

The Spirit of Selfhelp: *Honoring the Past, Welcoming the Future*



THE SELFHELP HOME
A TRADITION OF CARING



spirit

noun spir·it \'spir-t\

- : the force within a person that is believed to give the body life, energy, and power
- : the inner quality or nature of a person
- : a person

Letter from the President

As you can see in these pages, The Selfhelp Home embodies at its core the spirit of love, compassion and service to our fellow human beings. Our origins date back to the 1930s, a community within a community, helping those fleeing Nazism and those who had survived its unspeakable terrors, settle comfortably in a foreign land, surrounded by people who understood their difficult journey.

Our name, Selfhelp, reflects the tenacity and entrepreneurial spirit of the founders, who built this organization from scratch and transformed it into one of the very best continuous care living communities in the United States, serving older adults from the Chicago area and beyond.

People who live at Selfhelp are never alone. We take great pride in the quality of life our residents enjoy in this warm and safe space: programming that engages and challenges; homemade Kosher meals; culture that celebrates our heritage; medical care that goes

above and beyond; and staff truly committed to the whole person – mind, body and spirit. Selfhelp is a place to LIVE in the fullest possible sense.

As a not-for-profit, our Home is strengthened through the generous support of our members, board of directors and the wider community. We are deeply grateful for it and for the selflessness of our volunteers, many who have been part of the Home for decades. Some have even moved in!

We hope that we have conveyed our soul as an institution born out of a tragic chapter in Jewish history and made vigorous today by the enduring spirit of those who refused to give up. To be at Selfhelp is to be home.

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President and Chairman of the Board

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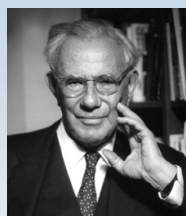
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1935: German émigré academics at the New School for Social Research in New York City establishes "the Selbsthilfe – Selfhelp of Emigres from Central Europe" to aid refugees escaping Nazi persecution. Many notable people, including Albert Einstein, were members.



Paul Tillich

1935-52: Protestant theologian Paul Tillich, first president of Selfhelp in New York City.

1938: In Chicago, a branch of Selfhelp is started by Jenny Wolf as a women's volunteer neighborhood aid group.



ETHAN BENSINGER

The Spirit of Selfhelp: Character, Dignity, Compassion

The Selfhelp Home has a history unlike any other senior residential community in Chicago. It was founded in 1938, in the shadow of the Holocaust, as a purely volunteer mutual aid society where Jewish survivors of Nazi persecution could find community and rebuild their lives. The older survivors were particularly vulnerable. It became the priority of the founders to provide a caring and comfortable home for them to live out their years with compassion, dignity and a high quality of life. Today, Selfhelp thrives as one of the most respected Jewish elder residences in the United States and as a living testament to the human spirit.

REFUGE: Stories of The Selfhelp Home

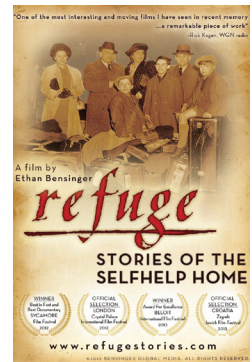
The history and legacy of The Selfhelp Home is beautifully captured in the film *Refuge* by **Ethan Bensinger**. It is a story of courage and strength, and caring for fellow Jews whose lives had been ruptured by separation and unimaginable loss.

Ethan learned that story firsthand from his parents and grandparents, who were forced to flee the Nazi regime in the 1930s for a new life in pre-Israel Palestine and then America. As an adult, Ethan felt compelled to preserve refugee stories like theirs to prevent future Holocausts.

The result was *REFUGE*, an award-winning, one-hour documentary in which several of the founders of The Selfhelp Home and the people who live here tell their stories. The film grew out of an oral history project in which Ethan interviewed 30 residents who had been victims of Nazi persecution, including Ethan's own mother, Rachel.

The film has been shown at festivals and venues around the world and broadcast thousands of times on public television. It is being used in schools worldwide to educate new generations about the Holocaust.

You can learn more about this award-winning film, the filmmakers, and the interview archive at www.refugestories.com.



“The Selfhelp Home is unique in post-Holocaust American history for its role as a haven for more than 1000 refugees and survivors from Nazi Europe.” – Ethan Bensinger

1938-41: Dr. Walter Friedlander, Berlin-born social welfare specialist at The University of Chicago, first president of Chicago Selfhelp.

1941: Early on, volunteer groups on the South and North Sides provide housecleaning, shopping, nursing, child care for sick mothers, social and cultural activities. Selfhelp also aids Jewish refugees in Europe.



