

# *Honoring our mission*

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*.

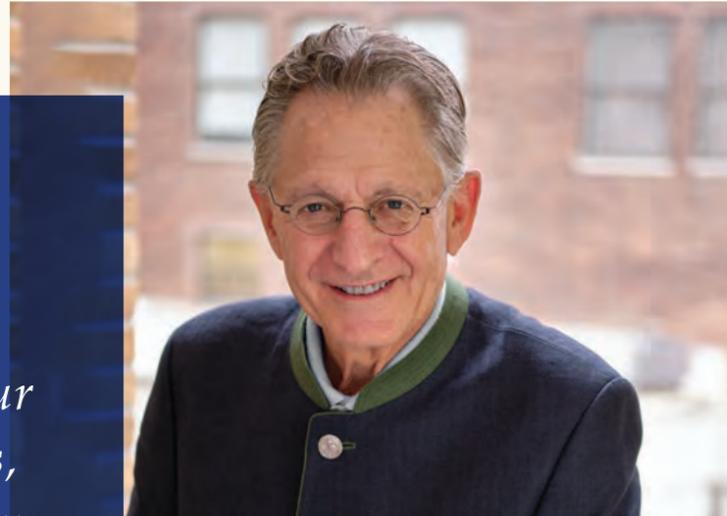
Report to the Community 2019

*Selfhelp*

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*Connection is at the heart of our mission: Selfhelp is there for our clients because our donors are here for us, sharing a core belief in, and commitment to, ensuring independence and dignity for New Yorkers as they age.*



Raymond V.J. Schrag



Dennis Baum



Stuart C. Kaplan

## DEAR FRIENDS

We're dedicating this year's report to you, our donors who support our life-enhancing services to 20,000 older and vulnerable New Yorkers... one person at a time.

Connection is at the heart of our mission: Selfhelp is there for our clients because our donors are here for us, sharing a core belief in, and commitment to, ensuring independence and dignity for New Yorkers as they age.

Through these pages, you'll read how people, foundations, and legacy support serve to underpin and sustain Selfhelp's mission. The cover of this year's report is in celebration of the mission that you help us actualize every day.

With Selfhelp playing matchmaker, the connection between our donors and those we serve closes financial gaps so that staff can develop long-lasting, trusting relationships with clients and continue to be there in times of calm and times of crisis, like Mrs. K, who has been attending our coffee houses since 2013. In 2016, she participated in Witness Theater, but over the course of the year, she suffered from a series of falls and was unable to complete the program. We were able to provide her with home care and then increase the number of hours she receives to ensure that she remains safe at home. Or, like Mr. M, a resident in Selfhelp's housing who avoided hospitalization because his social worker noticed a persistent cough and suggested that he see his doctor, who was then able to diagnose and treat bronchitis before it got worse.

The support of our donors is nowhere more evident than in how Selfhelp continues to grow. Innovation is key to our sustainability. Funded by the JP Morgan Chase Foundation, we conducted research to demonstrate what we have long known, that the effect of our healthy housing approach to wellness in our residences supports residents' health with targeted services if and when needed. Among other beneficial results, we found that residents in Selfhelp housing were 51% less likely to be hospitalized than non-residents. The study has enriched the affordable housing sector and has been presented at national conferences and utilized in advocacy and policy discussions.

These striking personal and statistical results -- and so many more in our Holocaust Survivor, home care, and community based programs -- underscore the difference our donors make in the lives of those we serve. You, our supporters, play a critical role in our ability to provide care in the community where older people overwhelmingly prefer to live.

Thank you for all that you've helped us to accomplish in 2019. We look forward to your continued faith and trust in 2020.

