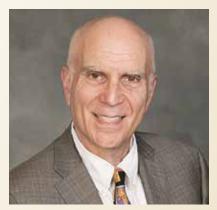




A Chicago Treasure

2018 ANNUAL REPORT



Austin Hirsch
President



Sheila BogenExecutive Director

We have a special "treasure chest" at The Selfhelp Home for the many thank you letters we have received. Some are yellow and fraying, spanning more than 70 years of The Selfhelp Home's history serving the Jewish community. These letters are deeply personal and extremely gratifying to the entire Selfhelp staff and trustees. They remind us why we're here:

"We cannot begin to express our sincere appreciation for the superlative care you have given my mother over the past decade... You brought the music to her literally and figuratively and we are eternally grateful..."

"When I think back to the care you gave my mother, that is one of my brightest moments. I hope you can find the strength to do your good deed for many years to come..."

"You all do such a great job taking care of the people at The Selfhelp Home. Your staff is superb!"

As a residential and nursing community for older adults, we know the most important thing we can do is earn the trust and gratitude of our residents and their loved ones. We are a second family. For some, we are the only family they have ever known.

In the early days, Selfhelp reinvested all the proceeds from its annual \$10-a-head fundraiser back into the home, to ensure it survived. With fierce determination and a circle of amazing volunteers, it flourished.

Our priority then and now is compassion and excellence. We still accomplish these objectives through our superlative and long-standing staff members who interact with our residents each and every day. We invest in the highest quality of care. We consistently have earned 5 stars nationally and, this year, Selfhelp was awarded the prestigious



accreditation from the Joint Commission, a special achievement for a long-term care and short-term rehab facility.

We plan to launch, in November 2018, an outpatient rehab center on the first floor to assist our independent living residents, and to enable others to continue the nationally recognized rehabilitation care they received as inpatients.

Despite today's high costs of running The Selfhelp Home, it is in our charter to assist those who have run out of funds, with a priority on survivors of Nazi Germany. More than a dozen survivors are still with us—an essential part of our family. We will not forsake them. To those who contribute to The Fund for Survivors, thank you! And to those who wish to help our survivor community, **we need you**.

As a not-for-profit community, we cannot overstate the importance of donor support or our gratitude to the many who believe in us. We are deeply grateful for the generous gift from the Franks family, whose relationship to Selfhelp spans generations. This gift will enable us to renovate our Social Hall, the hub of our home. We know that with additional donor support, we can improve other common spaces that greatly enrich the lives of our residents—our rooftop terrace, the dining room, the Gift Shop.

We are similarly grateful to the trustees of the Bernard Heerey Family Foundation, whose funding makes it possible for Selfhelp to ease the financial burden experienced by residents who contributed much to the public good only to find themselves struggling in later years. They are an asset to our community and they belong with us.

A special thank you to those who support our annual benefit that raises unrestricted funds directed toward greatest need. To those of you who have made a gift in honor or memory of a loved one or friend, we are honored. And to those of you who have named Selfhelp in your wills and trusts, this is the ultimate tribute to our life's work and the continued success of The Selfhelp Home.

Your gifts, large and small, enable us to stay on mission and plan for the future. Be assured, when you need us, we will be here.

You are a generous and caring community and we treasure you.

Sincerely,

Austin Hirsch

President and Chairman of the Board Sheila Bogen

Executive Director



Legacy The Healing Power of Friendship

Our 17-year partnership with Berlin-based Action Service Reconciliation for Peace (ASRP) is an enduring one. The program strives to build a more tolerant world, pairing young German interns with Jewish organizations in the U.S. and Israel. Our interns move in and become part of the fabric of Selfhelp for one year. Many return in adulthood to visit and reconnect.

Jan Schultheiss, our very first intern, completed his service in 1998 and is now an urban planner based in Berlin. Our most recent intern, Sarah Shishechian, returned to Germany in August 2018. Both reflect on how Selfhelp shaped their lives.