This is Selfhelp: Community, Family, Belonging

A sense of family and the warmth of community have been core to the mission of The Selfhelp Home since its founding. From enjoying cultural activities and birthday celebrations to observing Sabbath and holiday traditions – residents, staff and volunteers alike note Selfhelp Home’s family-like environment. The low turnover of staff and volunteers, many of whom have been working at Selfhelp for more than 15 years, underscores the commitment to community and continuity.



EDITH STERN,
Resident, volunteer, former
Selfhelp administrator,
and Super Senior

*“What I could
not do for my
parents, I did for
the residents of
Selfhelp.”*

– Edith Stern, Resident

Edith Stern, 95, has a knack for making others feel special. So it was not a shock when she was recognized as a Super Senior by the North Shore Senior Center for her decades of contributions to The Selfhelp Home.

A native of Czechoslovakia, Edith came to Chicago in 1964 after surviving Auschwitz. She worked as the administrator of the Southside Selfhelp Home during which time most of the residents were German-speaking immigrants who had also survived Nazi persecution, unlike Edith’s parents who perished in the war.

Edith’s sister, Marietta Ryba, had been sent to safe haven in England as part of the Kindertransport but Edith was too old. Today, Edith and Marietta both live at Selfhelp.

Edith’s work as a volunteer has greatly enhanced the quality of life at The Selfhelp Home. Among her many roles over the past 17 years have been gift shop manager, new resident liaison, birthday party organizer and greeter for cultural events. She started a Selfhelp tradition of taking challah or homemade cookies to fellow residents in the hospital. Edith is a true advocate whose concern has always been residents’ well-being.



Edith as a young girl (right) with sister Marietta and parents, Julius and Berta Pollak.



Edith with friend and volunteer, Herb Wolf.

1941: The Selfhelp Youth Group is formed, with Gerald E. Franks as chair.

1941-42: Prof. Friedrich Kessler, 2nd president of Chicago Chapter.



Gerald E. Franks

1942-45: Rabbi Fritz Bamberger, Executive Director of *Esquire Coronet*, 3rd president of Chicago Chapter.

1945-47: Wieboldt’s store manager Richard Emanuel, 4th president of Chicago Selfhelp.



"Tell A Story" facilitator **GINA DIPONIO** with resident Sid Bild.

"Sharing stories fosters a sense of unity and community," says creative writing instructor **Gina DiPonio**, who has been welcoming residents to her "Tell A Story" group for seven years. "I see part of my role as sparking memories," she says, "and creating a safe space in which to share them." Visitors, such as family and friends, are invited to join the circle.

"Selfhelp is a place filled with life, activity, love and compassion, interesting things happening all the time. I love Selfhelp and everything it stands for. I love the staff from the top down; each of you is committed and dedicated to the well-being of our residents. Truly 5 stars all the way."

– Dr. Howard Weiss



DR. HOWARD WEISS, retired pediatrician, family member, host of music programs.

1947-63: Dr. William F. Becker, 1st president of The Selfhelp Home.

1949: Selfhelp Home incorporates as a nonprofit organization.

1950: Former mansion at 4951 Drexel Boulevard is purchased for \$25,000.



1951: The Selfhelp Home, accommodating 19 residents, is dedicated. Dr. Becker initiates shift in priorities from general social assistance to care for the elderly, most of whom are victims of Nazi persecution.

This is Selfhelp: Culture, Warmth, Life

It's hard to be bored at The Selfhelp Home, with its well-rounded calendar of high-quality cultural and exercise programming. An average month here will include at least six live music concerts, a book club, film screenings and discussion, storytelling, poetry, tai chi, yoga, exercise classes, art classes, and much more. An intergenerational program brings schoolchildren together with residents to create beautiful quilts, while a cultural exchange with German college-age students enriches all. Kosher cuisine and optional religious observances help create an undeniably Jewish and familiar atmosphere.



Fern Shaffer is the heart and soul behind Selfhelp's extensive programming. Before she started here as an art teacher 25 years ago, there was no budget for programs. Over time, the schedule of stimulating cultural, social and physical activities became a hallmark of The Selfhelp Home. "The more shared experiences we have, the closer the family is. There's genuine love here."

Fern takes pride in both the quality and quantity of programming. "We read what you read," she says, speaking of the book club that uses 18 Kindles, a boon to aging hands and eyes. The same level of sophistication applies to the 10 movies a month, with discussion ("We just had a movie review of *Danish Girl*") and 80 concerts a year, mostly classical with some Broadway and pop for added interest.

As long-time residents have gotten older, the activities have adapted. "We used to do standing tai chi, now we do seated," she says. "We experiment to see what works best."

"We are aiming for the highest caliber of cultural programming for our residents. Being here should be fun."

– **Fern Shaffer**, Director of Programs



1951-1966: Johanna Oschatzke, 1st director of The Selfhelp Home.

1952: Membership in Selfhelp reaches almost 300.