Sincerely,

Raymond V.J. Schrag  
President, Board of Directors

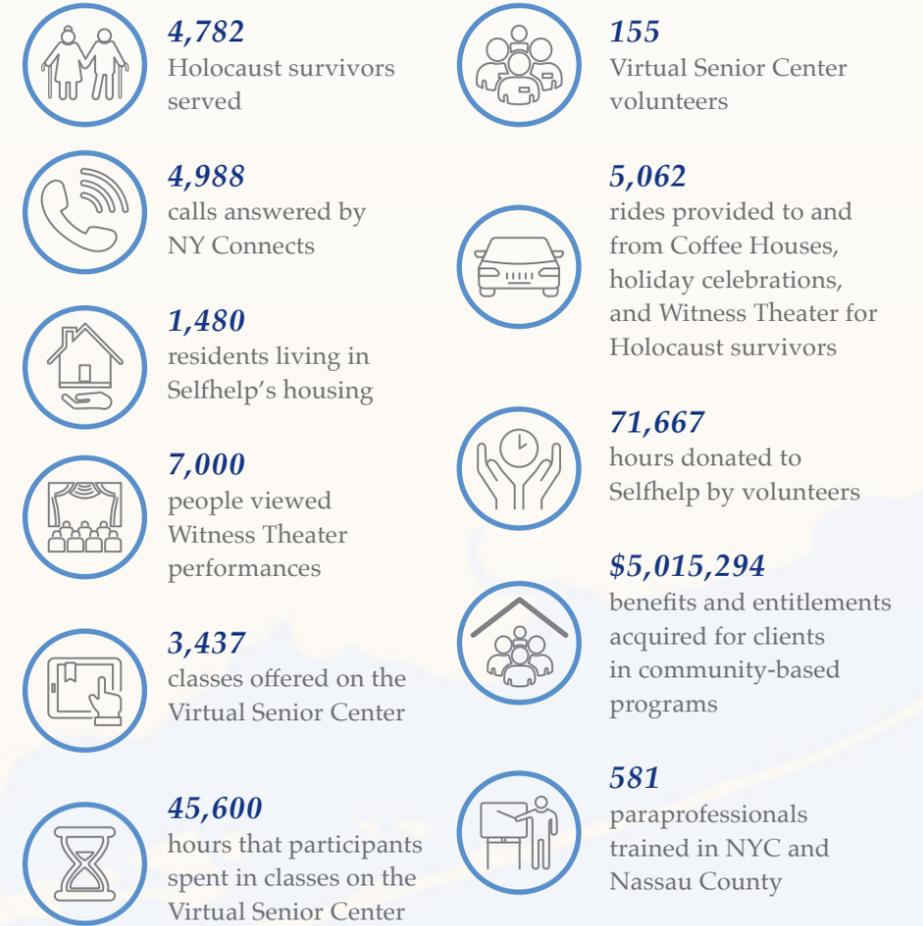
Dennis Baum  
Chair, SCS Foundation

Stuart C. Kaplan  
Chief Executive Officer

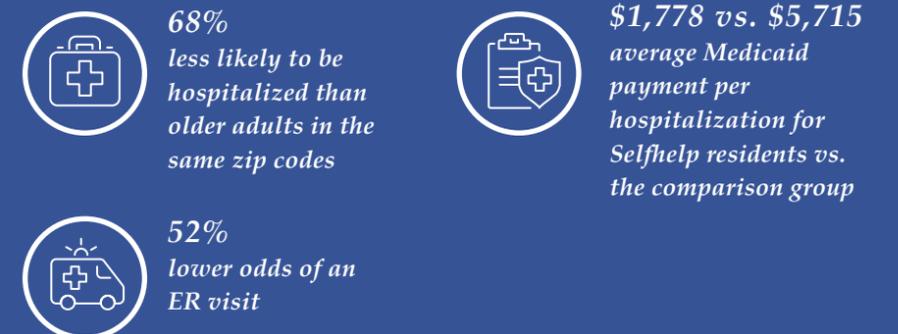


## 46 Programs throughout

The Bronx, Brooklyn, Queens, Manhattan, Nassau and Suffolk



## New research shows that residents in Selfhelp's housing are healthier



Donor Highlight



**KATIE LESSER**

Katie and her family know that philanthropy means opportunity. Their foundation, the Schneider-Lesser Foundation, has been a steadfast supporter of Selfhelp for several years, providing opportunities for Holocaust survivors to lead meaningful, engaged lives. When Katie and her parents first attended a Selfhelp Coffee House, they immediately understood how important these gatherings were, especially for the majority of survivors who are isolated and alone. They also provide emergency financial assistance for survivors. As a member of NextGen, Selfhelp’s young leadership committee, Katie volunteers with survivors and was surprised to learn about the struggles so many still face.

*“By supporting Selfhelp, I am impacting the daily lives of Holocaust survivors by allowing them to attend coffee houses, meet new people and get out of their homes. For many of the clients Selfhelp serves, these programs not only brighten their days, but ensure the dignity and independence they deserve.”*

Donor Highlight

**JERRY LO**

When Board member Tai Wang invited Jerry to join Selfhelp’s Chinese Advisory Council in 2015, he was immediately taken by Selfhelp’s deep connections with the Chinese community. He toured our housing residences and visited with Chinese-speaking tenants who expressed how happy and grateful they were to live in such beautiful and well-maintained apartments. He was most impressed by the Mandarin-speaking social worker at each building, there to ensure the well-being of each resident.

