

# Volunteer at Selfhelp

We believe that everyone deserves to age with compassionate, trusted, and innovative care that respects their life experiences.

Our unique approach is rooted in our longstanding work with Holocaust survivors, giving us the experience and understanding to meet every challenge.

Today, 25,000 people rely on us for affordable housing, home health care, and community-based services, because each person deserves to age with dignity and independence.

The logo for Selfhelp, featuring the word "Selfhelp" in a white, serif font, with a white curved line underneath it, set against a dark blue background.

*Selfhelp*

# Volunteer Opportunities for Everyone

- Friendly visitors for older adults (in-person and phone calls)
- Attending events
- Teach online and in-person classes
- Administrative support
- Support Older Adult Centers

# Teach an Online Class

We all need community and connection to maintain overall health and wellbeing. Social isolation in aging adults advances mental, physical, and emotional decline, creating health risks when they become homebound.

- Volunteer with our [Virtual Senior Center](#) to keep older adults connected to their community.
- Teach your passion! Art and music appreciation, history, health, the sciences, exercise, storytelling, literature reviews, travel, computer training, hobbies like cooking and birding, and much more. [Check out a list of some recent classes and experiences.](#)
- We encourage volunteer facilitators from all backgrounds and locations to bring diverse experiences to widen the world of older adults.
- Completely virtual volunteering: [www.vscm.selfhelp.net/volunteer](http://www.vscm.selfhelp.net/volunteer)

# Volunteer with Holocaust Survivors

When Holocaust survivors receive care that respects their lived experience, they have the support needed to live comfortable, dignified lives as they age. We offer a full spectrum of services that include home care, case management, financial assistance, and social services so survivors can age with the dignity they deserve. Caring for 5,000 survivors each year.

**Friendly Visitor:** Provide companionship and emotional support to NYC Holocaust survivors. In-person and via phone

**Event Volunteers:** Attend social events and engage with survivors

**Contact:** Trish Gough, Volunteer Manager

- Email: [tgough@selfhelp.net](mailto:tgough@selfhelp.net)
- Phone: 212-971-7737

# In your neighborhood

Selfhelp's five Older Adult Centers (senior centers) rely on support from volunteers to teach classes, serve lunch, and celebrate holidays.

## 5 Queens Locations:

- Latimer Gardens (Flushing)
- Benjamin Rosenthal- Prince Street (Flushing)
- Maspeth (Maspeth)
- Clearview (Bayside)
- Austin Street (Forest Hills)

Email: [volunteer@selfhelp.net](mailto:volunteer@selfhelp.net)

# Advisory Councils

## NextGen

Selfhelp NextGen is a dynamic group of young professionals deeply committed to Selfhelp's mission. The group maintains a special focus on enhancing the lives of Holocaust survivors. NextGen hosts outreach and volunteer events, holiday gatherings for Holocaust survivors, an annual 5K, and more.

## Chinese Advisory Council

Selfhelp provides vital services to approximately 5,000 Asian-Americans, 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.

Email: [development@selfhelp.net](mailto:development@selfhelp.net)

# About Selfhelp

# Our Core Values

- Welcome and Include All
- Think Big
- Connect with Compassion
- Build Trust, Always
- Balance Head and Heart



**Holocaust Survivor Program** *Operating the oldest and largest comprehensive program serving Holocaust survivors in North America.*

**Supporting 5,241 survivors**

● Holocaust Survivor Programs

**Community-Based Programs** *Caring for thousands of New Yorkers, with assistance accessing benefits and entitlements, case management, virtual and in-person social events, and more.*

**Connecting 20,380 older adults**

- Older Adult Centers (formerly Senior Centers)
- NY Connects
- Alzheimer's Resource Program
- Case Management
- NORCs
- Community Guardianship
- Virtual Senior Center
- Adult Protective Services

**Home Care and Home Care Training Programs**

*Providing caring services that keep people safe at home, while training the next generation of caregivers.*

**Caring for 1,558 people | Training 400 caregivers**

- Home Care
- Home Care Training

**Real Estate and Housing** *Providing affordable housing plus services through Selfhelp's Active Services for Aging Model (SHASAM), which offers a suite of social services to support the health and wellness of residents aging in their own homes.*

**Housing 1,700 New Yorkers**

- 🏠 Selfhelp Housing offering SHASAM
- 🏠 Selfhelp Housing in Development
- 🏠 SHASAM Only Locations

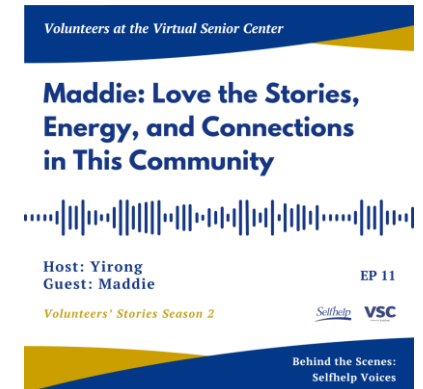
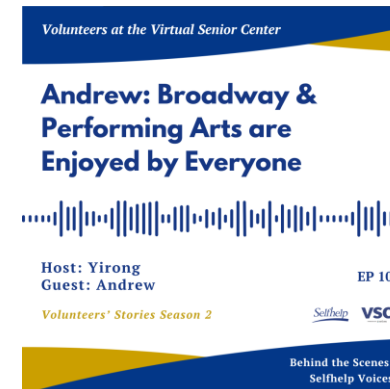
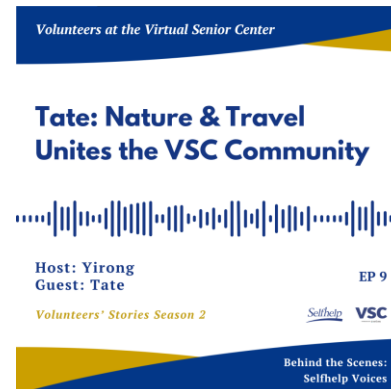
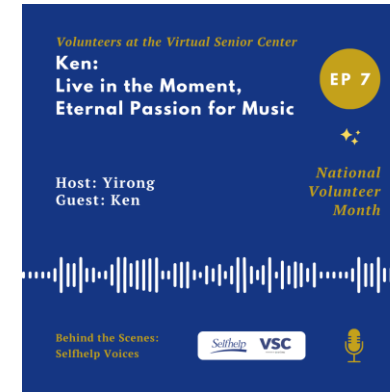


# Make a Difference

- **Social Connection:** Keep a frail or homebound adult company so they stay connected to their community.
- **Lifelong Learning:** Help people learn new things! Teach a class sharing a favorite hobby or topic.
- **Supporting a local nonprofit:** Sharing your talents with Selfhelp.

# Volunteers' Stories

- Everyone has different stories, same to our volunteers. We like to hear from our volunteers.
- Visit our [YouTube](#) channel for the latest volunteers' stories on our podcast.



# Stay Connected



Questions? Email us at [volunteer@selfhelp.net](mailto:volunteer@selfhelp.net)