



# At Home with *Selfhelp*

## SPRING 2023 UPDATE

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

## Art Therapy Program at Selfhelp Brings out the Artist in Residents

Lately the residents at Selfhelp have been given another opportunity to express themselves through a new partnership with the School of the Art Institute of Chicago (SAIC). The art therapy program, a favorite amongst the residents, is overseen by Director of Resident Engagement, Benna Kessler, LCSW, and led by Grace Gimpel, a master's degree candidate for art therapy and counseling who is fulfilling her internship at Selfhelp.



Grace spends her days facilitating the open art studio on the second floor, she also leads an art therapy group on the eighth floor for skilled nursing residents, and an art therapy group for independent and assisted living residents. She also meets with residents in their rooms for one-on-one sessions.

"My goal is to help people engage in artmaking or explore new materials," said Gimpel. Her approach is to let the residents discover their own creative interests and provide materials and expertise as needed to help the residents reach their artistic goals.

"If a resident doesn't have a project in mind, I suggest projects which are catered to people's individual skills, interests,

experiences, and needs," she added. Grace also hopes to encourage resident artists to continue creating when the internship is over.

The art group aims to introduce new and creative means of expression for the residents. Through this Grace has gained invaluable experience and provided the residents opportunities for creative expression.

Another important goal for Grace during her internship is to assist the Selfhelp Home in creating more art spaces. She helped in taking the first steps in converting the former movie theater to an art making and gallery room and began work on assisting in the creation of a community mural to showcase the talents of the residents. In May, Grace coordinated an art showcase displaying resident art, where residents had an opportunity to participate as artists in an open art gallery-style event.

To participate in the program, an art background is not required; everybody is welcome. "There is no need consider yourself an artist, all that is needed is a desire to keep learning," said Gimpel. Selfhelp offers a variety of creative and therapeutic activities such as lectures, art history classes, music therapy, play readings, and field trips to the symphony.

Grace is grateful to have this opportunity to meet Selfhelp residents and get to know them better. Gimpel said, "This program is showing me how art therapy shows up in residential settings and how people can use art to enrich their lives."

Something that surprised Grace was the level of artistic talent of our residents.

She said, "I was not expecting the caliber of talent I've encountered since I've been here. Also, the roster of unique activities at Selfhelp Home is staggering!"

*Grace will be wrapping up her internship with us in May and a new intern from SAIC will be starting in September, and we look forward to making it an ongoing program at Selfhelp. Grace is heartbroken to be ending her internship in May and will miss everyone at Selfhelp dearly.*



*Art therapist Grace Gimpel with resident Gayle*

## Getting Down with 6th Floor Rehab: Movement & Music

The Selfhelp Home's Music Therapy/Rehab Therapy Co-Treatment Program held its first session in March of 2023. Co-lead by an occupational therapist and music therapist, this weekly group provides a unique opportunity for the residents on the sixth-floor short-term rehabilitation unit to work on their personalized physical and occupational therapy goals and focus on their functional motor movement.

The music therapist provides live music to help facilitate these movements based on neurologic music therapy protocols and techniques, adapting the music in a manner informed by researched effects of music and neurological and motor functioning, to help cue successful movement, increase endurance, strength, and tolerance for therapy. These interventions may also include the residents playing instruments in a non-traditional manner to meet their physical and occupational therapy goals. For example, two tambourines could be held in front of a resident's head and in back of their head to mimic the motion required to independently brush hair. Adding music to these rehab therapy exercises adds a motivational factor shown by research to yield improved outcomes because the resident is driven to "make the music sound good" by playing in-time with the music.

In addition, there are elements inherent in the music that the music therapist can use to help optimize gain for the resident. For example, rhythm and beat

patterns can help organize the brain and enhance coordination as well as facilitate specific elements of movement.

Melody and pitch can be used purposefully and strategically by the music therapist to assist with specific aspects of movement such as direction. Unlike traditional rehab therapy sessions, the social atmosphere of the group allows for camaraderie and normalization. This type of support only serves to enhance individual outcomes.



*Patients partaking in the Music & Movement class on the Health & Rehab Floor*



# A Letter to the Community



**DEAR SELFHELP FAMILY:**

As we hope for the warmth of Springtime to finally come for more than a day, we are reminded of seasonal changes, and the rebirth that comes with spring. Passover is part of the rite of the new season, and with it brings all the rituals that honor our Jewish traditions and our powerful story of redemption. Passover is a powerful story that connects us to our past and our heritage.