When Jerry first visited Selfhelp’s Benjamin Rosenthal-Prince Street Senior Center in Flushing, he was moved by the hundreds of engaged older adults, fully participating in activities like ballroom dancing, karaoke, and yoga classes – not to mention the fresh lunches served to more than 400 members each day.

*“Just as Selfhelp was there for those who came to this country in the 1930s and 1940s, Selfhelp continues to assist immigrants, and today is a recognized leader in providing excellent services to our Chinese elders. I’m proud to be a part of it.”*



Donor Highlight



Cathy and Roger as children.



Magda and Max Hull, Cathy and Roger's parents.

*"I feel that all of us who are children of those who fled the Nazis have a moral obligation to help survivors who are suffering today."*  
 – Roger



### CATHY HULL & ROGER HULL

The Hull family occupies a special place at the heart of Selfhelp. Magda and Max Hull were early Selfhelp volunteers who, having had the good fortune of emigrating from Nazi Germany before the Holocaust, dedicated themselves to helping those who were not as fortunate. It is indeed meaningful that their children, Cathy and Roger, have continued their legacy by establishing the Magda and Max Hull Emergency Cash Assistance Fund. This special fund provides financial assistance to Selfhelp's needy survivors. Cathy shares, "Both our parents loved their adopted country and never forgot to be grateful and pay it forward. To honor our parents' wishes and continue their work, we established an emergency financial fund in their name to ensure that Holocaust survivors can live out their lives in dignity, and hopefully, comfort. It is a privilege to be able to, in some small way, assist those unable to help themselves."

Donor Highlight

### LOUIS BRADBURY & JIM ROSENBERG

*"We give to Selfhelp because we believe that together, The Calamus Foundation and Selfhelp are making New York City a fairer and better place to age."*  
 – Jim

The Calamus Foundation knows that building inclusive communities for people of all ages means supporting programs like those at Selfhelp. As a grant-making organization dedicated to enriching the LGBT community, the Foundation supports the needs of our LGBT senior population, funding intensive case management assistance to frail and homebound LGBT older adults. Two of its leaders, Louis Bradbury (left) and Jim Rosenberg (right) share, "Through Selfhelp's deep understanding of cultural competency and respect for diversity, we know that our support is meeting the needs of LGBT older adults."



Donor Highlight



**ANNA SCHNEUR**

As a Russian immigrant herself and a supporter of Selfhelp’s Russian-speaking Holocaust Survivor Program, Anna has seen firsthand the struggles faced by Holocaust survivors from the Former Soviet Union (FSU). “When I learned that 80% of the survivors from the FSU were living in poverty, I knew I had to get involved,” Anna shares. Giving generously of her time and resources as a member of Selfhelp’s Board of Directors, Anna can often be found at Selfhelp’s Russian Coffee Houses, sharing stories and dancing with clients. She also serves on the Holocaust Survivor Program Committee. Anna knows her contributions go a long way in supporting a community so dear to her heart.

*“I get back so much more than I give. I enjoy attending Selfhelp Coffee Houses and interacting with our clients. It truly warms my heart.”*

Donor Highlight

**JUDI KENDE**

Judi brings both a personal and professional connection to Selfhelp. As the Vice President and Market Leader of Enterprise Community Partners, Judi is proud to support Selfhelp through investments in building affordable housing, through advocacy on behalf of older adults, and as a Board Member of the Selfhelp Realty Group (SRG). She also shares a personal connection to our mission.

“My father was a Holocaust survivor. After being liberated from a concentration camp, he and his mother were sent to separate refugee camps for almost two more years. When my father was nine years old, he was reunited with his mother and thankfully they had a stable place to live so that my father could attend school.” Judi’s strong support for Selfhelp brings together our historic mission with how we actualize it today.

*“I am passionate about social justice, and believe that every person should have a safe, healthy home they can afford because shelter is foundational to achieving one’s higher potential.”*



## Honoring our Commitment to Serve as the “Last Surviving Relative”



### Mayim Bialik

Together with Mayim Bialik, a granddaughter of a Holocaust survivor and well known media personality, Selfhelp launched Stories of Triumph, a digital advertising campaign, with videos to reach New Yorkers under the age of 40 to share information about the Holocaust and survivors living in New York.