Jan Schultheiss

"I came to Selfhelp in March 1998, at the age of 20. I remember my first day quite well. How sweet, curious and charmingly old-fashioned I found many residents, and how their accents seemed very familiar.

I was born in Mosbach, Germany. My parents are psychologists, liberals and pacifists, and supported my plans, especially my peace service. Both of my grandfathers served in

WWII – one was drafted, one a professional soldier. Both died in their early 20s. My paternal grandfather actually went missing in combat, and I remember how my grandmother waited for him until she died more than four decades later. As far as I know, they were not Nazi sympathizers. They were just trying to make ends meet.

People at Selfhelp were eager to meet "the new German intern" and very welcoming. One resident showed me the large book containing the names of all those who perished in the Holocaust, among them her parents. It was very touching and challenging for me on my first day – How to find the right words...?

My relationships with Selfhelp residents became rooted in confidence and respect, and I became a companion. I hoped I could help some residents find

a little peace of mind at the end of their lives, in that they could, in a very small way, carefully reconnect with their roots. Many had childhoods violently taken away from them – they lost their families, their friends, their language, their faith in humans.

In my first year, a group of residents knocked at my door on Christmas and sang songs for me in German so that I would have a nice holiday away from home. That was extremely touching.

I recently found my goodbye notes from the residents. They read:

"It seemed that you belonged here.
I enjoyed your presence.
It was a pleasure meeting you.
We are all sorry to lose you.
We all fell in love with you."

I ended up having many caring grandparents!

My experiences at the Home also put age into perspective—Some of the 90-year-olds were much more youthful than some "young" people I knew. I learned about different strategies for coping with trauma: Here were people who embraced life and courageously built a new existence for themselves.

I hope the tradition of German interns will live on at Selfhelp – even as it will probably be a much different place from the one I encountered 20 years ago.

Sarah Shishechian

As you know, I'm German. My mother is a Jew from Russia and my father is Iranian. I didn't know I was Jewish until last year. Because of the repressive and dangerous environment in the Former Soviet Union, my mom never spoke to me about it and we were not affiliated in any way. I discovered my Jewish identity when I applied for this program. In a conversation with one of my sponsors, a proud Zionist, he casually mentioned that I was Jewish by virtue of my Jewish mother. Receiving this news on the eve of coming to Selfhelp was confusing and at the same time inspiring.

"It is amazing how curious the residents are about so many things. Selfhelp is special, among so many other reasons, because it provides so many activities and new learning opportunities."

Coming to The Selfhelp Home was a beautiful opportunity to explore Judaism and Jewish life. I had really wanted to work at a historical Jewish facility and was drawn to it because of my desire to learn and befriend Holocaust survivors.

As good as Holocaust education is in Germany, I have a much deeper understanding now. The Holocaust is no longer an abstraction. I feel that it was taught to me that way in school...as if this was "history" that happened long ago. Simply put, it is **our** history, our grandparents'.

Hearing, breathing in the horrific stories of some residents, and seeing the remarkable way that so many restarted their lives from nothing, floored me. The strength, resilience, and dignity of the survivors inspires me every day.

I'm thankful that I was so warmly welcomed from the very beginning. It felt like my home almost immediately. If I hadn't come to Selfhelp, I never would have had the opportunity to discover my Jewish identity. I took some Hebrew lessons from Joe Katz and learned about Shabbat by being part of the beautiful Friday night dinners here.

I didn't grow up with grandparents, so I didn't have much experience with older people. Now, I have a much different perspective on aging and old age. I see the residents as individuals and as friends – age doesn't matter.

I was so honored that so many of them opened up and spoke to me about what really mattered to them. Some are hurt that others, at times, see them as only senior citizens and don't see them as a whole person anymore – with passions, interests, and memories.

It is amazing how curious the residents are about so many things. Selfhelp is special, among so many other reasons, because it provides so many activities and new learning opportunities.

When I return home, I plan to live in the hippest neighborhood in Dresden with some friends. I picked Dresden because it is the closest big city to Berlin.

