



Building a Legacy
of Caring

One Day at a Time

Selfhelp

SELFHELP COMMUNITY SERVICES, INC.

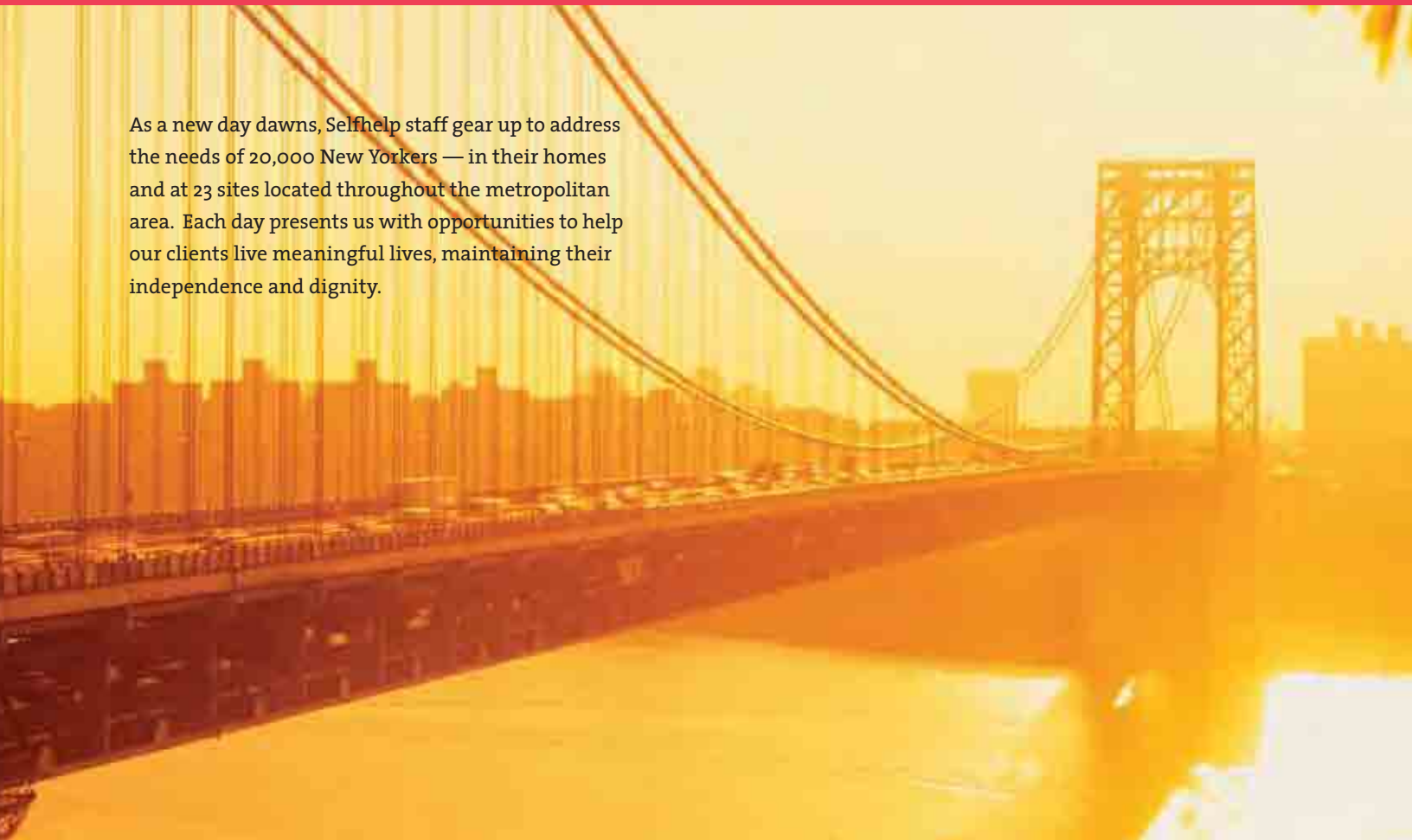
2007 ANNUAL REPORT

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.

A day in the life of Selfhelp...

As a new day dawns, Selfhelp staff gear up to address the needs of 20,000 New Yorkers — in their homes and at 23 sites located throughout the metropolitan area. Each day presents us with opportunities to help our clients live meaningful lives, maintaining their independence and dignity.



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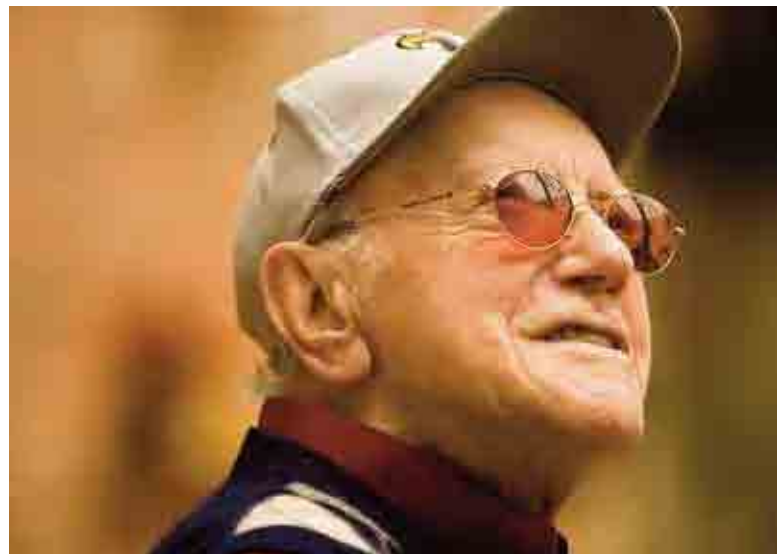
Building a Legacy of Caring One Day at a Time

6:55 am

Carmen, a Personal Care Assistant with our Home Attendant Program enters the home of Dorothy, an elderly client residing in Far Rockaway, and greets her with a smile. After helping Dorothy bathe and dress, Carmen puts up a fresh pot of coffee and prepares a breakfast of scrambled eggs and orange juice.

7:45 am

Kathy, an aide with our Homemaking Program, braids 6-year-old Ruthie's hair and walks her to school in Bensonhurst, as Ruthie's mom is too sick to take her to school herself. Kathy busies herself with Ruthie's 3-year-old brother until it is time to pick her up from school. Together, they will spend some time in the park before Kathy takes them back home, helps Ruthie with homework, and gets dinner started.



8:00 am

Peter practices his Tai Chi routine at an exercise class at the Benjamin Rosenthal Senior Center in Flushing. Tai Chi is popular with seniors because it is a gentle exercise that helps improve flexibility and build muscle strength.

A Brief History: Bringing Hope to Those in Need

- The year was 1936, and the darkness of Nazi tyranny was spreading throughout Germany and threatening all of Europe. In New York, Selfhelp's founders, many of them émigrés themselves, banded together to help their brethren escape persecution and rebuild their lives here in America. These hard working volunteers assisted fellow refugees in starting anew, finding them employment and places to live. Thus began Selfhelp for German Émigrés, a name that would continue to evolve as would the organization. Today, Selfhelp provides a full spectrum of services for the frail, elderly, and families at risk of losing independence—continuing our legacy of care, leadership, and innovation.



