



At Home with Selfhelp

WINTER 2023 UPDATE

The Selfhelp Home is a non-profit Jewish home with a tradition of caring for more than 70 years.

"Refuge" Continues to Resonate with a Message of Resilience



A decade after it first premiered, an independent film about Holocaust survivors is continuing to resonate with audiences, spreading its message of resilience.

The film, "Refuge: Stories of the Selfhelp Home," stands apart from many documentaries about the Holocaust as it focuses on survivors from central Europe. While the hour-long film discusses the horrors

Alternative for Deutschland party, as well as the plight of Ukrainians targeted by Russian troops. "They recognize the dangers that they, as young people, can face in the future, and so revisiting their history is something they take very seriously," Bensinger says.

The German students tell him that they learn statistics about World War II and the Holocaust in school, "but when they see the film with the emotion on people's faces, the tears, the cracking of the voice — for example, when Edith talks about her sister, Marietta, being placed on the Kindertransport train by their father, and Edith says, 'It's so heartbreaking,' and hearing her voice crack when she does, or Hannah talking about throwing a piece of bread to a prisoner who is then shot — you can't well understand that by reading a textbook."

Bensinger also delivers a message to the German schoolchildren. "One of the messages I have for them — because it's a message that Hannah and Edith wanted to make sure that I passed along — is that young people today should not feel guilty about the crimes of their grandparents or great-grandparents, but rather they need to have a sense of responsibility. They need to take it upon themselves to learn their history, learn from the past, and to make sure that it doesn't happen again."

When Bensinger made "Refuge," he was a retired immigration lawyer, not a filmmaker. But he was inspired by the stories of residents of The Selfhelp Home.

of the Holocaust, it highlights the resilience of the survivors as they created new lives for themselves.

Over the years, Chicago's Selfhelp Home, which was founded in 1938 as a volunteer mutual aid society for refugees from Nazi persecution, has provided welcoming refuge for more than 1,000 Holocaust survivors. Currently, 15 survivors live at The Selfhelp Home.

While almost all the survivors shown in the film have died in the past 10 years, their stories continue to educate others, says Deerfield-based filmmaker Ethan Bensinger.

"The film's message resonates today whenever I screen it, be it here in the United States or in Europe," says Bensinger, who directed the film. "That message is the courage, the resiliency, the productivity, the creativity of the survivors. These are people who came to America as refugees but soon recognized they could make something with their lives. It took something very special in these people to survive the way they did."

In the past decade, the poignant documentary, which premiered in 2012, has won five international awards. Plus, American Public Television picked up the film and syndicated it nationally for five years, airing it twice a year for Yom HaShoah and Holocaust Remembrance Day, reaching over 100,000 viewers nationwide.

Now, Bensinger routinely travels to Germany to show the film to school groups, who connect with the stirring emotions and personal stories of The Selfhelp Home's residents and founders.

"Refuge" is a unique combination — of experiencing the worst but trying to make the best of it, of refugees and those who volunteered to help them, of central Europe and Chicago, of the history of the Holocaust and the history of The Selfhelp Home.

"I couldn't tell the story of the residents without showing that they live in a very special place that can be found nowhere else in the United States — a place that they can call home, a place where for the first 25 years they could continue to speak German, a place where they enjoyed German cuisine, where they can enjoy going to concerts and hearing lectures like they did in their home countries, creating a sense of Gemütlichkeit, a feeling of comfort," Bensinger says.

Bensinger typically travels to Germany in November around Kristallnacht, when German schools concentrate their Holocaust studies. He reaches over 1,000 young people each time he visits.

The message of the film strikes home for German students, Bensinger says, as they see remnants from World War II around them, a movement toward right-wing authoritarianism in Poland, Hungary, and also in Germany with the growth of the



"I've always been attuned to the Holocaust," Bensinger says. "I was born in Israel, came to the United States as an immigrant, and grew up in a family that lost 40 members during the Holocaust. I thought I knew everything there was to know about the Holocaust until I started to hear their firsthand stories."

