

Caring for Generations

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

Home Care

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

Senior Housing

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

Naturally Occurring Retirement Communities (NORCs)

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

Selfhelp Senior Source

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

Case Management

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

Community Guardianship

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

Social Adult Day Care & Alzheimer's Resources

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

Legal Resources

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

Nazi Victim Services

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

NAZI VICTIM SERVICES PROGRAM

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

HOUSING

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

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

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

The central office for all Home Care programs is located at 520 Eighth Avenue, New York. Home Care Intake 212-971-5471	Certified Home Health Agency 212-971-7651 Home Attendant Program 212-971-5481	Homemaking Program 212-971-7659 Housekeeping Program 212-971-7613	Licensed Home Care Services Agency 212-971-5490 Long Island Home Care 516-505-2571
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OTHER COMMUNITY PROGRAMS FOR SENIORS

These Community Programs are located at 520 Eighth Avenue, New York. Community Guardian Program 212-971-7776 Patricia L. Kaufman, Director	Evelyn Frank Legal Resources Program 212-971-7658 Valerie Bogart, Director Senior Source 1-800-935-3701 Becky Bigio, Clinical Manager	SELFHELP ALZHEIMER'S RESOURCE PROGRAM (SHARP) For more information about the SHARP programs listed below, please call Erin Brennan, Senior Programs Director, 718-224-7888. Clearview Senior Center 208-11 26th Avenue, Bayside	Scheuer House of Flushing 138-52 Elder Avenue, Flushing Maspeth Senior Center 69-61 Grand Avenue, Maspeth
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GUTHERY TRAINING INSTITUTE

CASE MANAGEMENT PROGRAMS Kensington Program 718-633-1300 419 Church Avenue, Brooklyn Tova Klein, Senior Programs Director	Project PILOT 212-787-8106 136 West 91st Street, New York Valrey Richards, Program Director	The Guthery Institute of Home Care Training Programs 212-971-7714 520 Eighth Avenue, New York
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Caring for Generations

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