8:33 am

Cirl, Joseph, and Norma put on their pedometers as they set out for a stroll around the grounds of the Scheuer House of Bayside. Walking Clubs are among the many activities seniors can take part in at Selfhelp's senior residences and senior centers throughout the metropolitan area.

9:05 am

To get the most current information, Daniel, a social worker with Selfhelp's Brooklyn Nazi Victim Services Program, attends a training session on Medicaid, government entitlements, and elder law issues, presented by our Evelyn Frank Legal Resources Program.

NAZI VICTIM SERVICES PROGRAM

For more than seven decades, Selfhelp has been helping the victims of Nazi persecution lead independent and fulfilling lives. As these courageous survivors grow increasingly frail, they require an extensive network of services to help them meet the challenges of advancing age. Selfhelp operates the largest such program in North America, providing case management, home visits, counseling, financial management and social programming. Last year, we assisted 5,000 victims of Nazi persecution, of which 1,077 were new to the program.

A Year of Growth: Taking Strides to Move Ahead

- Thanks to generous funding from the Robin Hood Foundation, Selfhelp expanded its Guthery Training Institute’s offerings to include home health aide training in Spanish. In addition to providing a new career path for hundreds of individuals, this initiative will enable us to better meet the needs of the Spanish speaking members of our community.
- Renovations to the Scheuer House of Bayside and the Scheuer House of Flushing include several new apartments, new windows, updated kitchens, refurbished community rooms, an on-site coffee shop, and landscaping.
- Selfhelp organized a landmark two day international conference, “*Working with Holocaust Survivors*,” attended

9:28 am

Arlene has her vision checked at an on-site screening at our Queensview Naturally Occurring Retirement Community (NORC), located in Long Island City. Selfhelp’s Community Nurses circulate between our four NORCs throughout the week, checking vital signs, making home visits to assess the type of care residents need, recommending equipment to navigate safely at home, and educating on various health conditions.



10:01 am

Angela, a senior living in upper Manhattan, has a new gate installed on her walk-up apartment’s fire escape window as part of Selfhelp’s Safe Streets program, which helps ensure that seniors can remain living safely in their neighborhoods.

10:12 am

Robert, a diabetic with a heart condition, living in Jackson Heights, goes through his morning routine of checking his vital signs using Selfhelp’s Telehealth Chronic Care Management Program. Through a simple telephone connection, Robert is able to send his blood pressure, glucose level, and weight to Selfhelp’s Telehealth Nurse, who will respond to any unusual fluctuations. This has proven to be an effective solution for those days that his nurse is not scheduled for a visit.

by 220 social workers, therapists and other professionals. • Our annual *Bring the Holiday Home* project brightened the lives of 50 needy Selfhelp families. For some families, that meant the simple purchase of winter coats and boots for growing children, while for others, desperately needed household furniture was provided to add comfort and dignity to their lives. • As a leader in the area of client-centered technology, Selfhelp was invited to present “*Overcoming Organizational Technophobia*” at two national conferences, helping to pave the way for others to replicate our progressive programs.

SENIOR CENTERS

Selfhelp’s six senior centers provide a variety of social services, group activities, and classes for Selfhelp’s 1,000 tenants as well as approximately 7,000 seniors residing in the surrounding communities. Among the many activities offered, senior center members enjoy lectures and concerts, participate in exercise programs and health screenings, and gather for daily congregate lunches.

10:40 am

Working toward their Home Health Aide certification, Mary Beth and Gina attend a home care training class at Selfhelp’s Guthery Training Institute located at our midtown Manhattan central office.

11:02 am

Henry, a SHARP (Selfhelp Alzheimer’s Resource Program) client in our early-stage Alzheimer’s program, sits down at a computer at the Clearview Senior Center to work on a series of puzzles, trivia questions, and memory games. This cognitive stimulation, or “exercise for the brain,” helps keep his mind focused. Custom tailored to each participant’s level, the system is popular among all senior center members.

10:34 am

Michael and Luba welcome a fifth grade elementary school class for their weekly visit with the seniors at the Benjamin Rosenthal Senior Center. Both the seniors and children benefit from this intergenerational programming, which helps them relate to each other by sharing their experiences.

Yao Xue Yan participates in a Tai Chi class at the Latimer Gardens Senior Center.





A Look Ahead: Building a Better Tomorrow

SENIOR CENTER OF THE FUTURE: On Monday, October 15th, the first baby boomer applied for Social Security. This defining generation enters their new phase of life with different attitudes and experiences than the senior citizens who preceded them. For these individuals, the programs and services offered at traditional senior centers may no longer be compelling enough to attract their attention. As such, Selfhelp is proposing a paradigm shift. We envision a center that would serve as “one-stop shopping” where seniors of all ages would find programs tailored to suit their needs and interests. Some of these innovative ideas have already been implemented at

11:30 am

Betty attends a creative writing class offered by the Nazi Victim Services Program in Washington Heights. The class gives Betty an opportunity to open up about her experiences as a young girl, when her family was forced to leave their home in 1940.

12:00 pm

Selfhelp’s Meals on Wheels program delivers a hot meal to Patricia and Thomas, an elderly homebound couple in Maspeth.

11:45 am

Recently diagnosed with breast cancer, Lilly meets with the director of our Prince Street Senior Center for emotional support. It is reassuring for Lilly, whose first language is Chinese, to discuss her condition in her own language and receive referrals for other support services which will help her during this difficult time. Lilly’s bond with the friends she made at the senior center is more important than ever, and she appreciates the home cooked meals they bring for her and her family during her treatment.

HOME CARE

Selfhelp’s five home care programs enable the elderly, infirm, and families at risk to receive a host of vital services so that they may remain in their own homes. A leading provider of home care services in the New York metropolitan area, Selfhelp employs nearly 2,000 trained home care workers and staff. Depending on the need, our home care programs provide one or a combination of the following services: home health aides for those requiring convalescent or rehabilitative care, nurses and therapists for those recovering from surgery or a medical trauma, care for individuals with HIV/AIDS, housekeeping, meal preparation, grocery shopping, personal care, and child-focused care for families at-risk.

Phyllis Mazza and friends set out for shopping and lunch.

the Benjamin Rosenthal Senior Center in Flushing, where the hours of service have been extended and menu choices expanded to include an array of healthy, “lite” offerings. Currently being planned is a “cyber café” and a broad-based volunteer program.

REVOLVING DOOR RESPITE: Caring for a loved one with dementia is an overwhelming responsibility. Respite care is a service designed to provide caregivers with a break from the constant pressure and stress. Selfhelp is currently constructing a respite suite, for those times when a caregiver

CITIZENSHIP AND ESL

Selfhelp serves immigrants from a multitude of nations. Our Citizenship and English as a Second Language (ESL) programs offer a range of services that include education, assistance with applications and interviews, access to legal resources, and case management. As a result of these services, hundreds of immigrants become U.S. citizens each year.