The Selfhelp Home is also a place that beautifully connects us to our Jewish past and reminds of who we are and can be. As we all know, The Selfhelp Home was founded as a safe haven for Holocaust survivors. Survivors are now a dwindling population who make up a small minority of our residents, but our commitment to our community of serving the Jewish elderly remains strong. In our current political climate with antisemitism on the rise, it is now more important than ever that we be able to maintain a safe and secure home.

The Selfhelp Home offers not only room and board, but a is a safe place to gather in friendship, prayer, and in celebrations. We are enjoying our newly renovated Gerald E. Franks Center for Culture and Community, our lovely new roof deck that allows us to enjoy the outdoors, and we continue to relish all the cultural events that Selfhelp has to offer. We hear lectures, cook and bake and eat together, enjoy many wonderful concerts, and remain engaged and

supported as a Jewish community. There is a very special HOME feel to The Selfhelp Home that differentiates us from other similar places.

The pandemic has taken its toll on us all, but as we slowly return to normal life as we knew it before March, 2020, we are restoring our in-person annual fund raising event to celebrate all that Selfhelp is.

On June 4th, we will gather in-person at the Chicago Historical Society for our Selfhelp Swingin' Sunday, an afternoon of good food, great music, and wonderful fellowship of being together as a community of supporters. It is with tremendous gratitude that we recognize your support of The Selfhelp Home, and we hope to see you at this exciting event.

We want to thank you for partnering with The Selfhelp Home as we deal with all the challenges we face today, and affording us the ability to move from one season to the next, from one generation to the next. Our traditions at Selfhelp are able to continue due to your generosity, so with much gratitude, thank you for your continued and much needed support.

**Austin L. Hirsch**  
The Selfhelp Home Board President

## Mitzvah Mensch Rayne Interviews Veterans at Selfhelp



**MEET SELFHELP'S NEWEST MITZVAH MENSCH!**

Rayne is 14 years old and the middle child of three sisters. She had the honor of experiencing her Bat Mitzvah in Israel last year and was looking for a place to do her Mitzvah project at home in Chicago.

Rayne's mother, Lynn, adds, "She didn't feel like going to Sunday school anymore, so I suggested she find somewhere special to volunteer her time instead."

As a member of the Emanuel Congregation in Chicago, Rayne already had a personal connection with The Selfhelp Home and Jessica Katz, our Resident Services and Community Outreach Manager. It was through Jessica that Rayne learned about The Mitzvah Mensch program. Also, Rayne's father, Dr. Scott Phillips, works as a dermatologist in many independent and assisted living communities—including Selfhelp!

For Rayne's Mitzvah project, she interviewed and photographed veterans who live at Selfhelp. On Sunday mornings, she has been a friendly visitor to our residents who kindly welcome her into their apartments to chat and get to know each other.



Mitzvah Mensch Rayne

*"I had heard that veterans lived at Selfhelp, so I wanted to learn more about that. I wanted to understand how people were able to thrive in their lives despite having to deal with atrocities and horrible wars."* –Rayne

Rayne's favorite part about volunteering at Selfhelp is getting to know the residents. She's enjoyed hearing their amazing life stories, many of which include heroic tales of escaping from Nazi Germany.

Rayne also liked learning about our residents' hobbies and interests. Fun Fact: Rayne discovered she shares her love for chocolate with Selfhelp residents Vera and Anna!

*"Rayne's heart overflows with goodness and kindness. She is always so warm and helpful. She sees people B'tzelem Elokim—created in the divine image—and by supporting those who need a hand, she is doing God's work in the world. I couldn't be prouder of her!"*

–Cantor Michelle Drucker Friedman, Emanuel Congregation

Outside of working hard in school, Rayne stays very active with modern dance, ballet, and water polo. She also swims competitively for Stanton Park and loves to read. Her mom Lynn says Rayne is an excellent Euchre player, a skill her daughter has sharpened through many summers at Camp Chi.

Rayne plans to continue visiting Selfhelp and plans to come and play cards with residents in the Bensinger room.