Johanna Oschatzke

1956: An addition to The Selfhelp Home on Drexel Blvd. – The Becker Wing – is built, increasing capacity to 41.





Volunteer **WALLIE DAYAL** and resident **ALICE FINK**.

Volunteer **Wallie Dayal** welcomes a growing group of residents to her monthly poetry session. "The most important thing is to be taken seriously as a person," says Wallie, who is originally from Germany. "I feel like the residents are the grandparents that I left behind."

"As soon as I walk in the door, I can feel the warmth and compassion I would like to experience if I am blessed with a long life. I am drawn to visit my friends at Selfhelp, my home away from home."



Residents attend volunteer Wallie Dayal's monthly poetry group.

Since 1998, The Selfhelp Home has partnered with the Berlin-based Action Reconciliation Service for Peace (ARSP), which works with Jewish organizations in the U.S. to build

trusting relationships and heal painful, historic wounds. Each year, Selfhelp is host to a young German intern who moves into Selfhelp for 12 months and becomes an integral part of the community, helping staff and warming hearts. This past year 19-year-old **Julius Tan**, a native of Muenster, Germany, and an accomplished pianist, gave a farewell concert in August, 2016, before heading to university in Holland. "Because of the love and support I felt at Selfhelp," Julius said, "I gained the confidence to pursue my dream of studying music."



JULIUS TAN, ARSP student



Action Reconciliation intern Julius Tan entertains resident Doris Levin.



Resident **ADELE BERNSTEIN** creates art with student from Anshe Emet Day School.

Each year, 5th-grade students at Bernard Zell Anshe Emet Day School pair with Selfhelp residents to create theme-based quilts while learning about each others' lives and times throughout the year. The themes are connected to the school's intergenerational curriculum.



The family of **MAX GIMPEL** leads Sabbath dinner prayers.

Shared Jewish traditions and celebrations are important expressions of identity and community at Selfhelp. Passover, High Holidays, and the Sabbath are observed in Selfhelp's dining room and sanctuary, with family often participating.

1959: The annual Selfhelp fundraising event is initiated, drawing residents, family members and friends to celebrate the good work of the Home.



1963: The second Selfhelp Home opens at 908 Argyle Street on the North Side of Chicago, bringing capacity of both homes to 110. Dr. Becker dies shortly before new home opens.



This is Selfhelp: Caring, Support, Comfort

The Selfhelp Home of today provides a full continuum of health care services in a supportive and stimulating environment to seniors from throughout the greater Chicago Jewish community. The compassionate staff and volunteers at Selfhelp treat residents as individuals, responding to their physical, emotional and intellectual needs – whether they are living in retirement apartments, skilled nursing rooms or on the short-term rehabilitation floor. Facilitated groups for men, women, and families provide extra emotional support while deepening social bonds.

“The family feeling extends to line staff, aides, dietary, housekeepers, front desk. Everyone feels this place is different.” – **Rennie Shapiro**



RENNIE SHAPIRO,
Family Group facilitator
and Resident Liaison

At 84, **Rennie Shapiro** has her dream job. As Selfhelp Home's Resident Liaison over the past 14 years, Rennie meets all new residents and is responsible for orienting new staff.

Rennie also provides important emotional support to residents' families as facilitator of the Family Group. Rennie feels that “we're all on a journey” learning how to cope with aging parents and dealing with our own aging. In the Family Group, “family members can honestly express how they feel and others understand fully. I feel very privileged to be a part of the group.”

Knowing the residents helps her to effectively lead the group. “I love listening to residents' stories. Their resilience and positive attitude affects others, those who come after.”

Since losing her husband several years ago, Selfhelp Home has been a haven and a source of renewed meaning in her life. “This home is so important to me. I'm glad we're reaching out to the wider world because the world needs to feel what we have here, how it's different. It's a family. It's special.”



The Health & Rehabilitation Center at The Selfhelp Home, opened in 2015, is a state-of-the-art center offering the highest quality of post-acute rehabilitation following a surgery or hospital stay.

24-year Selfhelp employee and Director of Nursing **Nerma Lamier, RN**, says what attracted her to Selfhelp was the mission. “We are different from other nursing homes. It's the overall culture of caring that sets us apart.”

Nerma and her staff have been awarded *US News and World Report* “Best Nursing Home” for several years and maintain the highest ratings with Medicare. “Through respect for our residents we see every challenge and hurdle as a learning experience.”



NERMA LAMIER, RN

1963-1975: Frederick Aufrecht serves as 2nd president of Selfhelp. 920 Argyle is completed, increasing capacity to 180.



1964: Dorothy Becker becomes administrator of Selfhelp Home, following the short tenure of Lili Wollman.