12:15 pm

Mrs. L, one of Selfhelp’s 32 centenarians, signs on to a computer at the Frederick P. Rose Arts & Technology Center, one of Selfhelp’s seven computer classroom sites, and sends an e-mail to her daughter in California. Mrs. L and her classmates learned how to e-mail, download photos of their grandchildren, and search for information on the internet, at a computer class offered at their senior center.

12:10 pm

Larissa and Peter attend an English as a Second Language (ESL) class at Selfhelp’s Case Management Program in Kensington. With the help of their teachers, they will be prepared to take their citizenship test later this year. Their caseworker, Natalia, has been working with them to ensure that their acculturation to new life in America proceeds as smoothly as possible.



needs to go out of town, or just needs time to regroup. Caregivers will have peace of mind, knowing that their loved one is in good hands with Selfhelp's professional staff, and engaged in stimulating program activities. Located in Flushing, this two-bedroom suite will be available in Spring 2008.

BROOKLYN EXPANSION: Due to the burgeoning number of seniors requiring services, our Kensington Case Management Program has outgrown its office space. This vibrant program serves 2,500 low-income seniors each year. Approximately 1,800 of the program's clients are Russian Jewish émigrés,



12:45 pm

Jerry stops in to eat a hot lunch at the Austin Street Senior Center in Forest Hills, and stays to play bridge with his friends. A variety of other activities are available at our senior centers, including exercise and art classes, dancing and choral workshops, health talks, and discussion groups.

12:30 pm

Selfhelp enjoys close partnerships with its national and regional advocacy organizations. Pictured standing right, William (Larry) Minnix, Jr., President and CEO of AAHSA (American Association of Homes and Services for the Aging) and pictured standing left, Carl Young, President of NYAHSA (New York Association of Homes & Services for the Aging) visit Selfhelp for a tour of our Flushing campus.

SELFHELP ALZHEIMER'S RESOURCE PROGRAM (SHARP)

The SHARP adult day care program provides both cognitive and physical stimulation for individuals with Alzheimer's disease, dementia, and other memory impairments. Support groups provide families with emotional solace, information, and referral assistance. This past year, SHARP provided 24,054 hours of service to families at our sites in Bayside and Maspeth.

and, of those, an estimated 40-50 percent are Nazi victims. Selfhelp recently purchased this property, along with two adjacent storefronts. By redeveloping this site, we will gain additional space for program activities and supplemental services. • Finally, as the aging Nazi victim population grows ever more frail, many are reaching out for assistance for the first time. In response, Selfhelp will expand its Brooklyn Nazi victim services operation, thanks to generous funding from the Leir Charitable Foundations and the Henny Brodnitz estate.

2:00 pm

Jack, a client with macular degeneration living in Flatbush, opens the door for Mira, a Selfhelp Daily Money Manager, who has stopped by to help balance his checkbook and pay his bills. His vision declining, it has become increasingly difficult for Jack to handle those tasks by himself.

2:29 pm

Sam sits down next to his friend, Walter, at a Coffee House hosted by the Nassau County division of our Nazi Victim Services Program. The two reminisce about old times as they listen to some of their favorite melodies, played by a local musician. The Coffee House program is one of our most popular social events for Nazi victims, providing them with an opportunity to gather in a supportive environment with people who can relate to their experiences.

SENIOR RESIDENCES

Selfhelp operates six senior residences providing some 1,000 low and moderate income seniors with affordable housing and a supportive environment, rich with educational, cultural, and recreational opportunities. Each residence has its own on-site social service staff offering a range of services, including case management, home care, housekeeping, and financial management. Our residences are in close proximity to our senior centers, where individuals can take advantage of additional programs and activities.

2:50 pm

Juanita, a Home Health Aide with our *Manos Que Ayudan* (Helping Hands) Spanish speaking training program, accompanies Alma to a doctor's appointment so that she can translate for her; escorts her to the drugstore to pick-up a new prescription; and then helps Alma shop for groceries before returning to her apartment in upper Manhattan.

Lotte Keller, pictured at her apartment in the Martin Lande House, receives a friendly visitor.





Selfhelp

Technology: Improving the Quality of Life

- Recent developments in technology offer the promise of enhanced quality of life for the elderly. Demonstration projects indicate that motion sensors and telemedicine can assist elders in living independently for longer periods than ever before. Cognitive stimulation and computer training can help sharpen memory and provide opportunities for long distance communication and lifelong learning. These new technologies are opening up new possibilities for our clients and their families.

TELEHEALTH: People who suffer from chronic health problems such as diabetes, congestive heart failure, hypertension, and arrhythmia, require close monitoring

SENIOR SOURCE

Selfhelp Senior Source is a comprehensive fee-based care management program that provides seniors and their families with one-stop assistance in addressing immediate needs as well as help in planning for the future. Our experienced care managers ensure that clients are receiving the resources and care they need whether it be medical, legal, financial, or social.

3:48 pm

Ken, a member of Selfhelp's Community Guardian Program staff, makes a court appearance in the Bronx to help stave off Phillip's eviction from his apartment. Selfhelp was appointed Phillip's legal guardian following a referral that Adult Protective Services made to the courts.

4:02 pm

Sharon, a social worker with Selfhelp's Project Pilot Case Management Program, delivers a winter coat and boots to Valerie on Manhattan's Upper West Side, when it became clear that she would be unable to afford them on her small, fixed income. The Emergency Cash Assistance Program (ECAP) is part of the safety net of services Selfhelp provides for clients in financial distress. Other examples of ECAP requests include assistance with utility bills, air conditioners for those with respiratory problems, and help with prescription drugs and medical equipment purchases.

3:32 pm

Julie, a nurse with our Certified Home Health Agency (CHHA), pays a visit to Roger, who lives in Parkchester and was recently discharged from the hospital. Recovering from hip replacement surgery, Roger will receive a variety of services, including physical therapy, to help him manage daily tasks, such as getting out of bed and showering.

Teresa Yanez, pictured with Selfhelp Home Health Aide, Fernella Aska, is one of the first to take advantage of Selfhelp's Sensor Technology program.

to detect sudden changes in their condition. Selfhelp’s Certified Home Health Agency has initiated a telehealth project where patients are trained to use equipment that collects vital sign data, including sugar levels, blood pressure, weight, heart rate and temperature. Data is relayed by telephone line to a telehealth nurse. This monitoring allows medical issues to be promptly identified before a condition escalates.

COGNITIVE STIMULATION: Our seniors are now able to give their minds a workout using a new touch-screen interactive computer system. Members at

COMMUNITY GUARDIANSHIP

The Community Guardian staff serves as court-appointed legal guardians for clients referred by Adult Protective Services. These clients are unable to manage their financial or domestic affairs, and may be vulnerable to abuse, neglect, or exploitation. This past year we served as legal guardians for 400 clients.

CASE MANAGEMENT

Selfhelp operates three case management programs, located in the Kensington section of Brooklyn and on Manhattan’s Upper West Side. These programs perform assessments of seniors to determine what types of assistance they need to live independently in their own homes. Case workers provide counseling and advice regarding entitlements and benefits that may be available, such as financial assistance, home delivered meals, and chore services.



