



AT HOME WITH SELFHELP

THE SELFHELP HOME IS A NON-PROFIT JEWISH HOME WITH A TRADITION OF CARING FOR MORE THAN 80 YEARS.

YOU PUT THE PEDAL TO THE METAL!

Introducing Selfhelp's New Wheels



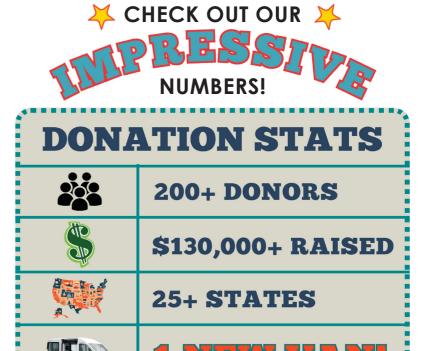
The Selfhelp community from coast to coast **drove** our success campaign to PUT THE WHEELS ON SELFHELP! With the support of more than 200 donors from more than half the states in the country, our residents are back in **gear** with our new wheelchair- and walker-accessible vehicle!

Put the Wheels on Selfhelp started its **ignition** in November and **accelerated** through December, **topping off our tank** by surpassing our campaign goal. Our generous community **steered** us through an incredible and inspiring holiday giving season and we could not be more grateful for that **new car smell**!

Thank you!

Our new vehicle, which will be delivered in time for our Spring excursions, can accommodate up to 14 passengers and will provide state-of-the-art comfort and safety for our beloved residents and caregivers. We can't wait to take it for a spin for field trips, appointments, and (of course) our June 2nd Selfhelp Speakeasy Sunday event!

And we have YOU to thank! We are so grateful for your partnership and support.





SELFHELP PRESIDENT





Dear Selfhelp Community:

It is with much gratitude that I have this opportunity to share with you some of the special highlights of 2023 at The Selfhelp Home. On behalf of the entire Selfhelp Board of Directors, I thank you for your continued support as we could not have had such a meaningful impact on the lives of our residents and families without your partnership. Thank you.

The past year brought significant changes and growth to Selfhelp:

We completed work on our beautiful new **Roof Terrace** atop our building on Argyle Street. The new terrace provides very special views of Chicago and the lakefront, providing safety with a glass-walled space from which residents, families, and caregivers can enjoy sunshine, breezes, and concerts, gatherings, gardening, and Jewish holidays such as Sukkot (with our new convertible Sukkot, thanks to the generosity of the **family of Ruth Mayer Raab**).

We welcomed **Johannes Staron**, our latest residential intern from the **Berlin-based Action Reconciliation Service for Peace (ARSP)**. He is our 25th young person to live at Selfhelp Home and work with our residents, and will be with us through the Summer of 2024.

Two hundred members of the Selfhelp family gathered in person at **Selfhelp Swingin' Sunday** in June at the **Chicago History Museum**. It was wonderful to see everyone in person (instead of a Zoom screen!) and to experience the jazz stylings of Chicago legends **Spider Saloff** and **Jeremy Kahn**. We look forward to celebrating again at **Selfhelp Speakeasy Sunday** on **June 2, 2024**, also at the Chicago History Museum. **Save the date!**

Together, we raised more than \$650,000 to support Selfhelp's world-class programs and accommodations:

- Our **Friedmann/Tuber/Hirsch** matching challenge grant raised more than \$130,000 to expand our **Music Therapy program** to all residents.
- Our **Year-End Appeal**, "**Putting the Wheels on Selfhelp**" raised more than \$100,000 for a new Selfhelp van that will vastly improve our residents' safety and comfort when they are transported from the Home on various outings
- We're also growing our next-generation **Mitzvah Mensches program** with a generous grant from **Debbie and Barry Lipsett**.

Sheila Bogen resigned as Selfhelp's Executive Director in late November. We wish Sheila all the best in her future endeavors. The Board has already engaged an executive search firm, Zurick Davis, who has extensive experience in our industry to help find our next Executive Director. While that search is underway, we are very pleased that **Steve Levy**, our **CFO**, has stepped up as **Interim Executive Director**.

Please know that The Selfhelp Home's doors are open once again to visitors. We hope that you will come to Argyle Street soon to experience the warmth and hospitality of our Home. We could not be more grateful to you for your participation in enabling Selfhelp continue to thrive.

Wishing you all a healthy, happy and peaceful 2024.