Final thoughts from Rayne on her experience volunteering at Selfhelp:

*"I look forward to helping my younger sister through the Bat Mitzvah process when she becomes old enough. I want to bring her to Selfhelp, I think she would really like it!"* –Rayne



Rayne pictured with her father, Dr. Scott Phillips, who is also Selfhelp's visiting Dermatologist



**Spring 2023**

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The Selfhelp Home has earned the Joint Commission Seal of Approval for Post-Acute Care and Nursing Care and is the first in the nation to be accredited for Assisted Living.

908 W. Argyle Street | Chicago, IL 60640  
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*The Selfhelp Home is a not-for-profit Jewish retirement community with a tradition of caring for more than 70 years.*

# Selfhelp Swingin' Sunday

**SUNDAY, JUNE 4, 2 – 5 P.M. | CHICAGO HISTORY MUSEUM**



Vocalist Spider Saloff

Pianist Jeremy Kahn

## Get into the Groove at Selfhelp Swingin' Sunday!

On Sunday, June 4, 2023, from 2-5 p.m., the Selfhelp community will gather in person at the Chicago History Museum to celebrate Selfhelp Swingin' Sunday, our first such gathering since before the pandemic.

An afternoon of reconnection and reunion, Selfhelp Swingin' Sunday will feature Chicago jazz legends vocalist Spider Saloff and pianist Jeremy Kahn in a live performance about the impact of Jews on jazz (think Gershwin, Berlin, Goodman, and more), Kosher nibbles catered by Zelda's, and the Lincoln Park vistas of the Chicago History Museum.

Tickets and sponsorships for the event are available at [www.selfhelphome.org/swingin-sunday-2023](http://www.selfhelphome.org/swingin-sunday-2023). Because space at the museum is limited, tickets will be sold on a first-come-first-served basis and may sell out. The event is for adults only and will be dressy casual. We will offer free valet parking and a hosted bar of wine, beer, and non-alcoholic beverages.

Come celebrate with your Selfhelp family at this wonderful gathering! We can't wait to see you again...and we don't mean on Zoom!

## Create a Jewish Legacy

MONDAY, MAY 22 | 4:30-5:30 P.M. | THE SELFHELP HOME | 908 W. ARGYLE ST., CHICAGO

*A legacy is forever...plan yours today!*

Learn more about The Selfhelp Home Legacy Circle program, how to become a member, and the role it plays in the past, present, and future of Selfhelp

#### FEATURING

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*General Counsel and Vice President, Jewish United Fund and Selfhelp Home Legacy Circle Member*

**Ron Krit**  
*National Director of Life & Legacy at the Harold Grinspoon Foundation*

**Austin L. Hirsch**  
*Legacy Circle Member, President of The Selfhelp Home Board of Directors*

**Judith Wolf**  
*Legacy Circle Member, Selfhelp Home Board Member*

**RSVP** to Beth Ida Stern, Director of Development, at [Bistern@selfhelphome.org](mailto:Bistern@selfhelphome.org)



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# The Year in Review: 2022

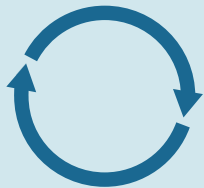
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## PROFILE: PATRICK HALLORAN



Patrick Halloran lives in Athens, Georgia, is a mason, a farmer, and a hospice volunteer for military veterans of World War Two and the Korean and Viet Nam Wars. He's also one of The Selfhelp Home's generous supporters, making a monthly gift to the home through his business, Halloran Masonry, Inc. Every month, Selfhelp staff marvels at the generosity of this man who lives 777 miles away from Chicago.

Who is this Southern mason, and what is his connection to Selfhelp?

Patrick was born 71 years ago in Oak Park and moved to Libertyville as a child. He met his wife, Marsha, when they were 14 years old, and they've been together ever since (they now have a grown son and daughter and six grandkids). His entire life, Patrick has fought for the underdog. As a Catholic who grew up without a father, he was seen as having no one to stick up for him. Instead, his childhood experiences resulted in a life of compassion and care. While he rejects the Catholic Church, he has fully embraced the lessons of the Old and New Testaments and finds meaning and calmness in its teachings of helping others.

"When people come to me in need, I fix things," says Pat. "My word is everything. My faith is everything."