4:48 pm

Pool partners, Leon, Edward, Sylvia, and Carlos enjoy their daily recreation. Whether it’s One Pocket or Eight Ball, these players can be found in the billiard room at their home away from home, the Clearview Senior Center.

our senior centers and Selfhelp Alzheimer’s Resource Program (SHARP) engage in a series of entertaining quizzes, memory games, and other mental challenges to provide them with cognitive stimulation to keep their minds sharp. It is effective at various levels of cognitive function, from full ability to those recently diagnosed with dementia.

SENSOR TECHNOLOGY: Selfhelp’s sensor technology program provides seniors with a new level of security in their homes, offering them and their caregivers greater peace of mind. The system automatically alerts the Selfhelp social

5:27 pm

A group of seniors from the Fresh Meadows Senior Program returns from a day trip to the Westchester Broadway Theatre, where they enjoyed a matinee.



NORCs

Naturally Occurring Retirement Communities (NORCs) are cooperative housing complexes where longtime residents may now require assistance to continue living in their own homes. Selfhelp’s four NORC programs provide the supportive services seniors need to maintain their independence. On-site services include health screenings and home care services; case management and counseling; social, recreational, and educational programs; as well as local transportation and special trips.

5:45 pm

Anna, a volunteer with our Friendly Visitor program, stops in to spend time with 94-year-old Alex, who lives alone in Brighton Beach. Anna visits at least once a week to talk, play chess, and take him for a walk, providing Alex with a little companionship to ease his isolation.



worker and the caregiver of possible emergencies and provides early detection of changes in a client's behavior.

COMPUTER LEARNING CENTERS: Selfhelp's seven computer learning centers have opened a new world for seniors who wish to learn computer skills, e-mail family and friends, or simply surf the internet. Centers are available to all seniors in the community. The curriculum covers a wide range of topics and is flexible enough to accommodate the individual skill level of each student. In 2007, 452 seniors participated in Selfhelp's Computer Learning program.

6:10 pm

After dinner, Simon, Gloria, Mabel, and Suzanne enjoy a game of gin rummy in the garden at the Helen R. Scheuer House. The garden also serves as a wonderful venue for events such as barbecues, concerts, and family visits.

6:50 pm

Yvonne, a Home Health Aide with our Licensed Home Care Services Agency (LHCSA), attends to John, an elderly client with Parkinson's disease. After putting away his clean laundry, she helps him get ready for bed. Before leaving for the evening, Yvonne ensures that John takes his medication and places his walker and phone within reach. John also receives services from an occupational therapist provided by Selfhelp's CHHA.

GUTHERY TRAINING INSTITUTE

Selfhelp's Guthery Training Institute provides tuition-free instruction for individuals wishing to earn their certification as Home Health Aides or Personal Care Assistants. Once trained, they are eligible for employment with Selfhelp's home care programs. The Institute, which is certified by the New York State Department of Health, also provides mandatory in-service training for Selfhelp aides to maintain and polish their skills. The curriculum includes specialized training in dealing with complex medical conditions, such as Alzheimer's disease, HIV/AIDS, and terminal illness, as well as sensitivity training focusing on various cultural groups such as Nazi victims.

7:00 pm

Eleanor and Rosemarie join the other residents at the Martin Lande House in Flushing for movie night. Tonight's showing: Gregory Peck and Audrey Hepburn in "Roman Holiday."

Friends share a joyful moment at a Selfhelp Coffee House—a social gathering for victims of Nazi persecution.

A Shoulder to Lean On: Helping Families Cope

• As seniors grow more frail, it is not uncommon for family members to become anxious about how to provide the best possible care. Selfhelp Senior Source, a comprehensive care management program, provides families with valuable assistance in addressing immediate as well as future needs. Clients and families can choose from a wide array of fee-based services, ranging from basic to complete care. • Selfhelp Alzheimer’s Resource Program (SHARP), meanwhile, offers support groups that provide caregivers with solace and support in a structured, reassuring environment. • Selfhelp also employs unobtrusive sensors to automatically alert family members of possible emergencies enabling them all to have greater peace of mind.

EVELYN FRANK LEGAL RESOURCES PROGRAM

The Evelyn Frank Legal Resources Program (EFLRP) provides expert training for social workers and other professionals who work with seniors. Over the past year, the EFLRP consulted on 1,127 client cases and trained 3,538 professionals at Selfhelp as well as at a variety of other community-based organizations.

12:04 am

A sensor goes off in the home of Gloria, an elderly resident at our Big Six NORC in Woodside. The sensor indicates that Gloria has not left the bathroom for an hour. If Gloria doesn’t answer the call placed by the monitoring company, her emergency contact, Erica, will be notified of a possible fall. In case Erica cannot be reached, EMS will be called.

3:27 am

Janet, a Senior Source Care Manager, stops in to the emergency room at Manhattan’s NYU Hospital to check on Mark, an elderly client who was brought in by ambulance complaining of chest pains. Mark’s only daughter lives in Texas and relies on a Senior Source care plan to help take care of her aging father.

8:15 pm

Frances, a resident at Selfhelp’s Harry and Jeanette Weinberg House, logs-on to her home computer and by using the webcam set up by Selfhelp staff, begins a virtual visit with her son in Maine. The webcam helps make the distance between them seem a little shorter by allowing them to visit with one another regularly.

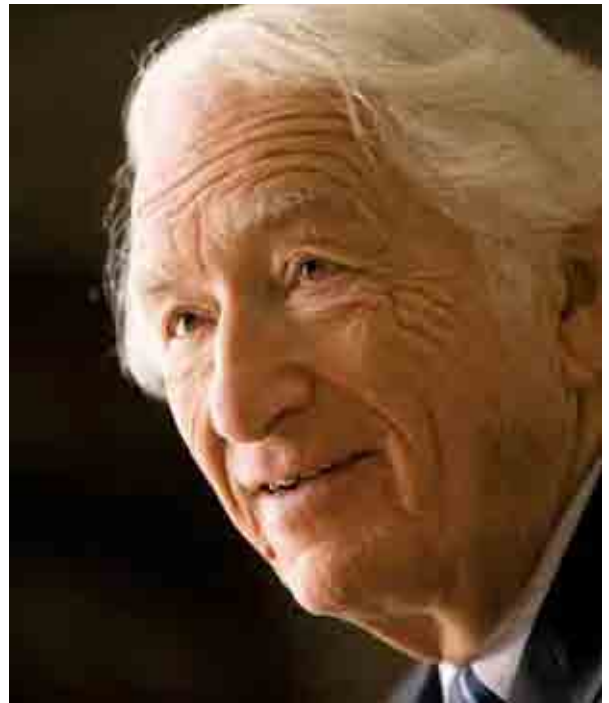
Candida Peña, center, cares for Justina Mulé Figueroa, through Selfhelp’s Home Attendant Program.