Sincerely,

Austin Hirsch

President, The Selfhelp Home

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Save the Date





Evelyn Asch Peter Ascoli Mark Bacharach Edward and Ellen Bakal Nona Balk Raymond Bass Marcia Baum Stuart Baum Sandra Belden Patricia Benenson Ethan and Elizabeth Bensinger Sharon Bergen Phil Berger Gloria Berkwits Charles Bernstein Helaine Billings Phillip Bishaf Eric Brandfonbrener Larry Brenner Alice Cannon Stuart and Rose Marie Channon Peter and Hedy Ciocci Roberta Cohen Elliot Cohen Robert Cutler Gail Cutler Donald Davidson William Davies Jane Davis James Denton Nina Diamond Sherwin and Lynn Ditlove Lowell and Helen Dittmer Diane Dobrin Thomas Dobrinski Kathleen Donnelly Stanley Dreyfuss and Anita Shore Marjorie Dubrow Wendy Eager Richard and Susan

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WINTER 2024

At Home with Selfhelp is published by The Selfhelp Home and distributed to members and residents four times a year.

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Ine Selfnelp 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.

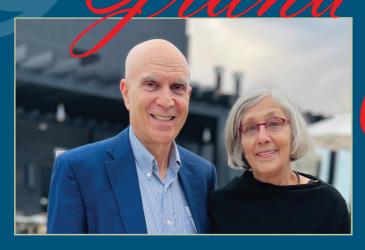
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The Selfhelp Home is a not-for-profit Jewish retirement community with a tradition of caring for more than 70 years.

THE VIEW FROM ABOVE.

In September 2023, we opened our rooftop deck with a spectacular event, Dancing Under the Stars! The Elaine Dame Quintet set the stage for an unforgettable evening, with the company of friends, supporters, residents, volunteers, and our dedicated staff.

SELFHELP ROOM,













CLOCKWISE, from top/left:

1. Austin and Beth Gomberg Hirsch 2. Elaine Dame Quintet 3. Rita Morton and Jonathan Schwartz 4. Bob Cohen and Fawn Gottlieb 5. Charles and Roberta Bernstein 6. Barbara Resnik, Keith Roberts and Mark Resnik 7. Rooftop Dancing

MATCHING GRANT **EXPANDS**MUSIC THERAPY FOR ALL RESIDENTS!

The vision of three donors – Philip Friedmann, Craig Tuber, and Selfhelp President Austin Hirsch – challenged the Selfhelp community to fund Music Therapy for all residents by offering a matching grant in the Summer of 2023.

With the offer of matching funds, Selfhelp raised more than \$130,000, which is enough to provide a full year of our celebrated Music Therapy program to every resident. Donors (listed below) were inspired by the generosity of Phil, Craig, and Austin and (literally) matched them dollar-for-dollar!

The Selfhelp Music Therapy program, officially titled the Friedmann/Tuber Program for Cognitive Therapies, was originally designed for our residents with dementia. Given the impact of Music Therapy on people of all ages and abilities, Phil, Craig, and Austin proposed that we expand

the program's reach... and we did! Together, the Selfhelp community provided exactly the resources, enthusiasm, and partnership required to engage every Selfhelp resident in this leading-edge and deeply therapeutic program.

Thank you for your support and partnership! The Selfhelp Home is filled with music because of YOU.



Shank You!

TO OUR MUSIC THERAPY DONORS

Phil Friedmann
Craig and Kay Tuber
Austin and Beth Gomberg Hirsch
Karen Woollen
Charles and MR Shapiro Foundation
Albert and Lucille Delighter and
Marcella Winston Foundation
Albert and Terri D'Ancona
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Michael and Paula Perlstein

11 YEARS IN A ROW, **U.S. NEWS & WORLD REPORT** NAMES THE SELFHELP HOME AMONG BEST!

The Selfhelp Home is proud to announce that it ranks amongst the top 19% of nursing homes nationwide and has been recognized for the 11th year in a row as "Best Nursing Home" by U.S. News & World Report. This year the home was recognized for Short-Term Rehab care, and was rated 5 stars by the CMS Centers for Medicare and Medicaid Services.

For the 2024 edition, U.S. News rated more than 15,000 nursing homes on residents' outcomes, such as infection rates, staffing levels, potentially inappropriate reliance on antipsychotic drugs, health inspection results, and other indicators of quality.





Judith Parker

Introducing Selfhelp donor Judith Parker. Judith lives in the San Diego area and, like so many of us, has deep family connections to Selfhelp. She provides monthly support for one of Selfhelp's Holocaust survivors, and we could not be more grateful! Thank you, Judith, for inspiring all of us to help Selfhelp residents thrive. We could not be more grateful to you!

Where do you live now?

San Diego/Del Mar, California.

Where did you grow up?

I grew up in Park Ridge, Illinois.

How did you learn about Selfhelp?

I don't remember how I learned about Selfhelp. It may have been when I wanted to look for a place for my parents. My father, a German refugee, told me my grandmother had been involved with Selfhelp when it was a social-type club in Hyde Park. My grandmother eventually went to a nursing home and I always wondered if my father just didn't know that Selfhelp had expanded their program.