### Selfhelp 5K

For the third consecutive year, NextGen, Selfhelp’s young leadership committee, hosted a 5K Run / Walk to raise funds for the Holocaust Survivor Program. NextGen maintains a special focus on enhancing the lives of Holocaust survivors through fundraising, volunteerism, and outreach events. Members of Selfhelp’s staff and Board joined NextGen for this fun and meaningful morning.



### Documentary

For the first time in its 80+ year history, Selfhelp produced a documentary about one of its best-known programs, Witness Theater. The documentary, created by filmmaker Oren Rudavsky, offers a behind the scenes look at a group of survivors and students at the Yeshivah of Flatbush Joel Braverman High School for a full year. In the last year:



*“The first time I saw a performance of Witness Theater, I was so moved it brought me to tears. I realized that I was experiencing something unique and life changing for everyone involved: the students, the survivors, and the audience. I was compelled to learn more about this special program and to get involved in some way.”*

– Scott Krawitz, Selfhelp Board Member and Co-Producer of Witness Theater: The Film.

## Expanding our Reach Through Affordable Senior Housing



### Groundbreaking at Hunters Point South

Together with our partner TF Cornerstone, Selfhelp Realty Group (SRG) broke ground on Selfhelp's 12th project, located in Hunters Point South, a mixed-use development in Long Island City. SRG is part of the development team for the project and Selfhelp Community Services will be providing social services to the residents in the 100 units of affordable senior housing.

Selfhelp and this project were covered in: New York Real Estate Journal, 6sqft, QNS.com, Multi-Housing News.



### Opening of the Joseph and Pauline Charatan Residence

Selfhelp celebrated the opening of our eleventh affordable housing building, located at 333 Lenox Road in Brooklyn, with a special ribbon cutting ceremony. The building was officially named the Joseph and Pauline Charatan Residence in recognition of the extraordinary friendship and support of Debrah Lee Charatan, Vice-Chair of the SCS Foundation Board.

**64**  
Residents  
**57**  
Apartments

## Growth on Long Island

- Nassau County's Office for the Aging awarded a contract to Selfhelp to provide case management services to older adults in parts of Nassau County. As this program expands to its full capacity, we expect to serve approximately 500 older adults throughout the area.
- Selfhelp received a grant from UJA-Federation to provide transportation for Long Island Holocaust survivors to go to medical appointments, visit family members, attend socialization activities, and visit cemeteries to pay their respects to loved ones. Having recently launched the program, we have already provided 120 rides.

- Selfhelp Realty Group was awarded financing for our senior housing project in Freeport, Long Island. This development is being designed by Daniel Libeskind and will include 44 units of housing, community space, a recreational rooftop terrace and walking track, as well as many green and energy efficient features.



## Gala 2019

On Tuesday, May 21st, 2019, 600 guests gathered at The Pierre to pay tribute to three exceptional honorees - Brian R. Steinwurtzel, who received the Caring for Generations Award; Heidi and Richard Rieger, who received the Fran Eizenstat Legacy Award; and Daniel Libeskind, who received the World Class Visionary Award.

The event was our most successful to date, raising over \$1.4 million thanks to our outstanding honorees, committed Gala leadership, and generous supporters.

Award-winning anchor Lori Stokes of FOX 5's *Good Day New York* once again graced our podium as the evening's Mistress of Ceremonies.

Our deepest thanks to the 2019 Gala Co-Chairs: Staci & John R. Barber, Debrah Lee Charatan & the late Steven I. Holm, Jeffrey & Paula Gural, and Carol & Jerry Levin for their outstanding efforts in making the evening a tremendous success for Selfhelp and our clients.



Daniel Libeskind receives the World Class Visionary Award from Debrah Lee Charatan



Brian R. Steinwurtzel receives the Caring for Generations Award from Jeffrey Gural



Heidi and Richard Rieger receive the Fran Eizenstat Legacy Award from Ambassador Stuart Eizenstat



Mistress of Ceremonies, Lori Stokes



Selfhelp Board Chair Raymond V.J. Schrag, Lori Stokes, Daniel Libeskind, Brian R. Steinwurtzel, CEO Stuart C. Kaplan