His family has a long history at The Selfhelp Home. His mother was an occupational therapist at The Selfhelp Home for 25 years, his grandmother became a resident, and later his mother became a resident. "I got to know the people who I interviewed by visiting my mother and going to Sunday concerts," he says. "After the concerts, there was always coffee and cake — in German that's known as Kaffeeklatsch."

Bensinger realized the need to document these stories before they were lost. So he bought a movie camera, lighting equipment, and a microphone and spent a year interviewing 30 survivors who were living at Selfhelp at the time, producing a DVD collection of the interviews, which are now archived online at the Leo Baeck Institute.

He then realized he needed to go beyond individual stories to tell the broader story of resilience and how the survivors found a refuge at Selfhelp. So he assembled a professional team who, over several years, interviewed six survivors at Selfhelp as well as some of the founders.

It's a story that makes a lasting impact. "These survivors recognized that they were in their 90s, and if they didn't share these stories then, they were never going to share them. They felt they had an obligation to the rest of the world to tell their stories," Bensinger says. "That's another reason the film resonates so well with young people here in the United States and abroad. They recognize that these are older people, like their grandparents, and they're finally opening up."



Ethan Bensinger

Mitzvah Mensch, Emma, Crochets Her Way into The Selfhelp Home

MEET OUR LATEST MITZVAH MENSCH, EMMA!

Emma is a seventh grader who plays basketball after school and just started riding horses. One of Emma's favorite hobbies is crocheting. A special peaceful hobby, as she describes, that her bubbe (grandmother) taught her two summers ago.

Emma had first learned of The Selfhelp Home when her school's choir (Bernard Zell) performed a concert for Selfhelp. Her family had also put together mishloach manot (Purim baskets) for the residents during Purim. But it was the J2M (Journey to Mitzvah) program through Anshe Emet Synagogue that introduced Emma to a variety of different places where she could volunteer as part of her Mitzvah Project in preparation for her Bat Mitzvah. The Selfhelp Home stuck out to her as a great way to share her crocheting talents:

"I chose The Selfhelp Home for my Mitzvah project because I really enjoy crocheting and I loved the idea of doing it with older people. My bubbe taught me how to crochet, and I wanted to share my love of crocheting with the residents. I also specifically wanted to work at The Selfhelp Home because I wanted to be able to teach the residents and learn something from them."

Emma approached The Selfhelp Home about starting a resident Crocheting Club. She wanted to teach The Selfhelp Home residents a new skill that was accessible for all ages, while also learning from them at the same time - and that's exactly what happened! Some residents had never crocheted before and learned from Emma, while a few of the residents were very experienced in crocheting and were able to share with Emma their love of crocheting. The best part was that Emma and the residents became friends while they crocheted, sharing stories about their lives and chatting about their different experiences.

Emma's mom, Meredith, reflects about her daughter's time at Selfhelp: "I think it's nice for kids to learn how to be around older adults, to not be afraid of getting old. It's nice to be connected to the community and feel part of something outside of yourself. So I love any opportunity for Emma and my kids to experience that."

We asked Emma what her favorite part about volunteering at Selfhelp was:

"I really liked talking to the residents even more than the crocheting. It was interesting to learn about their lives and I got to make new friends in the process! They told me about where they went to college, talked about their kids and what they were doing for Hanukkah, or what they love to do around Selfhelp."- Emma D.

Rabbi D'ror Chankin-Gould of Anshe Emet Synagogue had a few words to say about this Mitzvah Mensch:

"Emma is relentlessly kind, has a heart that is open to all, and is uncommonly generous with her time and her smile in bringing cheer and companionship to others. We are so proud of this incredible mensch." - Rabbi D'ror Chankin-Gould

Emma's mother, Meredith, added: "Emma is exceptional. She's very mature. I'm really proud of her for choosing this project and deciding to continue visiting The Selfhelp Home residents on her own, even after her Bat Mitzvah was over. She has a special way of connecting with people and everyone that she's met at Selfhelp has really appreciated that. It's been a really nice experience for everyone."