After a bit of rest and work, I will embark on a solo trip around the world, meeting up with friends along the route. I definitely will include a stop back in Chicago.

After my travels, I plan to study philosophy and art history at university in Berlin. I can see myself as a journalist or working at a museum in the future.

I will miss all of you so much!

Treasures

** Alice Fink

There is a bench on The Selfhelp Home rooftop inscribed in honor of Alice Fink, a gift from her children, Esther, David, Mimi and Debbie – and six grandchildren. It reads: "Enjoy the Sunshine."

"My kids feel good about my being here," she says.

Alice's history with Selfhelp spans many decades, dating back to the original home on Chicago's South Side, where Alice would meet up with other refugees and survivors on the veranda, enjoying coffee, *kuchen* and the cool breeze. It was a comforting place to go for a meal and a schmooze, a place of intersecting narratives, though painful memories were seldom discussed.

Born Alice Redlich to George and Ella Redlich in 1920 Berlin, she was the first girl in her community to be a Bat Mitzvah. Alice's father was a struggling door-to-door tobacco salesman. A proud German, he had received the Iron Cross, but had never trained for a profession. He wanted Alice to learn something practical, so at 16, she dropped out of school and began her nursing training.

As the skies darkened for Jews in Germany, a cousin in London intervened. Eighteen and alone, Alice arrived in London on a German ship and found work on the children's ward of a British hospital. "Suddenly, I had to grow up. I had to make the most of it," she says, with a characteristic shrug.

After the war, Alice became part of the relief effort, arriving in Germany in a British uniform, dispensing medication to the starving and ill survivors at Bergen-Belsen. There, she met and married her late husband, John Fink, a survivor and camp worker. It wasn't until years later that she learned



of her family's fate – her mother, father, and brother Heinz had all perished at Auschwitz.

In Chicago, John and Alice rebuilt their lives and started a family. Like so many other survivors, Selfhelp was part of her social life and she supported the home financially, attending the fall fundraising banquets, overflowing with goodies baked by volunteers, and she dutifully paid the \$1.50 annual membership dues.

When the home moved north and expanded, Alice volunteered two mornings a week, caring for residents, bringing them coffee and helping with bathing. "It gave me a good feeling."

John died in 2000 and in 2011, Alice moved to Selfhelp, where she is an active participant in exercise and yoga and rarely misses a Sunday concert in the social hall.

When the weather warms, book in hand, Alice heads up to the rooftop terrace, to the bench which bears her name, and takes in the sunshine.



* Fanny Cooper

Fanny knows something about history, geography, war and survival. Born in 1926 to Austrian-citizen parents, she has lived inside the shifting borders of Romania, Russia and Israel. Her longing for safety and security is a journey spanning thousands of miles: Canada, Venezuela, and finally the United States. Chicago. The Selfhelp Home.

"From the time I was 17, I was used to leaving things behind, leaving people behind. Now, I am home."

Her apartment is bright and tidy. She points out a few treasured paintings and some restored antique French furniture from her travels. Many of her belongings, accumulated over a lifetime, are far, far away in Caracas.

But, she says they're just things. "From the time I was 17, I was used to leaving things behind, leaving people behind..."

Born in Romania in 1926, Fanny survived the war. "My mother died at the beginning of WWII and my brother was conscripted into the Russian army. I tell people, I hope you never have to go through that."

Her father urged her to save herself, so in April 1944, Fanny and 300 children took an illegal ship to escape the Nazis. "We were the first immigrants from the war to land in Palestine. We were received with trumpets."

It was years before she would see her father again a tool and die designer from Romania.

In Israel, Fanny met her husband Frank, a tool and die designer from Tel Aviv, and they welcomed daughter Ilana shortly before the 1948 Arab-Israeli War. "My husband grabbed his coat and hat and left to fight," she says. "I had a baby, but no parents, no family. I learned how to take apart a Sten submachine gun and defend myself."