Why is it important to you to support Selfhelp's mission?

I am grateful there is a place like Selfhelp. It is the only senior living environment that I know of where the resident is not required to move when they need more assistance. Whenever I have visited it feels very welcoming. Although I live in California, I often tell my children I am going back to Chicago when I need these type of services.

I contribute monthly to support a Holocaust survivor resident at Selfhelp as it is so important that generation is not forgotten. I am honored to be able to help.

Recent Expansion of Intergenerational

Programming at Selfhelp

Since its inception in 2019 the Mitzvah Mensch program at Selfhelp has provided local Jewish teens lasting memories and an opportunity to build life long bonds while gaining life skills, while completing a meaningful bar/bat mitzvah project at The Selfhelp Home.

Our recent expansion of the Mitzvah Mensches program is designed to support increase Selfhelp's reach into the Jewish teen community in Chicago, and is the vision of Debbie and Barry Lipsett. Debbie is the daughter of former Selfhelp Board President Gerry Franks and former Selfhelp resident Helga Lesser Franks, both of blessed memory. Debbie and Barry's investment in Mitzvah Mensches has allowed us to deepen the impact of this program. We are so grateful to donors like the Lipsetts. Their support for Miztvah Mensches is a great example of how donors partner with Selfhelp to achieve our mission!

Since the expansion we have hosted several events focused on attracting local teens to the Selfhelp Home for engaging intergenerational activities. This fall we hosted a sukkah decorating event for teens and an international game night during Chanukah.





Johannes Staron 25th Intern from Germany!

Since 1998, The Selfhelp Home has partnered with the Berlin-based Action Reconciliation Service for Peace (ARSP), which works to bridge the gap between the lost older Jewish German generation and the youth in Germany while building trusting relationships and healing painful, historic wounds.

Selfhelp welcomed **Johannes Staron** to join The Selfhelp Home family through our partnership with ARSP in September 2023 from **Berlin**, **Germany** for a one-year internship. As an intern, Johannes has been totally immersed in our community and has lived at Selfhelp in a studio apartment while assisting with resident activities.

Where in Germany are you from?

I come from Berlin and really love the city. What I probably like most about it is the fact, that everyone just expresses themselves as they want. There is so much culture and different people coming together, while everywhere you go also feels like a totally different city.

Why did you want to come work at The Selfhelp Home for your service year?

While looking at the various projects, 'Selfhelp Home' immediately caught my attention. What I appreciated right away was the aspect of working with elderly Jewish people, which is at the core of ARSP's mission. Furthermore, I conducted research on the 'Selfhelp Home' and was fascinated by its history. After consulting with former volunteers, I was convinced.

What do you like to do in your free time?

In my free time I really like to be active, so I often do sports or just walk around talking or listening to music. If I have extra time I also love to cook and watch documentaries.

What are you most excited to do in Chicago?

What I am most excited about is to explore the city's architecture and its museums, but also my goal is to see all the major sports teams.

What are your plans for after your year in Chicago?

To be honest, I'm not 100% sure yet, but the most likely plan is to go to university in Berlin. Keep in mind that my plan changes from time to time!

What are some differences you've noticed (so far) between Germany and the US?

The biggest difference that immediately comes to mind is the fact that people here, from what I've experienced so far, are much more willing to talk to others and start conversations. Be it playing sports or simply waiting for the bus. I think in Berlin a lot of people would look at you strangely if you started talking to them out of nowhere, but here I experienced it many times, which I feel is cool.

What do you like about Selfhelp so far?

I think that the relationship between the employees and the residents is good and there is a pleasant atmosphere in everyday life. I also think that there is almost always something to do in terms of activities.



As time has progressed, I've noticed an increasing number of opportunities for involvement. I now have set times during which I contribute to the newsletter, prepare presentations, and engage in scheduled sessions with specific residents—whether it's playing chess or assisting with technical issues during the Tech Hour. Depending on demand and workload, I can now structure my days without the feeling of having to actively search for things to do.

Living in the community has also provided me with the opportunity to learn not only about Jewish culture but also about American culture more broadly. Significant events like Jewish holidays and secular celebrations such as Thanksgiving and Halloween have contributed to expanding my cultural understanding.

Some of my personal goals are to explore the architecture, museums, and American sports teams, and I already made progress! Whether attending a basketball game in Milwaukee, going to a Cubs game, visiting the Art Institute, and taking an architecture boat tour downtown, I've been able to do some of these things.

Furthermore, I feel completely settled in. Familiar daily routines, getting to know the residents and staff at Selfhelp, and developing the ability of navigating in the neighborhood have all contributed to this sense of belonging.

Sincerely, Johannes Staron



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