Emma has returned to Selfhelp several times since completing her project, including helping our residents put together trick-or-treat bags for Halloween. We're so thankful for Emma and the many ways she has contributed to our home.



Mitzvah Mensch, Emma D.

mitzvah 
mensch

The Sky's The Limit On Selfhelp's Roof Renovation



THE SELFHELP HOME'S GORGEOUS ROOF DECK IS GONE!

Yes, you read that right. Our roof deck is GONE! And that's because we've been raising the roof here since we "broke ground" on our renovation project last September.

Our roof renovation project represents Selfhelp's commitment to safety and modernity, and to our unique and beloved open-air community space nine floors above the city that offers our residents 360-degree views of the lake front and city skyline. In addition to our stellar vistas, our roof deck offers horticultural therapy, performance space for music and other cultural events, and a gathering place for families and visitors to share a little sunshine and warm breezes with our cherished residents.

Selfhelp completed the renovation to the roof's infrastructure before the arctic cold crept in. We brought the roof itself up to code to ensure safety and comfort once we reconstruct the roof deck. Now that the infrastructure is complete, we have finalized the design and construction of the deck itself, which will start as soon as the arctic cold creeps out next Spring. The new roof deck will include a brand-new wind screen around the deck's periphery, a refurbished pergola, and new furniture and planters and other structures.

We can't wait to share the new roof deck with you next Summer! We literally could not have undertaken this enormous and visionary project without your support and partnership. Our Raise the Roof! campaign continues through 2023.

THANK YOU to our generous donors! It's not too late to join them and make your Raise the Roof! gift online at <https://selfhelphome.org/raise-the-roof-campaign-2023>



*Thank you for keeping your eyes to the sky! It's a bird, it's a plane...
it's the new Selfhelp roof deck!*

Our Past, Your Present, Selfhelp's Future: CREATE A JEWISH LEGACY



A HISTORY OF GIVING

Did you know that The Selfhelp Home got its name because the original organization, founded in 1936, was entirely “self-help”? When we were founded on Chicago’s South Side, we were so small that we were completely self-sustaining. And because we were founded to help senior Holocaust survivors find home in Chicago, we grew with the number of refugees.

A major factor in our success was the generosity of our residents in leaving part or all of their estates to The Selfhelp Home in order to “pay it forward.” These visionary souls wanted future residents to know the care, comfort, and compassion that they felt at Selfhelp. It didn’t hurt that one of our founders, Dorothy Becker, insisted that Selfhelp residents consider estate gifts. You did not say “no” to Dorothy!

WHAT IS “PLANNED GIVING”?

As we celebrate our first century, The Selfhelp Home recognizes how critical estate gifts are to our past, present, and future. “Planned giving,” which is thinking ahead about your estate and planning to share it after your life. It can be a difficult and uncomfortable thing to think about, at first, but because we see the profound impact of estate gifts around us every day, and because we’re here to help in any way we can, the discomfort subsides, leaving a beautiful gesture and so many future beneficiaries of your own vision and generosity.

WHAT IS CREATE A JEWISH LEGACY?

The Selfhelp Home partners with the Jewish United Fund’s Create a Jewish Legacy to make our planned giving easy and simple. Create a Jewish Legacy is a hands-on endowment fundraising program that strengthens the Jewish community by training and supporting Chicago Jewish agencies, day schools, senior communities, and synagogues in the area of legacy giving. The program teaches professional staff and volunteers how to secure legacy gifts for endowments, which will provide a steady and potentially growing stream of dollars to sustain them for generations to come.

WHY CREATE A JEWISH LEGACY?

In one way or another, your life is rooted in Jewish experiences connecting you to the Jewish community. Chances are you already support The Selfhelp Home, but have you included our beloved home in your will or estate plan? By leaving a legacy to Selfhelp, you can assure that the traditions and institutions that mean so much to you today will be there for future generations of residents and their families.

By making a legacy commitment you can:

- Express values instilled in you by your parents and grandparents.
- Perpetuate the Jewish traditions you cherish.
- Preserve the programs and organizations that support Jewish life in Chicago.