**CHUCK WOLF**

Chuck Wolf has a big smile and an even bigger heart. On most Thursdays, he leaves his downtown law office at Vedder Price and heads north to Selfhelp to spend a few hours visiting his “buddies” who couldn’t be happier to see him. Many of the residents of Selfhelp watched Chuck grow up, the son of the late Ludwig (Lou) and Hilde Wolf, and the nephew of the late Walter Mander, a U.S. WW II veteran, army sergeant and accomplished pilot who arrived from Germany penniless and made his fortune in the meatpacking industry. Chuck presides over the charitable foundation that bears Walter’s name.

“I’ve been a part of Selfhelp for as long as I can remember.”

– **Charles (Chuck) Wolf**, President, The Walter Mander Foundation; Partner, Vedder Price; Lecturer, University of Chicago Law School

I’ve been a part of Selfhelp for as long as I can remember,” reflects Chuck. His parents, Hilde and Lou, independently fled Germany as teenagers and met in Chicago during the war. Chuck’s maternal family was part of the tight-knit

German and German American community clustered around Hyde Park, home to the original Selfhelp. When the Home relocated to Argyle Street, the family visits north were a Sunday ritual. Chuck remembers Selfhelp as a bustling place, German-speaking ladies and gentleman immersed in conversation over coffee and pastries, classical music streaming in the background, and the spirit of family.

When Lou died in 2009, Chuck brought Hilde to live at Selfhelp where she would stay until her death in 2011. Chucks says that Selfhelp was a happy place for Hilde and the care she received was extraordinary.

He acknowledges that although Selfhelp has evolved to serve the greater community, its founding spirit of care, compassion and dignity for all the home’s residents, is alive and well.



DR. MARTI SZANTO, Selfhelp Home Medical Director (left) and **DR. MARTIN SIGLIN** Regional Medical Director of Care Management/Physician Advisor at Presence Health.

“Anybody can manage a disease, but it is the delivery of care and environment that make the real difference. At Selfhelp there is a special warmth in the care that makes us the best-kept secret.” – **Dr. Martin Szanto**, 20-year Medical Director



Edith Stejskal

1966: Edith Stejskal (Stern) becomes administrator of The South Side Selfhelp Home.

1974: North Side location becomes state-of-the-art senior residence and replaces the South Side home, which is sold.



DR. M. TODD GRENDON, Associate Medical Director, Chief of Geriatric Medicine & Vice Chairman of the Department of Internal Medicine at St. Joseph Hospital.

Thank You To Our Donors

Our wonderful donors, through annual giving and membership, bequests from wills and trusts, and special gifts for capital improvements, contribute to the life of the Home in so many ways. As a not-for-profit, we are committed to the community. Keeping our prices fair and the home accessible to Jewish seniors is a priority, even as costs skyrocket. The Selfhelp Home is best in its class. Your support ensures this. Thank you from the bottom of our hearts!



LENI AND DR. ROLF WEIL

"As survivors of Nazi inhumanity, the founders of Selfhelp have built an organization of indomitable spirit. As a unique Chicago institution, we will grow, thrive and continue to meet the needs of older adults in our community well into the future. Our Home is a living testament to the lives we rebuilt here—our debt of gratitude for all America has given us."

– Rolf A. Weil, co-founder, The Selfhelp Home

HEALTH AND REHABILITATION CENTER AT THE SELFHELP HOME LEADERSHIP GIFTS

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|--|------------------------------------|
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Dr. Rolf A. Weil

1976: Dr. Rolf A. Weil, President of Roosevelt University, becomes 3rd president of Selfhelp Home.



1986: A 9-story addition at 930 West Argyle opens to meet growing need for senior housing.

1988: Selfhelp celebrates its 50th anniversary.

LEGACY CIRCLE

Individuals who have transformed The Selfhelp Home through bequests or lifetime gifts.

Horst Abraham
Edith Altbach
Ernest Aufrecht
Lottie Aufrecht
Leo and Audry Bachrach
Molly Barrett
Anna Josephine Beck
Dorothy Becker
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Stephanie Lax
Eva B. Levi
Miriam H Levi
Harry Levine
Edele Levy
Eva B. Levy

**SYBELLE HEILBRUNN**

"I have been supporting The Selfhelp Home for over 60 years. I always knew that I would be here, and I'm glad I am."

– Sybelle Heilbrunn, resident

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Hilde Wolf
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Meinhard Wolff

1993: Herbert Roth becomes 4th president of Selfhelp Home.



Herb Roth

1998: The Selfhelp Home welcomes 1st of many German high school students who come to live and volunteer through the Action Reconciliation Service for Peace.

2004: Hedy Ciocci becomes administrator of Selfhelp Home.



"I wanted you to know how much I appreciate everything you did for my grandma, Paula Tritsch, while she was a resident at Selfhelp. It was such a wonderful place for her to live her final years."

