



## Media Kit

*Selfhelp is dedicated to maintaining the independence and dignity of vulnerable New Yorkers through a range of affordable housing, home health care, and social services.*

Selfhelp Community Services welcomes inquiries from the media. Our team includes experts on affordable housing, home care, social services, aging services, and we are skilled at best practices to serve vulnerable populations including Holocaust survivors. We can arrange interviews with our clients, including Holocaust survivors.

### **Mission**

Selfhelp is 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.

## Overview

Selfhelp provides a broad set of services to more than 20,000 elderly, frail, and vulnerable New Yorkers each year, while remaining the largest provider of comprehensive services to Holocaust survivors in North America. Selfhelp offers a complete network of home care and community-based services with the overarching goal of helping seniors live with dignity and independence and avoid institutionalization.

Selfhelp was founded in 1936 to help those fleeing Nazi Germany maintain their independence and dignity as they struggled to forge new lives in America. Today, Selfhelp is one of the largest and most respected not-for-profit human service agencies in the New York metropolitan area, offering services throughout New York City and Long Island.

## Resources

- [Recent News and Events](#)
- [Selfhelp locations in New York](#)
- [Selfhelp annual reports](#)
- Selfhelp on social media
  - [Facebook](#)
  - [Twitter](#)
  - [YouTube](#)
  - [Instagram](#)
  - [LinkedIn](#)

## Highlights

- Operates the oldest and largest program serving [Holocaust survivors](#) in North America, providing comprehensive services to 5,300 elderly and frail individuals in the last year. [Read about our services for Holocaust survivors here.](#)
- Owns and operates twelve affordable apartment buildings, in Queens, the Bronx, Brooklyn, and Long Island that house over 1,400 low and moderate-income residents in apartments with services that are accessible and on site. [Read about Selfhelp Realty Group here.](#)
- Trains and employs 1,500 home health care workers who provide approximately 2 million hours of service each year to the elderly and at-risk families. [Read about home care training programs here.](#)
- Offers a robust network of support and access to social services for older adults through five senior centers, four Naturally Occurring Retirement Communities (NORCs), Alzheimer's Social Adult Day Program, four Case Management programs, and operating as the NY Connects provider in Queens. [Read about our community-based programs here.](#)

## Media Contact Information

Sandy Myers

Vice President, External Relations and Communications

212-971-7600 (Selfhelp reception desk)

212-971-7627 (direct line)

[smyers@selfhelp.net](mailto:smyers@selfhelp.net)

[smyers \[at\] selfhelp \[dot\] net](mailto:smyers [at] selfhelp [dot] net)

Katie Foley

Managing Director, External Relations and Communications

212-971-7600 (Selfhelp reception desk)

212-971-7605 (direct line)

[kfoley@selfhelp.net](mailto:kfoley@selfhelp.net)

[kfoley \[at\] selfhelp \[dot\] net](mailto:kfoley [at] selfhelp [dot] net)