How to Create a Jewish Legacy

- Make a gift through a bequest in a will, trust or estate plan.
- Add (or change) a beneficiary designation on an IRA, pension fund, or life insurance policy. Your legacy commitment can be expressed as a specific dollar amount or as a percentage.
- Give an outright cash gift to the Selfhelp endowment fund, which provides financial security for the organization.

You can make it happen in four easy steps:

1. Reflect on your Jewish passions and discuss them with your loved ones.
2. Contact Selfhelp's Director of Development, Beth Ida Stern, at bistern@selfhelphome.org or 773-596-5862.
3. Fill out the simple Declaration of Intent Form attached or online: <https://selfhelphome.org/legacy-circle/> ... We're delighted to help!
4. Formalize your commitment by having a conversation with your personal financial advisor or attorney or contact Beth Ida Stern at Selfhelp for more information.

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THE SELFHELP HOME

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“Joining the Legacy Circle at Selfhelp was so simple and so gratifying. We’re thrilled to use an estate gift to support Selfhelp in its second century. Selfhelp has been in our family for generations past, and will stay in our family for future generations!”
- Martha and Steve Loewenthal



MEET THE WOLF PACK: L'dor Vidor in Action!

Three members of Chicago's Wolf family continue a century-old tradition of support and engagement at The Selfhelp Home. The Wolf family represents three generations of the Selfhelp community. Currently, two Wolfs – siblings Jerry and Judith - serve on the Selfhelp board of directors and their cousin, Chuck, runs the Walter S. Mander Foundation, founded by their uncle, Walter Mandelbaum. It's all in the family with this amazing gene pool!



Judith Wolf and her mother, Fanny Wolf

JUDITH WOLF , Board Member Since 2001

Judith Wolf has served on Selfhelp's Health, NJudith Wolf has served on Selfhelp's Health, Nominating, and Admissions Committees, in addition to serving on the Search Committee that hired Hedy Ciocchi as Executive Director. Judith now lives in Chicago's Lakeview neighborhood, but she grew up in South Shore, Hyde Park. She started her career with Jewish Family Services in Boston in 1970 after graduating from the University of Chicago.

Where did you grow up? Attend high school and college?

South Shore High School – 1964
BA in History and Sociology from

University of Chicago – 1968
MA from University of Chicago's School of Social Service Administration – 1970
MBA from Simmons' Graduate Management Program – 1981

Do/did you work outside your home? If so, what do/did you do for a living?

I moved back to my hometown of Chicago in 1981 and became the Assistant Director of the health plan at University of Chicago, my alma mater, which was my first position in healthcare administration. In that position, I got involved in negotiating a contract with the Rehab Institute, which led to my next position in the Managed Care Department at Northwestern Memorial Hospital, at which I negotiated contracts. I got involved in the organ transplant side of healthcare, negotiating on behalf of Northwestern hospitals and physicians with insurance companies. My final professional position was with an insurance company, as I wanted to see the healthcare business from the other side. I retired in 2016.

What is your connection to Selfhelp? When did you first learn about the organization?

My grandfather died just before Hanukkah in 1929 and my widowed grandmother moved into Selfhelp's original Drexel Avenue house and lived in one of the few single rooms there until she died in January, 1970. I was recruited to join the Selfhelp board of directors by former President Herbert Roth, who was looking for the next generation of Jewish leaders to steward the organization into the future. My mom was on her way to a meeting at our synagogue, Congregation Rodfei Zedek, when she suffered a freak accident in October, 2003. She became trapped in a revolving door, crushing her pelvis. She came to Selfhelp for care on the eighth floor after her stay at the Rehab Institute (now the Shirley Ryan AbilityLab). My father stayed in an apartment at Selfhelp while my mother convalesced, and then they moved into independent living together in November, 2003. My dad died on Selfhelp's eighth floor on the first day of Passover in 2006. We dedicated the Wolf Family Room on the eighth floor so families could have privacy when they need it.