Dear Friends,

Each and every day, Selfhelp moves forward purposefully to help those who are vulnerable and at risk of losing their dignity and independence. Our 2007 Annual Report offers you a glimpse of some of what takes place during a typical day at Selfhelp. Multiply this day by 365 and it provides a picture of our work over the course of a year, with nearly 20,000 clients, 24/7, at 23 locations throughout the boroughs and Long Island.

In Flushing, for instance, seniors are attending a computer class, where they learn how to use e-mail to stay connected with their family and friends. In Maspeth, family members are participating in an Alzheimer's support group. At the same time, in Brooklyn, Nazi victims are gathering at one of Selfhelp's celebrated "Coffee Houses" where they socialize with friends who have had similar experiences. During the course of this same day, social workers, nurses, physical therapists, and home health aides are working with our families throughout the metropolitan area. Through these and other programs, we care for the needs of the whole person, providing a comprehensive network of support that enables those we serve to lead independent, fulfilling lives at home.



Selfhelp Chief Executive Officer Stuart C. Kaplan (pictured top left) and President Victor A. Wyler (bottom right).

As we look to the future, the number of seniors needing our services will grow dramatically. In New York State, for example, the 60 and older population is expected to reach 4.4 million in 2025, up 40 percent from 1995, according to a report from the New York State Office for the Aging.

Selfhelp recognizes that to meet our objectives and stay true to our mission, we must live up to the highest standards of good governance. As one of the largest not-for-profit human services organizations in the New York area, we are at the forefront in setting the benchmark for fiscal responsibility. We take pride in being prudent financial stewards, fulfilling our mandate to care for those in need today, while working to build a better tomorrow. Though we manage our resources carefully, superior quality of care remains our priority.

One of the hallmarks of Selfhelp is our ability to adapt to the changing needs of our community. This has been possible, in large part, because of the strong partnership that exists between our Board of Directors and staff. The guidance and expertise of our Board has allowed us to pioneer innovative programs, such as the client-centered technology initiatives described within this report.

We seek to live up to our founders' ideals each day by finding new ways to reach out to those in need. To paraphrase Selfhelp's first president, the eminent theologian Paul Tillich, "Selfhelp was, and always will be *people*-focused, rather than *case*-focused, where each person is treated as an individual—each with his or her own stories, hopes, and dreams."

Most sincerely,



Victor A. Wyler
President



Stuart C. Kaplan
Chief Executive Officer

Our Valued Supporters

Conference on Jewish Material Claims Against Germany

Selfhelp and the Claims Conference share a collaborative history dating back more than 25 years. The Claims Conference has played *the* essential role in enabling Selfhelp to grow its services to meet the increasing needs of victims of Nazi persecution, throughout the New York metropolitan area. With invaluable Claims Conference funding, Selfhelp has expanded the size and scope of its Nazi victim services network. This funding has been instrumental in Selfhelp's ability to offer services in Brooklyn, the Bronx, and Nassau County, and in broadening services in Manhattan and Queens. Programs such as emergency cash assistance and subsidized home care have helped thousands of Nazi victims live with dignity. On behalf of those we serve, we are ever grateful for such critical funding, which helps provide this aging and fragile population with the care they so rightfully deserve.

UJA-Federation of New York

As an affiliate agency of UJA-Federation of New York since 1983, Selfhelp Community Services has not only been the recipient of core funding and program grants from UJA-Federation, but other essential organizational services as well. Just as important, the warm partnership that Selfhelp enjoys with our colleagues at UJA-Federation, has offered us entrée to their network of relationships throughout the wider New York community. Some initiatives are quantifiable, such as inclusion in The New York Times Neediest Cases Campaign. Others, such as introductions to individuals and foundations, and advocacy work with governmental agencies, have allowed us to leverage their support, and are priceless. We take this opportunity to publicly thank UJA-Federation of New York for their ongoing support of Selfhelp Community Services.

Founders Society

In the near future, Selfhelp will establish a *Founders Society* to recognize those whose indomitable spirit of giving has allowed Selfhelp to champion new programs and services. Such staunch commitment and support have enabled Selfhelp to grow, both in size and scope, and have made possible a myriad of capital, programmatic, and quality of life enhancements. Those who have made gifts of \$25,000 and over qualify for membership in the Founders Society. We are grateful to our Founders for the integral role they play as vital partners in carrying out Selfhelp's mission.

Living Legacy Society

We are pleased to announce the launching of Selfhelp's *Living Legacy Society*. The Society will recognize those who have made provisions to remember Selfhelp through a bequest, trust, charitable gift annuity, or other planned giving vehicle. By establishing such a gift arrangement, you can help ensure that Selfhelp will be here to help generations to come, and by informing us of your decision, we can celebrate your generosity during your lifetime. If you have already made such a plan, please let us know so that we may include you in the Society.

Providing Support

ANNUAL CAMPAIGN

Fiscal Year 2007 (July 1, 2006 - June 30, 2007)

KEY:

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

Selfhelp is a grateful recipient of major annual support from:

\$1,000,000 - \$5,000,000

Conference on Jewish Material Claims Against Germany

Conference on Jewish Material Claims Against Germany for Programs Benefiting Jewish Nazi Victims

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

Conference on Jewish Material Claims Against Germany for the benefit of needy Hungarian 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 Jewish Communal Network Commission: Core Operating Support Grant Domestic General Operating 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 Reeves Family Endowment Fund Paul (Feivel) and Martha Korngold Memorial Fund – Geriatric

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

The Caring Commission: Senior Partners Program Expansion Reeves Family Endowment Fund

The Caring Commission: Services to the Russian Elderly, Brooklyn Frances & Sidney Korsh Endowment Fund Isabelle & Selig Silverman Fund

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: Emergency Cash Assistance for Russian Nazi Victims

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

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

Susan Ludwig Bequest

Selfhelp also receives major funding from:

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

New York State
Bureau of Refugee and Immigrant Affairs
Office for the Aging
Office of Children & Family Service
Office of Mental Retardation & Developmental Disability

Office of Temporary & Disability Assistance
Refugee Assistance Program
Members of the State Legislature

U.S. Department of Housing and Urban Development

Visionary - \$100,000 and Over

Carnegie Corporation of New York
Leir Charitable Foundations
Ilse Melamid *
Leo Model Foundation * °
The Price Family Foundation
Robin Hood Foundation

Patron - \$50,000 and Over

Jewish Philanthropic Fund of 1933
The Picower Foundation
Sandra Priest Rose *
Wolfensohn Family Foundation

Benefactor - \$25,000 and Over

Austrian National Fund for Victims of National Socialism
The David Berg Foundation
The Irving Foundation
Helen & Rita Lurie Foundation
Isaac H. Tuttle Fund
Otto and Fran Walter Foundation

Champion - \$10,000 and Over

Rita Aranow Charitable Fund
Ilse Baum
C.L.C. Kramer Foundation
Leo & Julia Forchheimer Foundation
Sam Friedlander
Lotte & Max Heine Philanthropic Fund
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Karen and Peter Jakes * °
Susan and Daniel Justman
Nathan & Helen Kohler Foundation
Nadine and Peter Levy *
David J. and Bobbie Marks Family Fund
The Netter Foundation
J.T. Tai Foundation
Gerda Wassermann
The Wilf Family Foundation