— **Bara Scotti**, granddaughter of longtime resident Paula Tritsch

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Mr. & Mrs. Douglas & Emily Ewing
Mrs. Judy Faitek
Mr. Maurice Fantus
Mr. & Mrs. Michael Fein

Mr. Jan Feldman
Mrs. Edith Feldmann
Mr. Stewart Feltz
Mr. & Mrs. Larry Field
Field Holdings
Mr. Bernard Fine
Mrs. Alice Fink
Dr. Tess Fischer
Mr. & Mrs. Bruno Fischer
Mrs. Margot Fleck
Mr. & Mrs. Walter Fleischacker
Ms. Martha Fourt
Dr. & Mrs. Eugene Frank
Mr. & Mrs. Gunther Frank
Mr. & Mrs. Werner Frank
Mr. & Mrs. Jay Frankel
Mr. & Mrs. Jerome Frankel
Mr. & Mrs. Daniel Franks
Mr. Gerald Franks
Mrs. Doris Fried
Mr. & Mrs. Cass Friedberg
Mrs. Marion Friedberger
Mrs. Gertrud Friedman
Philip Friedmann Family Charitable Trust
Mr. & Mrs. Sidney Frisch
Mr. & Mrs. Ernest Fruehauf
Ms. Kelle Frymire
Mr. & Mrs. Jared Gabiner
Dr. Solomon Gaddam
Mr. David Ganbarg
Ms. Ethel Ganbarg
Dr. Daniel Ganger
Mr. & Mrs. Patricia Gerber
Ms. Nancy Gicewicz
Mr. Vern Gideon
Dr. Deborah Gilboa
Mr. & Mrs. James Gimpel
Mr. Allen Gimpel
Mr. & Ms. Peter Glaser
Mrs. Ilse Glaser
Ms. Pamela Glaser
Mr. Richard M. Glick
Mr. & Mrs. Greg Glidden
Mr. & Mrs. Martin Goch

Reflects gifts from September 30, 2015 through October 1, 2016



Bernard Heerey

2007: Selfhelp receives renewable grant from Bernard Heerey Family Foundation, headed by Nathaniel Grey, to provide financial support to needy residents.



2009: Austin L. Hirsch, partner at Reed Smith, becomes 5th president of Selfhelp Home.

Austin L. Hirsch and
Beth Gomberg-Hirsch

Mr. & Mrs. Richard Goldberg
 Ms. Elizabeth Goldberg
 Dr. & Mrs. Harvey Golden
 Dr. Gail Golden
 Mr. & Mrs. Samuel Golden
 Dr. Anne Goldfield
 Mr. & Mrs. Jim Golding
 Mr. & Mrs. Joel Goldman
 Mr. & Mrs. Norman M. Goldring
 Ms. Alice Goldsmith
 Mr. & Mrs. Herbert Golinkin
 Mr. Neil Good
 Mr. & Mrs. Bruce Goodman
 Mr. & Ms. Mark Gordon
 Mr. & Ms. Paul Gordon
 Ms. Sylvia Gordon
 Ms. Helen Gorini
 Mr. & Mrs. David Granat
 Ms. Shirley Greenberger
 Mr. & Mrs. Lewis Greenblatt
 Mr. & Mrs. Alan Greenthal
 Mr. Joel Fink and Mr. Richard Greenthal
 Dr. & Mrs Michael Grendon
 Mr. & Mrs. Raymon A. Grossman
 Mr. & Mrs. Alfred Gruen
 Mr. & Mrs. Peter Gutzmer
 Halloran Masonry Inc
 Mrs. Erma Halpern
 Mr. & Mrs. Edward Hamburg
 Mr. & Mrs. Thomas Hanley
 Ms. Brigita Harris
 Mrs. Marcia Harrison
 Hart & Patterson Financial Group
 Ms. Arlene Hausman
 Hayes Mech
 Health Insurance Consultants
 Ms. Hedy Hefland
 Ms. Lilly C. Heidelberger