After leaving the Chicago area, Pat served in the 82 nd Airborne, 325 th Infantry Division, in the Viet Nam War from 1971 to 1973. After his honorable discharge, he and Marsha chose Athens, Georgia, to establish a business and raise their family. Halloran Masonry, Inc., was founded in 1976. Athens in the 1970s was still under "Jim Crow" rules, which segregated people by skin color. Having grown up in Chicagoland, Patrick Halloran had met Holocaust survivors as a child, as so many survivors settled there. Because of his own childhood experiences growing up without a father in the Catholic Church, Pat was acutely aware of the impact of using differences to treat people unfairly. Pat's sense of compassion led him to decide to hire Black people at Halloran Masonry, which meant White people would not work for him. He was called a "Damned Yankee" because he was seen as an outsider from Chicago.

Patrick's sense of compassion and care manifest themselves in his monthly generosity to Selfhelp. He read about Selfhelp in a periodical several years ago, and felt so inspired by the home's history and service to the survivor and Jewish communities that he committed to a recurring gift. The impact of Pat's generosity is felt and appreciated by every Selfhelp resident, caregiver, staffer, and family member. We could not be more grateful to Patrick, Halloran Masonry, Inc., and the Halloran family. Thank you all.

*Join our  
campaign  
today!*

**Become a Selfhelp partner by making your tax-deductible donation today.**

*As a 501(c)(3) non-profit organization, The Selfhelp Home relies on the generosity of people like you to help us thrive into our second century.*

Visit [www.selfhelphome.org/ways-to-give](http://www.selfhelphome.org/ways-to-give) to make a donation.



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RIGHT AT HOME:  
THE GENEROSITY OF  
THE BERNARD HEEREY  
FAMILY FOUNDATION



Since 2007, The Bernard Heerey Family Foundation has provided generous funding that provides supplemental money for qualifying seniors to live at The Selfhelp Home. The Selfhelp Home is grateful to the Foundation for giving so many of our residents the ability to continue to make Selfhelp their home.

Bernard Heerey (“Bud”) has been best described as a quiet person, a good man and a great story teller. “Bud didn’t spend his money on travel, gambling or clothes. He gave his money to charities,” said Nathaniel “Nat” Grey, his longtime lawyer and friend.

Bud was born and raised in Chicago. His parents emigrated from Ireland and raised Bud as a religious Catholic. Bud inherited the family business, fixing car radios and providing car batteries. The business was located on the part of Clark Street, commonly known in the 1960s as “Skid Row,” an impoverished area located south of North Avenue and north of the Chicago River.

In 1959, Bud Heerey enlisted the legal services of Nathaniel Grey, who described Bud as a “Land Assembler.” Nat continued, “Bud was a risk taker. He would buy up small, contiguous parcels on Clark Street: condemned buildings, small commercial buildings, old transient residential buildings, and piece them together into a large, assembled holding, demolish the buildings, turn the vacant land into paved parking lots, and sell the assembled parcels to developers. He was essentially helping to clean up Skid Row.” Bud followed the same pattern on other streets in Chicago, in addition to Clark Street.

Bud never married nor had any children. He passed away in 1999 at the age of 79. His thoughtful estate planning bequeathed a substantial portion of his estate to charity. He left specific bequests to various Catholic institutions. He provided for the Bernard Heerey Family Foundation, which would award grants to Section 501(C)(3) charitable organizations irrespective of race, religion, or creed, for the benefit of elderly people at organizations such as The Selfhelp Home, CJE Senior Life, Little Sisters of the Poor, and the Benedictine Sisters of Chicago. The Foundation also provides scholarship support for students at Solomon Schechter Day School, Ida Crown Jewish Academy, Chicago Jewish Day School, Garrett-Evangelical theological Seminary, Cristo Ray Jesuit High School, De La Salle Institute, and the University of Chicago.

“The Foundation is doing what Bud wanted, making an impact on the lives of others,” says Nat Grey.

The Selfhelp Home Board President, Austin Hirsch, expressed his sincere gratitude towards the generous grants received from the Bernard Heerey Family Foundation over the past 17 years. “Having this program each year helps us in supporting our mission and allows us to expand our reach into the community to provide the best quality of life for seniors in a culturally rich Jewish environment,” said Hirsch.

Please join us in our gratitude for the partnership, support, and vision of the Bernard Heerey Family Foundation.



# Meet Executive Director: Sheila Bogen

As a first-generation child of survivors, Sheila Bogen, Selfhelp's Executive Director has a special connection to Selfhelp "The mission of The Selfhelp Home immediately resonated deep within me," Sheila says.