JERRY WOLF , Chair of the Audit and Operations Committee

Jerry Wolf lives in Northbrook with Jan, his wife of 48 terrific years. Although Jerry lives on the North Shore, he is a native South Sider. He describes himself as detail-oriented, persistent, an analyzer, loves history, loves being a grandfather, and is a Diehard White Sox fan. He's the Director of MGT Consulting, LLC, which does financial and operational consulting for governments and nonprofits. He also lectures in Finance at the University of Chicago's Crown School of Social Service Administration and Harris School of Public Policy.



Fanny and Hugo Wolf

Where did you grow up? Attend high school and college?

- South Shore High School – Class of '68
- Washington University in St. Louis – Class of '72
- University of Chicago – Crown School – Class of '74
- University of Chicago – Booth Business – Class of '75

What is your connection to Selfhelp? When did you first learn about the organization?

"My parents were always active in Selfhelp

since they settled in Chicago. My father's mother was an original resident in the new Becker Wing at the Home at 4941 Drexel Boulevard. She moved there in 1956, and lived there until she passed away in January, 1970. My parents were always involved in social activities and fundraising. They moved into the Argyle Selfhelp Home in the early 2000s after a freak accident/ encounter with a revolving door at the entrance to their condo in Hyde Park. They lived there together until my father passed away in April 2006, and my mother passed away in May 2013."

What is your favorite memory of Selfhelp? His favorite memories were from the Drexel site:

Weekly visits with my father to see my grandmother. Dad would go over the mail and catch up with the weekly "Aufbau" newspaper. I loved riding the elevator they installed with the Becker construction. The Argyle elevators are a vast improvement. I'd also visit the kitchen! Either Mrs. Lemle or Mrs. Oschatsky would always find a cookie for me! And then there was the little black puppy that lived at the Drexel home. Since we didn't grow up with a pet, it was like "our dog" whenever we'd visit! I think the dog's name was "Smokey."

How do you describe Selfhelp when you tell people about the organization?

Founded by the German Jewish refugee community. Created as a social organization and as a vehicle to help newcomers settle in Chicago. Evolved to address the needs of aging parents.

CHUCK WOLF

Chuck Wolf has lived in Oak Park for 44 years with his wife, Sallie. They raised their two boys there, who have both left home over 20 years ago. He went to Brown University (where he met Sallie) and then attended University of Chicago Law School: "I thought I was going to go back to New York, but decided to stay here while I was in law school. One of my best decisions!"

Do/did you work outside your home? If so, what do/did you do for a living?

I practiced law at Vedder Price, P.C., for 41 years, doing labor relations, employment, and employee benefits law and litigation and serving as co-chair of the firm for a while. It was a wonderful career. I've been teaching part-time at the University of Chicago Law School for the past 10 years and running the family foundation which my uncle started, the Walter Mander Foundation.



Chuck Wolf

What is your connection to Selfhelp? When did you first learn about the organization?

I was still a baby in Hyde Park when my family of German Jewish refugees started taking me to Selfhelp. When I returned to Chicago for law school in the early 1970s, I used to drive my grandmother up to Selfhelp to visit her friends, but then drifted away from it when she moved away in the late 1970s. My mom moved into Selfhelp in 2009 and lived there for almost three years before she died, so I was there twice a week to visit with her and her friends. After she died, I kept going almost every week to see my cousins (Hugo and Fanny Wolf, Jerry and Judith's parents), as well as a group of other residents, most of whom had known my parents. The pandemic stopped me and, by that point, almost all of my buddies had passed away so, fortunately, they didn't have to experience it.

What is your favorite memory of Selfhelp?

It's hard to isolate one or two things. Some of the dinner conversations with mom and her friends, covering either current events or recollections of days gone by, were extremely engaging and fun. I also used to visit a woman who lived across the street from us in the 1950s and early 1960s and who lived to be 103; her short-term memory was a wreck, but it was great to hear how sharp and detailed she could be when talking about the old days. I was also very proud of my youngest son who visited my mom every week while he was attending law school. He was a good-looking kid and it was hilarious watching the old women trying to fix him up with their granddaughters.