Partner - \$5,000 and Over

Anne-Margaret and Dennis Baum *
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Susan and Stanley Reifer *
Ronald F. Ries *
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Barbara R. Sobernheim
Ruth Grunebaum Sondheimer
United Way of Long Island
Nell and Victor Wyler * °

Pacesetter - \$1,000 and Over

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Lotty Ayad-Rosenzweig
Phylis and Michael Bamberger * °
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The Grunebaum Family Fund * °
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Betty and Rodger Hess
Mrs. Allan B. Hunter
Heinz Hutzler
Karen and Walter Joelson
David Katz
Andrea Klepetar-Fallek

“I feel like I’m in Heaven...with friends, a social worker to assist with any problem, and a lawyer to guide me through the immigration process. Where else can I get this? God bless my new home. God bless Selfhelp.” Mr. A

Maya and Dori Konig *
 Lehman Brothers
 Marjorie and Stephen M. Levy
 Edward & Hannah Low Philanthropic Fund
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 Maitra Associates, P.C.
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 Corinne and Peter Simmons * °
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 Deborah and S. Scott Smith
 Joan C. and Eric S. Sondheimer * °
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 Carol and Steven Tepper *
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 Henry T. Dessauer
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 New York Chinese American Business Association
 Karen Nichols and John Souto
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 Stephen W. Irwin
 Mary H. Jacker
 Cyril and Elena Jalon

“Thanks to your caring staff, I’m able to cope with the devastation of my husband’s Alzheimer’s. I have observed an improvement in his attitude and behavior and fervently hope it will continue.” Mrs. K

Roe Jasen
The Jesselson Foundation
Ji Yin Jin and Ai Zhu Luo
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Kum Sin Wong
Murray Zeisel
Jane and Richard Zenker
Xiu Ying Zhao
Ruth and Eric Zielenziger

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

Pro Bono Services

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

Arnold & Porter
Peretz Berk, Esq.
Bryan Cave LLP
Dechert LLP
Fried, Frank, Harris, Shriver & Jacobson
Kurzman Karelsen & Frank, LLP
Ronald C. Mayer, Esq.
Raymond V.J. Schrag, Esq.
Superstructures Engineers + Architects

Caring for Generations Tribute Fund In Honor Of:

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

Leo Asen
Fritzi and Jean Warner Baer
Ernest L. Bial * °
Mr. and Mrs. Hans Bloch
Ellen Blum *
Valerie Bogart
Hilda Bondi
Mary Delbanco
Henry T. Dessauer

“I take eight different medications a day. Each one has a side effect. I told my daughter that Selfhelp’s Coffee Houses have no side effects. It gives me something special to look forward to each month.” Mrs. H

Dr. Peter Dottino and Staff
 Fred S. Eiseman
 Ilse Feldheim
 Irma Frank
 Gina Goldman
 Ruth Goldschmidt
 Herman C. Goldsmith
 Werner Greenbaum
 Liesel R. Gumpert
 Ellen Harvey
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 Bert Stern
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Phyllis Tobin
 Olga Wachtenheim
 Wadowski Family
 Harry D. Weilheimer
 Irene Weiss
 Victor A. Wyler * °

**Caring for Generations Tribute Fund
 In Memory Of:**

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

Our Deceased Family Members
 Our Deceased Parents
 Rose Aaron
 Natalie F. Abramow
 Bernhard Aschkenazy
 Lucy Bachrach
 Michael Bennett
 Martin Blumenthal
 Miriam Bonne
 John L. Brandon
 Sara Cytryn
 Angelina D’Amico
 Ruth Dimow
 John and Edith Elton
 Dora Enoch
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Mania & Heniek Klempner
 Willy Koch
 Gertrude Kowal
 The Kuhlman & Loebel Families
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 Beth Leegant
 Henry J. and Erna D. Leir
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 Walter Schwarz
 Hausi Secher
 Jean Secher
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 Ruth Siegel
 Brigitte Sinding
 Manfred Sondheimer
 Adalbert and Ilse Stein
 Ralph Stein
 Sylvan Surks
 Max Talesnick
 Evelyn Veisz
 Victims of the Holocaust
 Fred Wechsler
 Martin Weilheimer
 Guy Weill
 Gerard Wertheimer
 Jean Wolf
 Else and Henry Wolff
 Harriet Zakarin

Leo Zakarin
 Elizabeth Zorek
 Alfred and Marguerite Wyler

Matching Gifts

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

Estates

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

Estate of Herta Braude
 Estate of Henry L. Brodnitz
 Estate of Jean Eastman
 Estate of Hildegard H. Fischer
 Estate of Ilse Goldberg
 Estate of Martha Gruen
 Estate of Frederick R. Homburger
 Estate of Rosi Kogen
 Estate of Lieselotte Lachman
 Estate of Margaret W. Llera
 Estate of Gerda Loewengart
 Mann Family Trust
 Estate of Susan S. Myerson
 Estate of Edith R. Pinkuss
 Estate of Carol Rindner
 Robert A. Levy Trust
 Susan B. Levy Trust
 Walter, Augusta, & Robert Levy
 Memorial Fund
 Estate of Erna Rothschild
 Estate of Dora S. Schocken
 Fannie Sherr Trust
 Estate of Ilse Stein
 Estate of Herta Weil