After the war, the family left for Canada and reunited with Fanny's father. They became Canadian citizens and the family grew with the births of two sons, Steven and Norman. Upon learning that oil-rich Venezuela with its booming economy welcomed skilled workers like Frank, they headed to South America and rebuilt their lives.

Frank died in 2004. Fanny came to Chicago for a visit with daughter Ilana, who had married and settled in Highland Park, IL. With the collapse of the Bolivar, a worthless airline ticket and her country on the brink of civil war, Fanny never returned to Venezuela. No chance to go back and collect her things or to say goodbye to friends. It was time to move on again.

llana, whose synagogue choir performs annually at the Home, recommended Selfhelp. Fanny liked what she saw and in April 2015, she moved in.

Between Ilana in Chicago, Norman in Miami, Steven in Toronto, and her Selfhelp community, Fanny finally feels safe. "I am awaiting U.S. citizenship and am content and happy," she says. "I'm doing a lot more exercise than I ever did, going to lectures, movies and Jewish history classes. I read a book a month in the book club."

Fanny speaks, reads and writes in five languages – English, German, Romanian, French, Spanish - and a little Russian and Hebrew. All of it is useful in Selfhelp's cosmopolitan community of residents and staff. "I speak German with our interns, French with some of the residents and Spanish with the kitchen staff," she says. "One of them calls me 'teacher' - I help him with his English."

"Yes, I am finally at home."

Legacy

WLeni Weil

Leni Weil has been a force of nature at The Selfhelp Home for more than 60 years, first as a volunteer teaching English to other refugees like herself, and later as a longtime member of Selfhelp's governing body, as a trustee and as its treasurer.

Fleeing Hitler's Germany, Leni landed in Chicago in 1939, working her way up from babysitting to single-handedly running an office. As luck would have it, she reconnected here with an old friend from Stuttgart, Germany – the late Dr. Rolf Weil, her husband of 72 years, who passed away in 2017.

The two were fiercely determined and equal partners: Rolf rising to the presidency of both Roosevelt University and The Selfhelp Home and Leni, the gracious and exceedingly smart "first lady." From a young age, Rolf was sight-impaired and in older age, Leni's hearing faltered. Those who knew them well often quipped that Leni was Rolf's eyes and Rolf, Leni's ears.

Leni has devoted her life to Selfhelp and on May 6, 2018, The Selfhelp community celebrated Leni with a Lifetime Achievement Award at The Standard Club. Internationally renowned mentalist Sidney Friedman had the crowd roaring with his amazing ability to read their minds!

On Leni's mind was her lifelong dedication to Selfhelp, which she shared in her speech, excerpted here:



Leni and granddaughter Maddy Weil

"As many of you know, The Selfhelp Home has been mine and Rolf's second home for all these years, roughly 70, to be precise. I got my start with Selfhelp in the early 1940s, after I immigrated to Chicago, where my first assignment was to teach English to the many refugees who made their home in Hyde Park after their arrival in the United States. Most of these folks were elderly and too old to be working, and therefore, had little contact with the outside world.

It was not an easy assignment, but it was very gratifying. Selfhelp has been a family affair, with my nephew Peter Glaser on the board, my sister Ilse Glaser on the House Committee, my husband Rolf's 18 years as president, and my beloved granddaughter Maddy, who spent a whole summer visiting and entertaining the residents every Sunday afternoon for her Bat Mitzvah project.

Selfhelp has been a most rewarding activity in my life, and I'm forever grateful for this experience with this wonderful community."

† Donna Mayer

Our donors and volunteers hold a special place in our hearts. They are the backbone of our organization and their contributions make us better in every way.

In August 2018, we celebrated our volunteers and supporters on the rooftop terrace, with hundreds turning out for an evening of jazz, good food and drink, a little dancing, and a big tribute to longtime volunteer, Donna Mayer. Donna has a long tradition with Selfhelp; she started out running errands for the residents and became amazed by the stories. In time, her sister-in-law, Marion, moved in.