Mrs. Hilde S. Heilbron
 Mr. & Mrs. M. Jay Heilbrunn
 Mrs. Sybelle Heilbrunn
 Mr. & Mrs. Ernie Heimann
 Mr. & Mrs. Werner Heimann
 Ms. Eva Heisler
 Mr. J.D. Helms
 Ms. Karen Herner
 Ms. Jane Heron
 Mr. & Mrs. Tina Herpe
 Mr. & Ms. Jerry Herst
 Mrs. Ruth Heumann
 Dieter & Betty Heycke
 Charitable Foundation
 Mr. Jonathan Higgins
 Mr. & Mrs. Peter Hillebrand
 Mr. Austin Hirsch & Mrs. Beth Gomberg-Hirsch
 Ms. Danielle Hirsch
 Dr. & Mrs Ronald Hirsen
 Ms. Shirley Hoffman
 Mr. & Ms. Howard Hoffmann
 Ms. Lorraine Hoffmann
 Dr. Walter S. Hofman
 Mr. & Mrs. Lewis Hofstein
 Ms. Anne Hollenbeck
 Mrs. Helen Holz
 Dr. & Mrs George Honig
 Hopkins Elevator Co.
 Mr. & Mrs. Herbert Horn
 Mr. & Mrs. Steve Horwitz
 Horwitz Charitable Fund
 Ms. Georgann Humphrey
 Mr. Richard Isaac
 Mr. Daniel Jacobson
 Dr. and Mrs. Kenneth Jacoby
 Mr. Gerhard Jacoby
 Mr. & Mrs. Bob Jakubowich
 Mr. Ronald Jericho
 Mr. & Mrs. Ronald Jesselson
 Mr. Walter Jonas
 Mr. & Mrs. David Jones

Mr. & Mrs. Justin Joseph
 Mr. & Mrs. Lewis Josephs
 Dr. Raphael Juss
 Ms. Ruth Kaan
 Ms. Carole Kabel
 Mr. & Mrs. James Kach
 Mrs. Leah Kadden
 Mr. Gary Kahn
 Ms. Anna Kahn
 Ms. Lee Kahn
 Mr. & Mrs. Larry Kane
 Mr. & Mrs. Scott Kane
 Dr. Marvin Kaplan
 Mr. Edward Kaplan
 Mr. & Mrs. Ernest Karmin
 Mrs. Lonny Karmin
 Peter & Linda Karmin
 Family Foundation
 Mr. & Mrs. Peter Karney
 Ms. Evelyn Karzen
 Dr. Linda Katz
 Mr. & Mrs. David Katz
 Mr. Gary Katz
 Ms. Ruth Katz
 Mr. & Mrs. Ed Kaufman
 Mr. & Mrs. Kenneth Kaufman
 Mr. & Mrs. Ralph Kaufmann
 Ms. Barbara Kaufmann
 Dennis & Barbara Kessler
 Ms. Linda Kinzelberg
 Mr. David Kleinerman
 Mrs. Ruth Knell
 Mr. & Mrs. Ernest Koehler
 Mrs. Harriet Koehler
 Ms. Sharon Mainzer
 Koenig
 Mr. Gerald Kohn
 Ms. Judith Kolb
 Mr. David Komisar
 Ms. Diane Kornick
 Kosher Meat Klub (K.M.K)
 Mrs. Frances Kraemer
 Mr. Roger Kratz
 Mr. Robert Kuehn
 Ms. Regina Kupferschmidt

VIVIAN RICE was born and raised in Chicago. She loved life and she loved Selfhelp. Classy, caring and always surrounded by friends, Vivian took advantage of all the Home had to offer and encouraged others to do the same. She is remembered as an “incredibly positive” ambassador for new residents, helping them fit in and feel comfortable. She volunteered at the gift shop and, as a lover of music, was a regular at the weekly concerts in the social hall, which her annual gifts helped to underwrite. Vivian’s generous bequest to the Home is greatly appreciated.



VIVIAN RICE, left

Mr. H. Michael Kurzman
 Mr. & Mrs. Stuart Lancer
 Mr. & Mrs. Harvey Lapan
 Ms. Bonnie LaRussa
 Mr. & Mrs. Werner Lawson
 Mrs. Diane Lebovitz
 Mr. & Mrs. Norman Leeds
 Ms. Lisa Leiden
 Ms. Ida O. Lessman
 Mr. & Mrs. David Levene
 Mr. & Mrs. Jerold Levin
 Mr. & Mrs. Jerrold Levine
 Ms. Susan Levine
 Mr. & Mrs. Vic Levinson
 Mrs. Hazel Levinthal
 Mr. Alan Levit
 Mr. & Mrs. Norman Levitz
 Mr. & Mrs. Helen Levy
 Mr. & Mrs. Mortin Levy
 Ms. Ursula Levy

Mr. & Mrs. Robert Levy
 Mr. & Mrs. Ben Lewin
 Mr. & Mrs. Steve Lewis
 Dr. Eva Lichtenberg
 Ms. Carolyn Lickerman
 Mr. & Mrs. Gary Lindon
 Mr. & Ms. Zachary Lindon
 Mr. & Mrs. David Lipman
 Mr. Melvin Loeb
 Drs. Sara & Steven Loevy
 Mr. & Mrs. Rod Loewenthal
 Mr. & Mrs. Steven Loewenthal
 Ms. Judy Lohr-Safcik
 Mr. & Mrs. Melvin Lopata
 Mr. & Ms. Henry Lorsch
 Mr. & Mrs. Stephen Low
 Mr. & Mrs. Robert Lowy
 Ms. Marsha Mackenzie
 Kelly Scott & Madison Inc.
 Mr. Bruce Mainzer

Reflects gifts from September 30, 2015 through October 1, 2016



2011: Selfhelp takes 1st place in Mayor Emanuel’s citywide Container Garden landscape award.