How do you describe Selfhelp when you tell people about the organization?

"Times have changed and people's lifestyle choices have changed since I first visited Selfhelp. Today, most people go there a bit reluctantly and at a more advanced age when they can no longer live independently. Selfhelp is a very good option with a caring staff; safe, comfortable facilities; many activities to help residents remain mentally and physically active; and good companionship."

Home For Good: Meet Resident Phyllis Brooks Toback

THE EARLY YEARS

I was born in Brooklyn, New York, and grew up in Boro Park. The neighborhood I grew up in was middle class – Jewish, Polish, and Italian, with many synagogues and Catholic churches. The high school I attended had a mixture of students, including Scandinavians, Italians, and Jews.

MARRIAGE AND FAMILY

I met Gary Toback at the beginning of my first year in high school. We dated throughout high school and both went on to Columbia University: Gary to Columbia College, and I to Barnard College, from which we both graduated in 1963. We got married just after graduation, then went on to graduate school: Gary earned an MD at New York University Medical School, and I earned a PhD in English Literature from New York University Graduate School of Arts and Science. We moved to Cleveland, Ohio, in 1967, for Gary to continue his medical training as an intern. I had completed my doctoral work in English Literature and was able to find employment as an instructor in English at Cuyahoga Community College.

After two years of medical training, Gary was drafted into the Navy. We moved to Boston, where I got a job as an Assistant Professor of English at Bridgewater State College. I worked there for five years, while Gary completed his Navy service, and continued his medical training. I had my first child, David, in 1969, and my second, Alison, in 1972. We moved to Chicago in 1974, when Gary was hired as a Kidney Specialist, Professor of Medicine, and Biochemistry Researcher at the University of Chicago Medical Center.

A RETURN TO JUDAISM

In 1979, we had the opportunity to spend a year in San Diego, where Gary had a sabbatical with a Nobel Laureate in biochemistry at the Salk Institute. We now had three children and found a similarly oriented school for them. My son Dave decided, after attending his cousin's Bar Mitzvah in New York, that he wanted to have a Bar Mitzvah himself. This was the beginning of our serious commitment to Judaism. I had been raised in an Orthodox home, but the education of girls in Judaism was not highly valued then. In San Diego, we began attending a synagogue where the Rabbi was from a Rodfei Zedek family, and we joined Rodfei Zedek in Chicago as members when we returned the following year. Dave had a Bar Mitzvah in 1982, and after I had been helping him study, I decided to have a Bat Mitzvah in 1983, at age 40. This was at a time when, at our Conservative shul, women were just beginning to have bat mitzvahs and be counted in minyans.

CLINICAL PASTORAL EDUCATION

Back in Chicago in 1980, I found that I was free to figure out what the next chapter in my life would be. In consultation with Rabbi Ralph Simon of Rodfei Zedek, I was advised to consider becoming a Temple Administrator. He gave me a flyer about a new program for Para Chaplaincy Training for lay people. I completed this training and was certified to visit Jewish patients. This led me to my initial experience with Clinical Pastoral Education, which is a hospital-based training program, mostly for clergy, but also open to lay people, to visit the sick, dying and their families in hospitals. With encouragement from the interfaith faculty of the program, I continued along a path of training which eventually qualified me to be a chaplain, and certified me to become an educator of students. I was the first woman and the first lay person to acquire credentialing for this profession.

At the early stage of this part of my career, the Rabbi, who was the chaplain visiting the Jewish patients at the University of Chicago, retired. I approached the Board of Rabbis, who made the assignments to hospitals, and they told me I could have the job but not the salary, because I was not ordained. After two years, I got a job at Advocate Christ Medical Center in Oak Lawn. I was hired

as a staff chaplain and chaplain educator for the Department of Spiritual Care, where I remained on staff for the next 30 years, active both as a chaplain to the few Jewish patients and Jewish doctors, but also active in the local, regional, national, and international activities of the Association of Clinical Pastoral Education. During this time, I trained hundreds of students to function as chaplains and pastors in hospitals or congregations.