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

Working Together

Joint Programs

AARP
Action Reconciliation Service for Peace
Adelphi University School of Social Work
Albany Law School
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
Associated Camps
Association of the Bar of the City of New York
Association for the Help of Retarded Children
Austrian Consulate General
Behavioral Informatics, Inc.
Berkeley-Carroll School
Bleuler Psychotherapy Center
Blue Card
B'nai B'rith Project HOPE
Brain Injury Association of New York State
Bronx House
Bronx Jewish Community Council
Brookdale Center on Aging of Hunter College/Samuel Sadin Institute on Law
CAP
CUNY School of Law
CUNY School of Law - Main Street Legal Services
Center for Medicare and Medicaid Services (CMS)
Central Queens YM-YWHA
Chinese American Planning Council
City College of New York
Citymeals-on-Wheels
College of Staten Island
Columbia University School of Social Work
Community Food Resource Center
Community Service Society (CSS)
Community Showcase
Conference on Jewish Material Claims Against Germany
Congregation Habonim
Congregation Kehillath Jeshurun
Council of Senior Centers and Services of New York City
Dancezee Line Dance Instruction
DOROT
East-West School of International Studies
Easter Seals Senior Employment Program
Elder Craftsman, Inc.
Elder Plan
Elders Share the Arts
Elmhurst Hospital
Flatbush Jewish Center
Flowers of the Sunset Group
Flushing Council on Culture and the Arts
Flushing Hospital Medical Center
Flushing Jewish Community Council
Flushing Library
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
Graenum Berger Bronx Jewish Federation Service Center
Great Neck North High School
Guildnet
HANAC Transportation Program
The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives, Queensborough Community College
Health Insurance Plan of New York - HIP
Hebrew Academy of Nassau County
Hillel Society of Baruch College
Hillel Society of Brooklyn College
Hillel Society of Columbia University
Hillel Society of Hunter College
Hillel Society of New York University
Hillside Hospital
Holy Cross High School
Home Care Council
Hunter College School of the Health Professions
Hunter College School of Social Work
Hunter Samson-Silver Sneakers
Hunter School of Nursing
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 Community Council of Greater Coney Island
Jewish Home and Hospital Lifecare Systems
Joint Passover Association
Joint Public Affairs Committee
Kings Bay YM-YWHA
LaGuardia Community College
Legal Aid Society
Legal Services of New York (LSNY)
Letter to the Stars
Life Alert
Living Independently Group, Inc.
Lois Lazar Speaker Bureau
Long Island Alzheimer's Foundation
The Long Island Homecare Association
Long Island University
Long Island University School of Social Work
Lynncore
Margaret Tietz Center for Nursing Care
Maspeth Kiwanis Club
Maspeth Lions Club
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
Montefiore Medical Center - Department of Geriatric Psychiatry
Mount Sinai Jewish Center
Nassau County Department of Social Services
Nassau EISEP
National Association of Social Workers (NASW)
National Geriatric Care Management Association - New York City Chapter
National Urban League
New York Action for Medicare and Social Security
New York Association of Homes and Services for the Aged
New York Association for New Americans
New York Cares
New York City Administration for Children's Services
New York City Coalition on Aging
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 Department of Social Services
New York City Department of Youth and Community Development
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 - Division of AIDS Services & Income Support
New York City Human Resources Administration - Medical Insurance & Community Services Admin. (MICSA)

“...You are truly a port in the storm. I don’t know what the elderly would do without an advocate, and I don’t know what an advocate can do without support and assistance. Thank you once again.” Mr. D

New York City Fire Department
 New York City Park’s Department - Forest Hills
 New York City Police Department
 66th Police Precinct
 109th Police Precinct
 112th Police Precinct
 New York City Schools
 PS 41
 PS 58
 PS 130
 PS 154
 PS 179
 PS 230
 PS 255 at 168
 IS 73
 Bayside High School
 Francis Lewis High School
 New York Foundation for Senior Citizens
 New York Hospital Queens
 New York Legal Assistance Group (NYLAG)
 New York State Adult Day Services Association, Inc.
 New York State Attorney General’s Office
 New York State Bar Association
 New York State Citizens’ Committee on Aging
 New York State Comptrollers Office
 New York State Department of Health
 New York State Office for the Aging
 New York State Office of Mental Retardation and Developmental Disabilities
 New York State Office of Temporary and Disability Assistance
 New York University - Advanced Nursing Programs
 New York University - School of Nursing
 New York University - Shirley M. Ehrenkranz School of Social Work
 New York Urban League
 New Yorkers for Accessible Health Coverage (NYFAHC)
 Newsday Future Corps
 Northeast Queens Senior Services
 North Shore - Long Island Jewish Health System
 Oxford
 Parker Jewish Institute for Health Care and Rehabilitation
 Practicing Law Institute
 Quality Service for the Autism Community
 Queens Chapter of Holocaust Survivors
 Queens College
 Queens Interagency Council on the Aging
 Queens Jewish Community Council
 Queens Legal Services
 Queens Museum of Art
 Queens Occupational Training Center

Queens Symphony Orchestra
 Queens Theatre in the Park
 Queensborough Community College
 Queensborough Public Library - Central Branch
 Queensborough Tax Payer Outreach Program
 Retired Senior Volunteer Program of the Community Services Society
 Ridgewood Older Adults Center
 Riverdale YM-YWHA
 SUNY Downstate Medical Center - College of Nursing
 Samuel Field/Bay Terrace YM-YWHA - Community Advisory Program for the Elderly
 Senior Hearing Inc.
 Shorefront Y
 St. Frances Preparatory High School, Queens
 St. John’s University
 St. John’s University School of Law - Elder Law Clinic
 St. Luke’s-Roosevelt Hospital Center
 State Society on Aging
 Steinway Community Center
 Stern College for Women
 Temple Emanu-El
 Thomas Edison High School
 Touro College
 Trinity School
 UJA-Federation of New York
 UJA-Federation of New York - Long Island Connections
 United Hospital Fund
 United States Social Security Administration
 VISIONS
 VNS Choice
 VNS - Chinatown Community Center Homecare Program
 Visiting Nurse Association of Brooklyn - Certified Home Health Agency
 Visiting Nurse Association of Long Island
 Visiting Nurse Service of New York
 WEP
 West Hempstead Mitzvah Club
 West Side Inter-Agency Council on Aging
 West Side One Stop for Coordinated Senior Services
 Winthrop University Hospital
 Woodside Senior Assistance Program
 World Journal Newspaper
 Wyckoff Heights Medical Center
 YM-YMHA of Washington Heights and Inwood
 Yeshiva of Central Queens
 Yeshiva Har Torah
 Yeshiva University
 Yeshiva University - Cardozo Law School
 Yeshiva University - Wurzweiler School of Social Work

York College
 Young Adult Institute
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Coordinating and Advisory Bodies

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 of Hunter College - Social Work Advisory Committee
 Brooklyn Borough-Wide Interagency Council on Aging
 Center for Aging Services Technologies (CAST)
 Cornell Institute for Translational Research on Aging (CITRA)
 Council of Senior Centers and Services of New York City
 East Side Council on the Aging
 Flatbush Inter-Agency Council
 Gray Panthers of New York
 The Home Care Association of New York State (HCA)
 Lighthouse International
 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
 Maspeth Kiwanis Club
 Medicare Savings Program Coalition (MSP)
 Nassau County Department of Senior Citizen Affairs
 New York Association of Homes and Services for the Aging (NYAHSAs)
 New York Citizens Committee on Aging
 New York City Coalition 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 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 Commission Task Force
 United Hospital Fund NORC Initiative
 Washington Heights - Inwood Council on Aging
 Westside Inter-Agency Council on Aging

Financial Information

BALANCE SHEET Selfhelp Community Services, Inc.