Devoting hundreds of hours of time to running the Selfhelp Gift Shop, Donna treats everyone like family.

It's where people gather and chat, try on scarves



and jewelry from around the world, or purchase that just-right gift for the grandchild. Donna's presence makes it come alive!

The Selfhelp Home is about people. And people like Donna make us extraordinary.

***** Luba Levitsky

This year, we say goodbye to a treasured friend, loved by all in the Selfhelp community. Luba Levitsky came to Chicago 39 years ago from Belarus in the Russian Republic, a single mother of two. Back then, she was active on the House Committee, a largely female group of volunteers who made sure the house was spotless, the food delicious and the residents happy.

Luba supervised the kitchen and her cooking was legendary. Many said hers was the best brisket they ever had. But her specialty was baking—challah, apple strudel, carrot, walnut and sponge cakes. Schneckennudeln—those little cinnamon rolls that resemble snails. She ruled the dining room on holidays and Friday nights." Welcome. Sit down. Are you hungry? Where's your husband?"



Barely 5 feet tall, Luba is a force of nature. As an immigrant who at 40 years old started over in a new country, she carved out a good life, found love and married and raised two successful children.

Luba is moving to Miami, where she will be closer to one of her sons, a doctor, of course. Luckily, her recipes live on in the Selfhelp kitchen where every Friday afternoon the scent of freshly baked challah scents the air, signaling Shabbat.



Treasure



Max and Lucia Levy with Ursula and George, 1937, Germany.

Ursula, "the littlest nun" after her baptism at St. Jacob's Convent and Children's Home, Holland.



W Ursula Levy

In January 1939, Lucia Levy, writing from Lippstadt, Germany, addressed a letter to her sister Irmgard in Chicago, urgently inquiring if they knew anyone who could find a safe hiding place for her two children, four-year-old Ursula and her older brother George. Irmgard's husband, Joseph, a Catholic, reached out to the director of the largest Catholic charitable organization in Holland, Dr. Joseph Macklenberger. Macklenberger met the children at the train station in Rotterdam, in April 1939, and ushered them to safe haven at the St. Jacob's Convent and Children's Home in Earsel, Holland. At the convent the siblings were lovingly cared for, baptized and schooled in the Catholic faith. Ursula learned to recite the sacraments and referred to herself as "the littlest nun."

In 1943, on Ursula's eighth birthday, the convent was raided. She and George were deported to Vught Concentration Camp in Holland, then transferred to Westerbork, where they were placed in an orphanage and, finally, to Bergen-Belsen, where Ursula first learned how to pray in Hebrew. Thanks to the convent's intervention, the children avoided Auschwitz. In April 1945, Ursula and George were liberated by Soviet soldiers and returned to the convent. None of the other Jewish children hidden there had survived. Their own parents, they learned, had perished in Germany.



Ursula and volunteer Wallie Dayal.

"Friends thought I was exaggerating when I used the words upbeat and festive to describe the atmosphere at The Selfhelp Home."

In 1947, Ursula and George immigrated to Chicago to live with their aunt and uncle, both of whom would later retire at Selfhelp. Ursula was a frequent visitor to the home, rediscovering a Jewish identity that had been long erased.

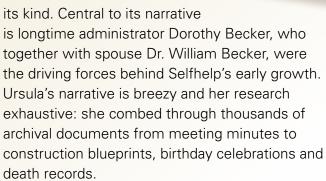
A psychiatric nurse by trade, Ursula worked in trauma centers and in Chicago Public Schools. Her survivor testimony has been widely shared. She has published scholarly articles on childhood depression, penned her own memoirs in 1994 to commemorate the 50th anniversary of the liberation of the Netherlands from Nazi Germany, and found peace in Chicago with soul mate, the late Dominic Giovanetto, whom she met dancing. She has raised two children, Gerard and Kareen.