Selfhelp CEO Stuart C. Kaplan addresses the room

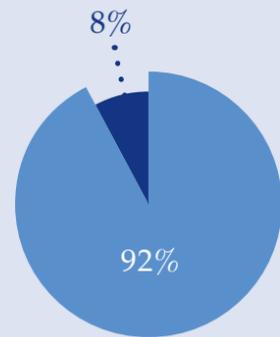
## Reaching Even Higher - Our Fundraising Priorities

### Holocaust Survivor Programs

#### Emergency Financial Assistance – Coffee Houses – Guardianship

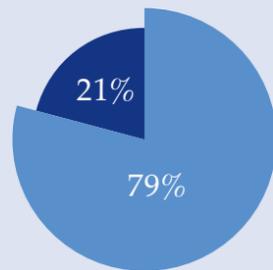
Alarming, half of the survivors in our care live at or below the federal poverty line, depending greatly on Selfhelp for assistance. Three of our core programs are funded in part through the generosity of individuals and foundations. Your support will make a tremendous difference in the lives of those we serve.

Our **Emergency Financial Assistance Program** provides survivors in financial need with grants for medical and dental procedures, Medigap insurance, rent, utility bills, citizenship fees, air conditioners, and other critical items and services.



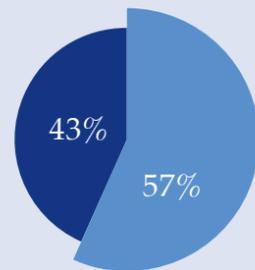
● Current funding: \$1,197,000  
● Amount to be raised: \$100,000

To alleviate isolation and loneliness, Selfhelp offers regular **Coffee House** gatherings -- comfortable, uplifting events where survivors socialize, sing, dance, and are surrounded by those who understand them best.



● Current funding: \$190,000  
● Amount to be raised: \$50,000

For Holocaust survivors who can no longer manage their financial or domestic affairs, Selfhelp may be appointed their legal guardian, a role we carry out with great care and compassion. As the only **Guardianship program** designed specifically for Holocaust survivors, we ensure that their wishes are fulfilled and that they live with comfort and dignity.



● Current funding: \$187,000  
● Amount to be raised: \$142,000

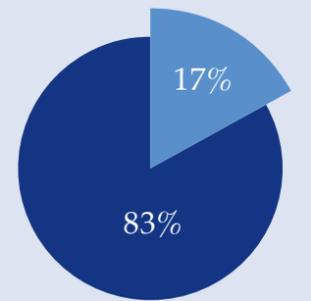
*“I can do things you cannot. You can do things I cannot. Together we can do great things.” – Mother Theresa*

### Holocaust Education

The Claims Conference published the results of a Holocaust awareness study, which found the following: 66% of millennials do not know about Auschwitz; 41% believe that fewer than two million Jews were killed in the Holocaust; and 22% of millennials say they hadn't even heard of the Holocaust.

In response, Selfhelp launched a Holocaust Educational Initiative targeting schools, young professionals and community groups.

Educational components include our acclaimed *Witness Theater* documentary along with a study guide and website, digital advertising campaigns, and Holocaust artwork and food memories projects. Now more than ever, we need to educate future generations about tolerance, sensitivity and respect for all people.



● Current funding: \$50,000  
● Amount to be raised: \$250,000

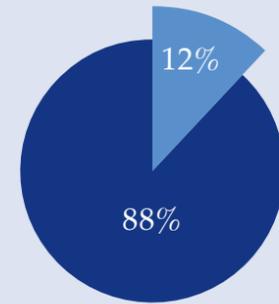


### Staff Training and Development

Selfhelp cares for our 20,000 clients, one person at a time, through the dedicated work of our staff. It is the human touch, coupled with excellent skills that make a difference in the lives of thousands of individuals, each and every day. By investing in our staff, we continue to strengthen the quality of care we deliver to our clients.

Building upon our success, we aspire to create the Selfhelp Institute for Education and Leadership Development (SHIELD), where each employee can take advantage of educational opportunities, including continuing education credits, offsite training, conferences and mentorship programs. The Center would also offer professional development to employees at other organizations, the goal being to develop the best possible leaders in the not-for-profit sector.

*Naming opportunities are available. Please call the SCS Foundation at (212) 971-7621 for details.*



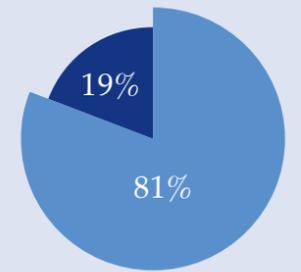
- Current funding: \$35,000
- Amount to be raised: \$250,000



### Housing with Services

With 11 residences and four new projects underway, Selfhelp is providing affordable housing to close to 1,500 older adults, enabling them to live independently in the community. Results of a three year study demonstrated that residents in Selfhelp housing experience fewer hospitalizations and utilize the emergency room less frequently than those in the same zip code and in the same demographic categories. They also experience shorter hospital stays with lower costs to Medicaid and Medicare.