Sheila's mother was a refugee from Berlin and left with her family, her parents, and three other siblings in May 1939. They were lucky enough to get a distant relative in England to sign an affidavit for them to come to the country, settle, and make a life there. Sheila says, "My parents taught us something which I carried through my whole life. And that is to love every Jewish person."

*"It's a tremendous honor to be able to take care of our elders. Especially at Selfhelp. For me, it's simple, I try my hardest to bring in the very best staff to give our residents the very best life."*

*"What people remember is how you made them feel, it's the people that create the memory and our job, every single employee, is taking care of people." –Sheila*

Sheila greets the management team every morning at 9:15 with a "stand-up" meeting, a concept she brought with her leadership several years ago. Now done on Zoom after the pandemic, "It's a check in with each other every day and holds us all accountable." Sheila leads with the motto "Treat every resident as if they are your grandparents or parents. Every decision you make should be preceded by...is this decision the best one for the residents?"

Sheila has a lifetime career in senior care, has owned her own nursing homes and grew up in the hospitality business. Growing up in England, her family owned a deluxe Kosher resort hotel; she understands the importance of providing excellent service and making people feel good.

Outside of Selfhelp, Sheila enjoys spending time with her family, her 4 children, her husband of 49 years and many grandchildren. "I met my husband, who's a Chicagoan, in Israel. It was an old-fashioned *shidduch*, a boy-meets-girl-by-matchmaker-match." Sheila describes her first meeting with her husband, "I found him ok at first, and by the third date, I knew I was going to marry him. Four days later, he proposed. We were married three months later in London, then settled in Chicago and every day has been wonderful together."

Sheila says her biggest challenges right now are balancing time, and staffing. "There are frustrations in any job, and I am always running. I have a to-do list every morning, and there are very few days I get through the list. So that pressure, and there's always pressure, and it keeps me on my toes. It's like juggling balls in the air." Sheila credits having a strong management team that gets her through the day. What's important for Sheila is to let her staff know that she can't do this alone, "No one person can do this. I have the support

and the help of a talented and dependable team, and everyone that works here."

*Asked what the most important thing is to survive in an environment like this, she says "humor and attitude."*

Sheila's would love to extend Selfhelp's services into the community, renovate the lobby, fill the house with happy residents, and improve the benefits we offer employees to make Selfhelp a competitive place to work.

"There is more work to do here, the pandemic set us back a bit, but we can and will recover." Some things she feels proud of accomplishing so far, being the first community in the nation to ever receive Joint Commission certification for Assisted Living. Selfhelp also maintains a consistent 5-star rating with CMS, and that is a testament to the staff, their diligence and professionalism.



From left to right: Benna Kessler, Director of Resident Engagement at Selfhelp; Monika Moyrer, PhD, U.S. Program Director Action Reconciliation Service for Peace; Sheila Bogen, Executive Director at Selfhelp; Julia Boecker, Selfhelp's 23rd German Intern from Action Reconciliation Service for Peace

Sheila has a future vision for the home to extend its services into the community with a goal of expanding the reach of Selfhelp beyond our four walls and doing so in a variety of ways to improve the lives in the Selfhelp community and expanding the impact of Selfhelp.

Moreover, sharing her opinions on the impact of home nursing services in today's world, Sheila stated, "We have known for some time that as the Baby Boomers age, the demand for health care workers would be stretched to the max, but no one anticipated a worldwide virus that would throw every country into turmoil and affect so many ordinary everyday events and families."

Sheila explains some of the most substantial impacts of the pandemic are staffing within health care areas, especially in the senior care field, which arises from low wages for every level of care.

"Our challenges as an organization are not unique to Selfhelp. The Medicaid reimbursement for Long-Term Care residents is woefully underfunded. Every state has its own axe to grind, but the challenge is even more significant in Illinois, which ranks third from the bottom of the nation's reimbursement."

For Sheila, it is about creating a legacy for Selfhelp, "I see this community living on, past all our time, me included. And I want to make sure that the ground roots, that were planted so beautifully by the survivors, live on."