"Friends thought I was exaggerating when I used the words upbeat and festive to describe the atmosphere at The Selfhelp Home," says Ursula. "After a hectic day at work, I always looked forward to visiting my aunt and uncle there. I was struck by the contrast between the teachers at my school who passed each other in hallways with eyes fixed in space and the Selfhelp residents who welcomed visitors with smiles, hellos and handshakes...It both perplexed and amazed me."

Her admiration prompted Ursula to write the history of the Selfhelp community.

The Spirit Builder: The Story of The Selfhelp Home,

took Ursula five years to write. First published in 2003 and currently in its fourth printing, The Spirit Builder is the story of a community that galvanized to build the best retirement home of



The Spirit Builder is a living history of the Selfhelp movement and its post-war evolution— a story of both a building and a cause that lives on to this day. The triumph over evil.



11

$\widehat{\mathbf{w}}$ Judith Wolf and Selfhelp: A Family Tradition



Growing up as the child of refugees from Germany, Selfhelp was an integral part of our family life. My mother, Fanny Wolf, regularly collected the Selfhelp charity boxes from Jews on Chicago's South Side. These contributions would help finance the purchase of the first home at 4941 S. Drexel. In 1956, my grandmother, Sara Wolf, moved in and lived at the home

until she passed away at 93. My father, Hugo Wolf, drove the family to the home every Sunday to visit.

We continued to visit Selfhelp, attending the parties and the concerts. My parents put themselves on the waiting list and lived out their final years at the home. My father died on the first day of Passover in 2006 and my mother in 2013. Both left Selfhelp in their wills.

The Wolf Family Room on the 8th floor is named for them. My brother Jerry and I wanted to create a space of serenity and privacy for families struggling with a loved one's illness.

Like my parents before me, I have just named The Selfhelp Home in my estate plan. By doing so, I honor both my mother and father and help to ensure that this unique, caring, and compassionate home is here for generations to come.

The Selfhelp Home is forever grateful to those individuals who have remembered us in their wills and estates. These gifts ensure that we remain strong for our community long into the future. If you have named Selfhelp in your retirement or estate planning, please let us know. We will respect your right to privacy. If you would like to discuss a legacy gift to The Selfhelp Home, please contact Jeryl Levin at (773) 596-5862.

Wy Mother Was One of The Home's Original Volunteers

Walter and Ann Nathan have been supporting The Selfhelp Home for decades, honoring both the memories of Walter's mother, Anna, who was part of the original Selfhelp volunteer society and his Aunt Sylvia, a resident of the home.



Walter and Ann Nathan

An engineer,
Walter is the
founder and
retired chairman
of RTC Industries,
a global company
which provides
marketing
innovations to
leading retailers.
Ann, widely
regarded as the
matriarch of
outsider art, is

the founder of the iconic Ann Nathan Gallery in Chicago's River North, which closed in 2016.

Walter is currently working on his memoirs – nine decades of an extraordinary life. His father and uncle founded the-then largest shoe manufacturer in Germany, which was aryanized by the Nazis in 1937. Fleeing fascism, the immediate family began anew in Chicago. Walter has spent years tracing his family tree, culminating in a multi-generational trip back to his ancestral graveyard in Gau-Algesheim, in the Rhine region of Germany. Shocked by the devastation and vandalism of family graves, he partnered with the town's mayor to build a memorial for all those whose rest had been disturbed.

Walter returned to Selfhelp this year, to share his story in a community gathering, discussing and reflecting on the seminal forces that have shaped our lives.

Legacy





Gerry Franks dedicated his life to The Selfhelp Home. Fleeing Germany after Kristallnacht and settling in Chicago, 18-year-old Gerry became president of The Selfhelp Youth Group and practiced his gymnastics in the first home on Drexel Blvd. And years later, Gerry's family members moved in when the home relocated to Argyle Street.

Gerry would build a successful career in the international metal trading industry, traveling the world. He was smart, cultured, cosmopolitan, a patron of the arts. As a trustee of The Selfhelp Home for 70 years, he guided its growth and expansion. The Social Hall, the hub of the cultural arts at The Selfhelp Home, was a favorite place to relax and listen to music.