I acquired a second doctorate, a Doctor of Ministry at Chicago Theological Seminary in Chicago, and I also earned certification in Spiritual Direction. I saw myself mainly in the role of companioning: helping students develop their skills with what is called the Action/Reflection model of learning. Students went out and visited patients, and then met in groups where they presented written reflections of their patient and family visits, and I, as educator, facilitated the groups.

I retired from my position in 2015 at age 72.

FINDING MY SELF AT SELFHELP

In July, 2016, Gary was still working as a professor of medicine, with full clinical responsibilities, and also operating a laboratory doing research on kidney disease. He was out jogging one block from our home in South Shore, when a woman driving an SUV hit him. He was killed instantly. My world was thrown into chaos. Two of my three children, who live in Chicago and Evanston, wanted me to move north to be closer to them. I remembered that a number of families from Rodfei Zedek had moved into Selfhelp Home. I moved in September, 2016, and spent the next year in a daze, both from the loss of my life partner of nearly 60 years, and from emptying and selling the house I had lived in since 1974.



Phyllis and her family

FINDING MY HOME AT SELFHELP

"The Selfhelp Home is a unique place. For me personally, I cherish the commitment to Jewish rituals, celebrations, and values. These are done with appropriate reverence, and also joy and fun. I love the extensive entertainment program which has existed here for decades and been fostered by skilled staff and generous contributions from residents." - Phyllis T.



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Phyllis and her late husband, Gary Toback



THE SELFHELP HOME
A TRADITION OF CARING

908 W. Argyle Street
Chicago, Illinois 60640

Address service requested

Selfhelp Ranks Amongst the Top Nationwide

Selfhelp ranks at the top 16% of nursing homes nationwide and was awarded by US News and World Report for 2022-2023 “Best Short Term Rehab and Nursing Care”. This year the home was recognized for both Best Nursing Care and Short-Term Rehab Care. “This recognition is a true testament to the hard working, dedicated and quality staff members here that understand what great care is, and put our residents first,” said Sheila Bogen, Executive Director of The Selfhelp Home.

Mark Your Calendar

Find out more by visiting our website at www.selfhelphome.org.

February 2023		
February 20	2:00 pm	The Cost of Clutter Part 2, Success Over Stress: How to Downsize & Declutter, presented by Nancy Katz
February 26	2:30 pm	The Vivian E. Rice STunday Concert Series presents The Chamber Trio;”Paris en Reve” French Music with Aviva Chertok (violin), Kyle Dudley (flute), Daniel Szefer (piano)
March 2023		
March 16	2:30 pm	The Vivian E. Rice Sunday Concert Series presents Gabriel Datcu and Josh Ramos, guitar and bass duo
March 20	2:00 pm	The Cost of Clutter Part 3, Paper Management-Fact or Fiction, presented by Nancy Katz
March 26	2:30 pm	The Vivian E. Rice Sunday Concert Series presents LeAnne Bennion, Harp
April 2023		
April 16	2:30 pm	The Vivian E. Rice Sunday Concert Series presents , Fred Moyer Concert Pianist
April 17	2:00 pm	The Cost of Clutter Part 4, Spring Cleaning all Year Long, presented by Nancy Katz
April 18	2:00 pm	Yom HaShoah Annual Candle Lighting Ceremony, The Selfhelp Home
April 18	3:00 pm	Screening of REFUGE; Stories of the Selfhelp Home , Documentary by Ethan Bensinger, commemorating the 10-year anniversary of the film
May 2023		
May 4	2:00 pm	Violins of Hope, performance & storytelling featuring a private collection of Holocaust era instruments that have been lovingly restored and have been traveling the world prior to their residence in Illinois
June 2023		
June 4	2:00 pm-5:00pm	Rhythm & Schmooze with Selfhelp at the Chicago History Museum featuring Jewish Songwriters and The American Songbook, with Spider Saloff (vocals) and Jeremy Kahn (piano)