Through our model, called SHASAM (Selfhelp Active Services for Aging Model), each residence has a culturally competent social worker, who can offer assistance with benefits and entitlements, educational, wellness, social and recreational programs, volunteer opportunities and more.



- Current funding: \$985,037
- Amount to be raised: \$232,026



*With 11 residences and four new projects underway, Selfhelp is providing affordable housing to 1,500 older adults, enabling them to live independently in the community.*

## Financial Information

### Selfhelp Community Services

**REVENUE**  
(\$ IN MILLIONS)



**OPERATING EXPENSES**  
(\$ IN MILLIONS)



**NET ASSETS**  
(\$ IN MILLIONS)



### Selfhelp Community Services Foundation

**REVENUE**  
(\$ IN MILLIONS)



**OPERATING EXPENSES**  
(\$ IN MILLIONS)



**NET ASSETS**  
(\$ IN MILLIONS)



The accompanying financial information has been extracted from reports issued by our independent certified public accountants, which are available upon request.

## FOUNDERS SOCIETY

From our earliest days, Selfhelp has been blessed with the involvement of scores of individuals committed to our mission.

Selfhelp’s Founders Society recognizes the generous support of friends and partners who have made cumulative donations of \$25,000 or more.

We offer our deepest appreciation to our Founders ~both present~ and those no longer with us ~ who have helped to make Selfhelp Community Services the vital organization it is today.

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Selfhelp and the Claims Conference share a strong and collaborative history dating back more than five decades. Generous Claims Conference funding has enabled Selfhelp to expand services, such as case management, emergency financial assistance, and social gatherings, to meet the growing needs of Holocaust survivors living in the

New York metropolitan area. As key negotiator for home care dollars from the German government, the Claims Conference has enabled thousands of survivors to remain in their own communities and live with dignity. We are ever grateful for such critical funding, which helps provide this aging and fragile population with the care they rightfully deserve.

UJA-FEDERATION OF NEW YORK

A Core Partner of UJA-Federation of New York since 1983, Selfhelp Community Services is the recipient of generous funding and program grants including critical support for our Holocaust Survivor Program, Witness Theater, case management programs, Virtual Senior Center and a multitude of essential organizational services. We are

exceptionally grateful for initiatives that have enabled us to leverage UJA support, such as the New York Times Neediest Campaign, advocacy work, and introductions to individuals and foundations. We deeply thank UJA-Federation of New York for their steadfast support and commitment to Selfhelp Community Services.

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The Fran Eizenstat Legacy Project was created to ensure the necessary funding to care for the last generation of Holocaust survivors – specifically those who are frail, alone, and, much too often,

impoverished. As part of this project, we have launched a special initiative to assist the growing number of Holocaust survivors in need from the Former Soviet Union.

It is most fitting that this vital project bears the name of the late Fran Eizenstat who deeply believed in its mission. Ambassador Stuart Eizenstat serves as the Project’s Honorary Chairman.

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Selfhelp NextGen is a dynamic group of young professionals from the New York City area deeply committed to Selfhelp’s mission of maintaining the independence and dignity of seniors and at-risk populations. The group maintains a special focus

on enhancing the lives of Holocaust survivors, and seeks to ensure the promise made by our founders: to serve as the “last surviving relative” to victims of Nazi persecution.

Created in 2010, Selfhelp NextGen members organize volunteer projects, holiday brunches for Holocaust survivors, an annual 5K run/walk, and outreach events, in an effort to educate their peers.

To get involved or learn more, please email [development@selfhelp.net](mailto:development@selfhelp.net).

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Selfhelp provides vital services to approximately 5,000 Asian immigrants, the majority of whom are low-income seniors who have emigrated from China. To address their unique needs, Selfhelp’s Chinese Advisory Council (CAC) was created in 2015. The Council is comprised of prominent members of the

Chinese-American community, whose primary focus is to identify resources and raise community awareness regarding the needs of Chinese elders served by Selfhelp. For additional information about the CAC, please contact the Foundation office at (212) 971-7764.

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