The Selfhelp Social Hall, home to more than 300 concerts a year, will undergo a renovation in Gerry's honor.

Gerry's children, Debbie, Dan and David, treasure the memories of visiting Selfhelp. When Gerry passed away in 2017, they approached us to discuss a way to honor his legacy.

Thanks to the Franks / Lipsett family, the Selfhelp Social Hall will undergo a renovation in Gerry's name.

In making their gift to the home, Debbie, Dan and David wanted to enhance the experience of the



Dan Franks and Debbie Joy Lipsett

Selfhelp community by updating and improving the Social Hall's aesthetics and acoustics. Gerry would have approved. We couldn't be more grateful to the Franks / Lipsett family for this generous legacy gift, ensuring that Gerry's love for and dedication to Selfhelp lives on for years to come.



Legacy

** Helga and Harry Schrimmer

After 60-some years of marriage, Helga and Harry Schrimmer complete each other's memories.

Both are survivors and although recollections fade, they remember life in Germany as if it was yesterday: The Nazis seized Helga's family's store in Bavaria terrorizing her grandmother, and Harry was forced out of school in Breslau. Timing and connections abroad would save family members, although Harry never learned what became of his grandparents who were trapped. "I didn't want to know."

"My grandmother, Helen Rothschild, was among the first to live in the original Selfhelp Home in Hyde Park."

Life in Chicago was good for Helga. Her widowed mother met a "wonderful man from Germany" who treated Helga as his own. She took a job as secretary in the Spiegel catalog office, developing a school girl crush on her boss. "He was married – nothing happened" she laughs, blue eyes twinkling.

"My grandmother, Helen Rothschild, was among the first to live in the original Selfhelp Home in Hyde Park," Helga recalls. "I remember visiting her, sitting on the big wide porch, enjoying the breeze." (Many years later, Helga's best friend, Hilde Wolf, would also retire to Selfhelp on Argyle.)

Harry's father, a kosher butcher in Germany and also a widower, moved to Chicago and remarried a U.S. citizen, making it possible for Harry to emigrate in 1945. Harry had been sheltered in England for six years – part of that time in an internment camp for enemy aliens. Trained as a toolmaker by the British government, he was welcomed to America with open arms. "I knew if I came here, I'd have to join the U.S. army," he says. "That was ok with me."

Helga and Harry married in the 1950s and raised two children, who blessed them with five grandchildren. For 48 years, Harry traveled the world as a sales representative with the Handy Button Machine Company, and Helga maintained the home in north suburban Highland Park.

They joined Selfhelp's community in April 2018. After all that world travel, Harry is happy to relax, and Helga made friends on day one. She smiles. "Finally, someone else is doing the cooking and cleaning."



The Fund for Survivors

The survivor community at The Selfhelp Home needs your support. More than one-third of those who live with us survived Nazi Germany, and we are committed to ensuring their dignity in their final years. Many of our survivors cannot afford care. As you can imagine, their needs, both physically and psychologically, are complex. We are committed to meeting those needs, despite the significant costs.

Generous individuals along with foundations including Abe and Ida Cooper Foundation, Walter and Karla Goldschmidt Foundation and the Bernard Heerey Family Foundation, help us to provide the best quality of life for those in our care who have endured the unspeakable.

Please consider joining them and supporting this critical need with a cash, stock or legacy gift to The Fund for Survivors!

We would love to discuss your participation. To speak directly with our development staff, please call (773) 596-5862.

Thank you from the bottom of our hearts!

"If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?"

— Hillel, the Elder, Ethics of the Fathers



Thank You to Our Donors Reflects gifts from October 1, 2017 through September 30, 2018

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. Please help us continue to be "best in class." Thank you.

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Charles Wolf

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Gary Wolinsky

"There are not enough good things to say about the care, treatment and assistance on the 6th floor. This is the third time our mom was at Selfhelp. Seeing the faces of the residents and other patients, especially during the Sunday concerts, shows me just how much you have to offer. You give all a place to call home and a quality of life in the latter , years. My donation is enclosed.