Sheila Bogen at the Purim Party Casino Night



# Staff Spotlight: Raclyn, Director of Nursing

You may find Anne Marie “Raclyn” Cauinian, our Director of Nursing, on the eighth floor early in the morning feeding residents, this is how Raclyn starts her day at Selfhelp. Raclyn has been described by her peers as a hands-on lead by example type of manager who will step in and help a resident whenever needed. Throughout the day Raclyn is on the floors visiting residents and checking in with staff, “Sometimes residents are better during different times of the day. I like to see if there are changes, so I make sure I am not always visiting at the same time every day,” says Raclyn.

Originally from the Philippines, Raclyn left her country to start a nursing career in the United States over thirty years ago on a work visa. Back then, it was normal to leave your country and pursue a career without your family. She already had her bachelor’s degree and a few years of experience under her belt and was ready for her next adventure.

## HER CAREER PATH LEADING TO SELFHELP

Raclyn worked at another healthcare facility for many years. Her old job was quite demanding and had an adverse effect on her well-being; she was seriously thinking of leaving due to the constant stress and lack of support. She first learned about The Selfhelp Home through an executive recruiter. Once Raclyn found out that Selfhelp was a not-for-profit organization, that became a major reason behind her decision to work here.

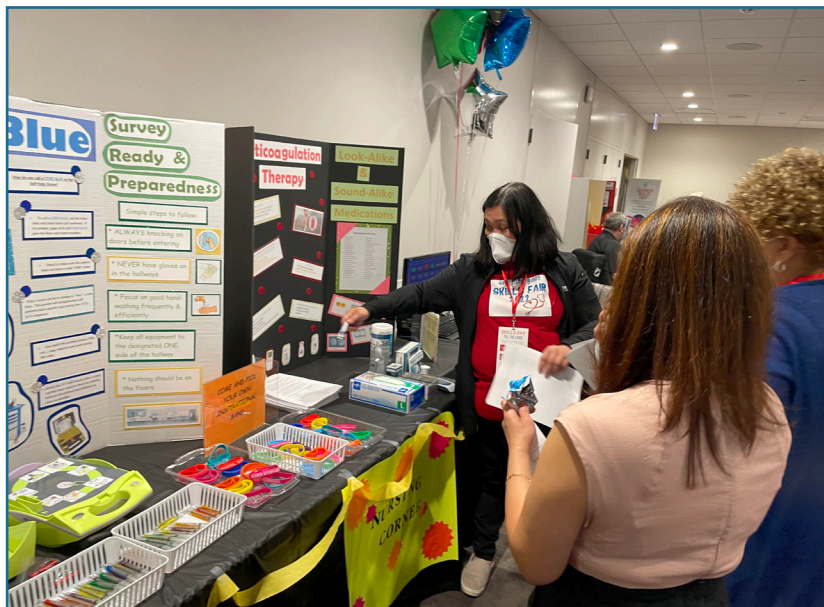
For the past five years, Raclyn has been a valuable team member and leader. “The great thing about Selfhelp is that you have support, especially from the top, from our Executive Director, Sheila, and the Board ...I haven’t found that at any other community. Here, it really feels like home. Everyone is accessible, easy to talk to, and willing to help each other.”

## AN INTERDISCIPLINARY APPROACH

As the Director of Nursing, Raclyn oversees the nursing staff, the nursing department, and general operations. Every morning, she has a morning check in with the team to make sure everyone is on the same page, she makes her rounds to see how the residents are doing, hears reports from the staff, and talks to resident family members.

“We really work as an interdisciplinary team, each department does their part to provide the best care for the residents – whether it’s the dietary department creating healthy meals or the maintenance team making sure the rooms are safe for our residents. You cannot be successful with just one department, everyone is an important part of the puzzle,” she says.

Last year, Raclyn had the excellent idea to host an educational Skills Fair for the team. Her goal was for Selfhelp staff to have the best possible training and led the team to plan the all-day training event where staff train the staff in what they do. At the Skills Fair, there was a table for every unit in our home (from infection control to dietary to therapy and nursing and wound care). Each team presented information, there were activities, games, rewards, and prizes for the best table. The staff felt proud to showcase their talents and share information with their peers. It was also a chance to be creative and, at the same time, gain valuable knowledge to best support our residents.



Raclyn at Skills Day



## STAYING STRONG DURING COVID

“From the time she walked through the doors of Selfhelp there was a sense of relief, we especially felt her leadership during the pandemic, she was scared but showed us she was there with us,” said CNA on the Health & Rehabilitation floor, Tianca Shoa. “During the pandemic, when my family and I had COVID-19, Raclyn personally called me every day to make sure everyone in my family was doing ok,” she added.