2012: Thanks to a generous donation, Selfhelp completes a renovation creating a state-of-the-art media room, library, movie theater and sanctuary.

A world traveler well into his 80s, lover of art and music, fluent in Hebrew, Hungarian and German and longtime resident of Selfhelp, **DR. ABRAHAM HOFFER** ("Abe" to friends) was the consummate gentleman. As a boy, Dr. Hoffer fled Vienna the day after the Nazi invasion of Austria, first to Canada and then to the States, where he would earn a Ph.D. in Physics from The University of Chicago. In appreciation for Dr. Hoffer's generous bequest to the Home, we are dedicating the 4th floor seating area in his name.

Mr. James Mainzer
Family Malkin
Mr. & Mrs. Richard Mandel
Mrs. Ludwig Mannheimer Marcum LLP
Mr. Nate Marks
Ms. Arlyne Marks
Mrs. Ruth Markus
Ms. Iris Marreck
Martini & Miller
Mr. & Mrs. Gunther Marx
Mrs. Lotte Marx
Mr. & Mrs. Sidney Mathias
Mr. & Mrs. Larry Mayer
Mrs. Marion Mayer
Ms. Lois Mayer
Mr. Neal Stuart Mayron
Dr. Edward Mazur
Ms. Eileen McNulty
Medilink Health Service
Medline Foundation
Mrs. Clara Melekson
Mr. Henry Merens
Mrs. Hannah Messinger
Mrs. Gertrude Metzger
Ms. Melinda Metzger
Mr. Bruce Meyer
Mr. & Mrs. Charles J. Meyers
Mr. & Mrs. Walter Michel
Microsoft Matching Gifts

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Cantor & Mrs. Alberto Mizrahi
Dr. & Mrs. Keith Moffat
Ms. Janice Moore
Ms. Ann Morris
Mr. & Mrs. Andy Moss-Bokor
Mr. & Mrs. Edward Nadler
Mr. Carl Nahm
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Mr. & Mrs. Henry Neu
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Ms. Lillian Osran
Mr. Jeff Osterman
Mr. Robert Ostrov and Ms. Deborah Kugler
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Mrs. Gwenn Rausch
Dr. & Mrs. Alan Ravitz
Mrs. Ruth Reagen
Ms. Sandy Rebitzer
Mr. & Mrs. Stewart Reich
Mr. John Reilly
Ms. Dale Reiss
Ms. June Rest
Mrs. Bea Reynolds
Mrs. Vivian E. Rice
Ms. Cecilie Ries
Drs. Michael Ries & Elaine Leboff-Ries
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Mr. & Mrs. Keith Roberts
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Ms. Patty S. Rooney
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Mr. & Mrs. George Rosenbaum
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Mr. & Mrs. Harry Rosenberg
Mr. & Mrs. Neil Rosenberg
Mr. & Ms. Martin Rosenbush
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Mr. Peter Rosler
Ms. Deborah Roth-Howe
Mr. & Mrs. Larry Rubin
Mr. & Mrs. Marvin Rubin
Ms. Shirley Rubin
Mr. & Mrs. Ralph Ruebner
Mr. Thomas Ryba
Ms. Carlene Sabath
Mr. Michael Sachs
St. Joseph Hospital

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Robbins Salomon & Patt Ltd.
Mr. & Mrs. Janice Saltz
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Samuel Weinstein Family Foundation
Ms. Eva Sandberg
Mr. & Mrs. Gilbert Sandow
Mr. Phillip Saville
Mrs. Ruth Schack
Mr. & Mrs. Steven Scheiberg
Mr. & Mrs. Nancy Schlack
Mrs. Michelle Schlack
Ms. Joanne Schloss
Ms. Susan Schloss
Mrs. Marion Schmidt
Mr. & Mrs. Howard Schneider
Mr. & Mrs. Sindy Schneider
Mrs. Trude Schnitzer
Mr. & Mrs. Walter Schoeman
Mr. & Mrs. Hal Schoenecker
Mr. Leonard Schrager
Mr. & Mrs. Harry Schrimmer
Mr. Robert A. Schuckman
Mr. & Mrs. Charles Schulz
Mr. & Mrs. Ben Schuman
Dr. & Mrs. Charles Schutz
Dr. Mildred Schwartz
Mrs. Renee Schwartz
Ms. Esther Joy Schwartz
Mr. & Mrs. Steven Schwartzman
Ms. Karen Scotese
Ms. Anna Seder
Dr. & Mrs. Lewis Segal
Ms. Audrey Selin
Mr. & Mrs. Neal Seltzer
Ms. Joanne Seltzer
Mrs. Marian Shaffer
Mr. Kevin Shanley

Reflects gifts from September 30, 2015 through October 1, 2016



2014: Selfhelp Home receives Best Nursing Home designation from *US News & World Report*, a title it still holds.