For the year ended June 30, 2007

Assets	2007	2006
Current Assets		
Cash	\$ 3,693,858	\$ 2,112,587
Investments	8,883,631	10,689,158
Accounts Receivable	7,780,402	7,906,582
Due from Related Party	421,839	1,135,665
Contributions Receivable & other current assets	491,211	556,014
Total Current Assets	21,270,941	22,400,006
Fixed Assets	3,120,642	3,550,811
Other Non-current Assets	262,600	54,142
Total Assets	\$ 24,654,183	\$ 26,004,959
Liabilities and Net Assets		
Current Liabilities		
Accounts Payable and Accrued Expenses	\$ 1,697,840	\$ 1,245,367
Accrued Salaries and Benefits	2,587,630	3,553,299
Due to Third Parties and Other Payables	1,086,221	1,751,831
Loan Payable	—	1,830,638
Total Current Liabilities	5,371,691	8,381,135
Net Assets		
Unrestricted Net Assets	14,152,581	10,867,613
Temporarily Restricted Net Assets	5,129,911	6,756,211
Total Net Assets	19,282,492	17,623,824
Total Liabilities and Net Assets	\$ 24,654,183	\$ 26,004,959

A copy of our audited financial statement for Fiscal Year 2007 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 Selfhelp Community Services, Inc. For the year ended June 30, 2007

	2007	2006
Revenue, Gains, and Other Support		
Homecare Program	\$ 28,991,167	\$ 32,081,525
Community Programs & Targeted Grants	17,299,752	14,687,781
Contributions, Legacies & Bequests	2,606,027	4,670,272
Developers Fee-Net	590,000	747,650
Investment Income	1,498,658	760,699
Total revenue, gains and other support	50,985,604	52,947,927
Expenses		
Homecare Services	26,164,045	29,372,198
Community and Other Programs	17,154,455	14,614,960
Management and general	5,350,093	5,314,328
Fund Raising	658,343	695,973
Total expenses	49,326,936	49,997,459
Change in net assets	1,658,668	2,950,468
Net assets - beginning of year	17,623,824	14,673,356
Net assets – end of year	\$ 19,282,492	\$ 17,623,824

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

	Total Assets	Total Net Assets	Total Revenues
Selfhelp Community Services	\$ 24,654,183	\$ 19,282,492	\$ 50,985,604
United Help	839,561	834,561	345,577
Home Attendant Services	5,233,884	3,968,675	14,238,900
Senior Citizen Housing Corporations	50,164,944	7,021,890	8,097,538
Certified Home Health Agency	824,731	(1,767,360)	4,841,567
Total	\$ 81,717,303	\$ 29,340,258	\$ 78,509,186

* The corporations have different fiscal year ending dates.

Officers, Directors, and Management Staff

OFFICERS 2007 - 2008

President
Victor A. Wyler

Chairman
Ernest L. Bial

Vice President
Peter Model

Treasurer
Peter L. Simmons

DIRECTORS 2007 - 2008

Michael A. Bamberger
David Barone
Dennis Baum
Ernest L. Bial
Ellen Blum
Matthew A. Cantor
Robert Carmona
Ernest M. Grunebaum
Peter H. Jakes
Dori Konig
Mary Mayer
Reggie Mayer
Ilse Melamid
Joshua Mermelstein
Paul Millman
Peter Model
Stanley J. Reifer
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Sandra Priest Rose
Margrit W. Rustow
Raymond V.J. Schrag
Peter L. Simmons
Eric S. Sondheimer
Steven G. Tepper
Alice Ullmann
Victor A. Wyler
Jeffrey A. Zorek

HONORARY LIFE MEMBERS

Hannah Hirschfeld
Annemarie Maass
Rita Shewer
Gisela Weil

MANAGEMENT STAFF

Stuart C. Kaplan
Chief Executive Officer

Morris Breitstein
Chief Financial Officer

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

Lois Deutsch
Vice President, Development

Elihu Kover, LMSW
Vice President,
Nazi Victim Services Program

Russell Lusak
Vice President, Administration

Phyllis Tobin, LMSW
Vice President,
Senior Communities

Leo Asen
Assistant Vice President,
Senior Communities

Pearl Addu, RN
Assistant Vice President,
Home Care

Kenneth W. Korsu
Director,
Human Resources

Beth Zeidel, LMSW
Administrative Director,
Nazi Victim Services Program

Dorothy Kern
Managing Director of
Real Estate
Senior Communities

Rose Aniano, LMSW
Senior Programs Director of Housing
Senior Communities

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

Becky Bigio, NP-P, PhD
Director,
Senior Source Care Management
Program

Valerie Bogart
Director,
Evelyn Frank Legal Resources
Program

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

Patricia Kaufman
Director,
Community Guardian Program

Rosina Sanchez, RN
Director,
Quality Management and
Regulatory Affairs

Rena L. Schwarz
Director,
Development

Vivian Torres, RN
Director, Patient Services
Licensed Home Care Services
Agency (LHCSA), New York City

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.



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.

Nazi Victim Services

The largest program of its kind in North America, Selfhelp offers comprehensive social services, financial assistance, guardianship, financial management, Holocaust claims assistance, and home care services to survivors. Serving all boroughs (except Staten Island) and Nassau County.

Senior Housing

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

Home Health Care

A leading provider of home health care in the New York metropolitan area, Selfhelp offers five home care options: Licensed Home Care Services Agency (LHCSA), provides home health aides to mostly elderly clients who require convalescent or rehabilitative care; Certified Home Health Agency (CHHA), provides care to frail seniors and individuals/families with HIV/AIDS; Home Attendant Program provides services such as meal preparation, grocery shopping and personal care to Medicaid-eligible adults; Homemaking Program provides child-focused home care for families at-risk; and, Housekeeping Program, provides services to the frail and the elderly.

Senior Centers

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

Senior Source

For adults 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. A fee-for-service program serving all boroughs (except Staten Island) and Nassau County.

Naturally Occurring Retirement Communities (NORCs)

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

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. The program also offers support groups for caregivers. Program sites in Queens.

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 and Brooklyn.

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 Selfhelp staff and other organizations. Serving all boroughs except Staten Island.

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.

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 Rose Aniano, Senior Programs Director of Housing, 718-762-6803.	Helen R. Scheuer House 45-25 Kissena Boulevard, Flushing	Scheuer House of Bayside 208-11 26th Avenue, Bayside	Harry and Jeanette Weinberg House 140-16 45th Avenue, Flushing
	Martin Lande House 137-47 45th Avenue, Flushing	Scheuer House of Flushing 138-52 Elder Avenue, Flushing	Harry and Jeanette Weinberg Apartments 45-35 Kissena Boulevard, Flushing

NATURALLY OCCURRING RETIREMENT COMMUNITIES (NORCs)

For general information about the NORCs listed below, please call Betsy Smith, Senior Programs Director, 718-565-6569.	Big Six Towers NORC Program 718-458-8579 59-55 47th Avenue, Woodside Jennifer Cinelli, Program Director	Northridge / Brulene / Southridge 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
	Fresh Meadows Senior Program 718-458-8579 67-00 192nd Street, Fresh Meadows Jennifer Cinelli, Program Director		

SENIOR CENTERS

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

HOME CARE

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

OTHER COMMUNITY PROGRAMS FOR SENIORS

These Community Programs are located at 520 Eighth Avenue, New York.	Evelyn Frank Legal Resources Program 212-971-7658 Valerie Bogart, Director	SELFHELP ALZHEIMER'S RESOURCE PROGRAM (SHARP) For more information about SHARP, please call Erin Brennan, Senior Programs Director, 718-224-7888.	Clearview Senior Center 208-11 26th Avenue, Bayside
Community Guardian Program 212-971-7776 Patricia L. Kaufman, Director	Senior Source 1-800-935-3701 Becky Biggio, Director		Maspeth Senior Center 69-61 Grand Avenue, Maspeth

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 212-971-7721 520 Eighth Avenue, New York
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