\$1,000 - \$4,999

Anonymous

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(continued on page 18)

* Deceased

Trudy and Betty

It was a fitting final chapter that mother-in-laws Trudy Metzger and Betty Goldberg ultimately returned to Selfhelp. They wanted it that way. Both passed away in 2018, within months of each other and both had their memorial services in the sun-filled solarium on Selfhelp's 9th floor.

Trudy, the daughter of Elfreida and Hugo Jungster, fled Germany in 1939. As a young mother of two, she was part of the Hyde Park neighborhood group, industrious Selfhelpers who volunteered more than 30,000 hours a month to the operations and upkeep of the home. Betty was the daughter of Jenny Wolf, who started the Selfhelp neighborhood groups in 1938. A survivor from Frankfurt, Jenny had worked alongside social worker and feminist Bertha Pappenheim (whose treatment by Sigmund Freud marks the beginning of psychoanalysis) to help young girls from being lured into prostitution during Germany's depression.

In later years, Elfrieda and Jenny both moved into Selfhelp and became best friends. They played matchmaker to Elfrieda's granddaughter, Melinda Metzker, who would marry Jenny's grandson, the late Alan Goldberg. The circle of life...



Trudy (1919-2018)



Betty (1926-2018)

17

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* Welcome New Board Members

Please join us in welcoming our newest board members, all of whom bring talent and personal history to our governing body.



Nate Hartmann is the founder and CEO of Yellow Box, a digital marketing agency. He received both his BA and master's from University of Illinois

Urbana-Champaign, where he was an adjunct professor. He currently advises on curriculum for the University of Florida, and regularly speaks on trends in digital marketing.

"I was first exposed to The Selfhelp Home when my grandfather moved in nearly 15 years ago. My bond with the home grew through weekly visits, the wonderful Sunday concerts, and my grandfather's occasional jazz performances on the 8th floor."

"I am excited to put my professional expertise to work and help The Selfhelp Home continue to grow for many years to come."



With more than 20 years' experience in the telecommunications industry, **Marc Hork** is a Senior Manager at AT&T in Chicago, where he's responsible for a

multimillion-dollar client revenue portfolio.

Marc's great-grandmother, Ruth Gideon, was a resident of Selfhelp. His grandmother, Gretel Friend, volunteered at the Gift Shop for almost 40 years. Widowed at an early age, his grandmother found Selfhelp to be the catalyst for active engagement in and connection to the community.

A graduate of The University of Illinois Urbana-Champaign, with a bachelor's in International Economics, Marc and wife Cori, their two-year-old son and their goldendoodle make their home in the northern suburbs. "I feel strongly about giving back to an institution that has meant so much to my family."



Tina Herpe is part of a three-generation association with The Selfhelp Home. Her grandmother was a frequent visitor to the home and her mother,

Fritzie Demsetz, lived at Selfhelp until her death in February 2018. Tina's mother and grandparents are Holocaust survivors.

Professionally, Tina works with Giving Tree Associates, a fundraising consulting firm. She has also served on the boards of A Just Harvest and Beth Emet, The Free Synagogue.

Tina holds a bachelor's degree in social work from the University of Illinois and a master's from the University of Chicago's School of Social Service Administration.

"I am thrilled to be joining
The Selfhelp Home Board of Directors
and look forward to adding my
support to maintaining its excellence."

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CREDITS:



Many photos in this annual report were shot by Fred Eckhouse, a volunteer with

special connections to the home. Fred is the son of Holocaust survivors. His grandmother was a resident of the first home in Hyde Park. His mother, Trudy, was a nurse at Selfhelp and as a young man, Fred would often drive her to work. A professional photographer, Fred lives on the North Side of Chicago and often leads Shabbat services at The Selfhelp Home.

Thank You for Making 2018 a Success!

Scenes from the Donor and Volunteer Appreciation Party, August 2018, Selfhelp Rooftop Terrace





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