2015: A new Healthcare and Rehabilitation Center opens, serving residents and the wider community who need short-term care.

Mr. David Shapiro
 Mr. Steven Shapiro
 Mrs. Renetta Shapiro
 Mr. Howard Sharfman
 Ms. Fran Sheinwald
 Mrs. Beverly Sherman
 Ms. Laura Sherman
 Mrs. Barbara Sholle
 Mr. Franklin Shuftan
 Ms. Beverly Lavitt Shurman
 Dr. & Mrs. Mark Sibul
 Ms. Debra Siegel
 Ms. Harriet Siegel
 Mr. & Mrs. Howard Siegel
 Ms. Linda Siegel
 Ms. Ilse Siegler
 Ms. Annette Silverman
 Ms. Sharon Silverman
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 Ms. Dorothy Simon
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 Mr. & Mrs. Henry Straus
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 Ms. Suzy Strauss
 Mrs. Lottie Strupp
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 Dr. & Mrs. Jordan Topel
 Mr. Sam Tenenbaum
 Mrs. Susanna Topkowski
 Mr. & Mrs. Michael Trachtenberg
 Mr. & Mrs. Craig Tuber
 Ms. Jeanette R. Uhlmann
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 Mr. & Mrs. Michael Vender
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Ms. Joyce Wandel
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 Dr. & Mrs. Rolf A. Weil
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 Mr. & Mrs. Walter S. Weinberg
 Dr. Fran Weinstock
 Mrs. Bette Weisberg
 Dr. & Mrs. Howard Weiss
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 Ms. Lina Wenger
 Mr. Thomas West
 Mr. & Mrs. Mitchell Wexler
 Mr. Chris White
 Ms. Celia Wilk
 Mr. & Mrs. Robert Winter
 Mrs. Susan Wise
 Ms. Dyna Wise
 Dr. & Mrs. Edward Wittert
 Ms. Vera E. Woldenberg
 Mr. & Mrs. Charles Wolf
 Mr. & Mrs. Daniel Wolf
 Mr. & Mrs. Herbert Wolf
 Mr. & Mrs. Jerry Wolf
 Mr. Herbert Wolf
 Mrs. Grace Wolf
 Mrs. Liz Wolf
 Ms. Judith Wolf
 Mr. Charles Wolf
 Mr. & Mrs. Richard Wolff
 Mr. Lawrence Wolin
 Mr. Peter C. Wollstein
 Mr. & Mrs. Rich Wotkun
 Mrs. Andrea Yablon
 Mr. & Mrs. Jerrold Zar
 Ms. Anne Zavarella
 Mr. & Mrs. Mark Zivin



KATE LINDEMANN BLOCK

narrowly escaped the Nazis. Her passport above is stamped August 29, 1939, two days before Germany invaded Poland. The red "J" is the mark the Nazi's used to identify Jews. Kate came to America as a young woman and spent her final years at Selfhelp, where she is remembered for her sweet nature, elegant manner and love of classical music. In honor of a generous bequest from the estate of Kate and Frederick Block, our sunlight-filled 2nd floor alcove will be transformed into a serene space for residents and visitors to rest and reflect.

*Have you considered remembering
 The Selfhelp Home in your will?*

**Contact Jeryl Levin, Director of Development,
 at 773-596-5862 or jlevin@selfhelphome.org**

Photo Credits: Bernadette Aguilar, Bob Allen, Walter Mitchell, Ray Whitehouse and Mike Kaskal.

Reflects gifts from September 30, 2015 through October 1, 2016



2016: Administrator
 Hedy Ciocci retires after
 12 years of dedicated
 service and commitment
 to the residents of
 The Selfhelp Home.



2016: Sheila Bogen is
 appointed executive
 director, bringing more
 than three decades
 of experience in both
 hospitality and serving
 the needs of older adults.

OUR MISSION

The Selfhelp Home provides older adults the highest quality of care in a culturally rich Jewish environment. Selfhelp of Chicago, founded in 1938, subsequently established a refuge for Holocaust survivors. Today Selfhelp honors its legacy of empathy and state-of-the-art care as an urban, independent not-for-profit home offering the continuum of services from residential living to skilled nursing.



THE SELFHELP HOME
A TRADITION OF CARING

908 W. Argyle Street | Chicago, Illinois 60640 | 773.271.0300 | www.SelfhelpHome.org

The Selfhelp Home is a not-for-profit Jewish retirement community with a tradition of caring for more than 65 years.