Raclyn stepped up to the challenge when Selfhelp was greatly impacted by the COVID-19 pandemic: “All of our protocols and the way we did things suddenly changed overnight. We had to do our best to stay strong and stay up to date with the latest news and guidance from the CDC. Through the pandemic, I have been watching educational webinars and reading articles every week to stay educated on the current regulations.”

As the Director of Nursing, Raclyn’s top priority has been to protect both the residents and staff from the virus, while still providing the five-star quality care that we’re known for.

Despite staff shortages and the difficult task of controlling the outbreaks, she worked diligently to ensure Selfhelp had the resources necessary to protect everyone. To this day, Raclyn continues to be an integral part of leading the home through challenging times. She continues taking special precautions to avoid the spread of COVID-19 with cleaning protocols, visitor policies, testing, ongoing education, masking, and more.

“I believe in leading by example. I try to encourage our staff to do their best and do the right thing through my own actions. I want to empower my team and let them know I’m here for everyone,” Raclyn says.

## RACLYN’S HOME LIFE

Her dedication, ideas, and compassion are present at work and in her personal life. While putting everything she has into being her best at work, she also has five children to care for. Most of her children are adults and are out of the house pursuing careers of their own.

Outside of work, Raclyn is an avid reader. She doesn’t spend a lot of time in front of the television, she’d rather open a good book or spend her free time brushing up on medical knowledge. She also enjoys staying active in her church and attends regularly, sometimes before coming to work.

When asked what she was most proud of she says “I’m most proud that we have a five-star rating, despite the criteria changes the in how the star rating is judged. Now it’s even more difficult to obtain, yet we have continued to achieve this incredible accomplishment every year.”

One of her favorite things about working at The Selfhelp Home is that Selfhelp really cares about the residents. “The team really puts the extra effort into making it a comfortable, personal experience for everyone. The executives and staff have a very good relationship with the residents and their families too. You can tell when a facility’s priority is profits. But here, we really care.”

Raclyn on her overall experience working at Selfhelp:

“I’m just glad I’m part of Selfhelp. When you asked me before if I saw myself retiring at my previous job, I would have said no. If you asked whether I see myself retiring at Selfhelp, the answer is definitely yes. My job is hard work and challenging, but I enjoy it and feel like I’m making a difference. This is just a good place to be.”



THE SELFHELP HOME  
A TRADITION OF CARING

908 W. Argyle Street  
Chicago, Illinois 60640  
*Address service requested*

# Mark Your Calendar

*The Selfhelp Home is pleased to share the following upcoming events.  
You can find out more by visiting our website at [www.selfhelphome.org](http://www.selfhelphome.org).*

*The Sunday concert series is dedicated to Vivian E. and Robert W. Rice through a generous gift from their estate.*

| May 2023           |                |  |
|--------------------|----------------|--|
| Sunday, May 14     | 2:30 p.m.      | <b>Mother's Day Concert with Elaine Dame, vocalist and flautist</b> – Elaine has been described as a jazz dynamo and a gem in the city's local jazz scene  |
| Monday, May 22     | 4:30-5:30 p.m. | <b>Learn about Creating a Jewish Legacy</b> and how to become a Selfhelp Home Legacy Circle Member with Robert Schuckman, General Counsel and Vice President of the Jewish United Fund and Selfhelp Legacy Circle Member |
| June 2023          |                |  |
| Sunday, June 4     | 2:00-5:00 p.m. | <b>Selfhelp Swingin' Sunday at the Chicago History Museum</b> – featuring Jewish Songwriters and The American Songbook with Spider Saloff (vocals) and Jeremy Kahn (piano)   |
| Sunday, June 18    | 2:30 p.m.      | <b>Father's Day Concert with Bob Solone performing piano</b>   |
| Wednesday, June 21 | 2:00 p.m.      | <b>Assembling the pieces of Your Family History Puzzle</b> – Professional genealogist, Debbie Kroopkin, will share many examples of documents, resources, and methods you can use to explore your family history         |

## VISIT THE SELFHELP HOME ONLINE



For more information about Selfhelp or our special events, please visit our website by taking a photo of the QR code with your phone or go to **SelfhelpHome.org**.

## LIKE US ON SOCIAL

