



SUMMER 2011

SCENES

from Selfhelp

A JEWISH NON-PROFIT SENIOR LIVING COMMUNITY OFFERING INDEPENDENT LIVING, ASSISTED LIVING, INTERMEDIATE AND SKILLED NURSING CARE

“An Amazing Experience” for German Intern

Linda Stein came to live and intern at the Selfhelp Home as part of a program called Action Reconciliation Service for Peace (ARSP). This German peace and volunteer service organization was founded in the aftermath of World War II to confront the legacy of the Nazi regime and to promote reconciliation between the Germans and Jewish people throughout the world.

Every year, ARSP sends approximately 180 volunteers to countries that suffered under the German occupation during World War II: Belgium, France, the United Kingdom, Netherlands, Russia, Poland, Czech Republic, Belarus, and the Ukraine. They also work in Israel and the United States because many Holocaust survivors fled or immigrated to these countries. The volunteers spend a year in that country, working in nursing homes, homeless shelters, Holocaust centers and with children in poor neighborhoods.

Linda. “I knew I didn’t want to work in a museum and I really wanted to work with the elderly or people with disabilities,” she added.

Linda has spent almost a year at the home and describes the people as “friendly and interesting.” She said “I have met so many interesting people here and this experience has helped me to become more patient and to be a better listener. I know every resident that I work with and I enjoy the special moments I have with them.”

Life at Selfhelp

Linda works closely with Fern Shaffer, Program Director, and starts the day off with an exercise program for the residents. She works with 10-15 people every day and for about a half an hour, they do a variety of chair exercises to help maintain flexibility and work with weights to improve their strength. Linda helps Fern with many of the programs at Selfhelp and sets up the room for lectures from visiting speakers and provides computer lessons to residents.

“The residents want to be able to use email and search the internet for information. Some of them are very comfortable around computers and others have little, if any experience, using a computer. I try to teach them the basics and help them download pictures from their families or show them how to browse various websites,” explains Linda. She also runs errands for the residents, visits with them to keep them company and does anything she can to help out.

“It’s the little moments I love the best. We had a new resident who didn’t smile very much at first. One day, we had someone come in to play music and she started to dance. I danced with her and I loved it so much! She was so happy and it’s these moments when I love being here. If I can do something to help them or just make them smile, it is totally worth it to me,” says Linda.

“This was the most amazing experience I have ever had in my life. I am so grateful that the Selfhelp residents were willing to let me get to know them!”

– Linda Stein, Selfhelp Intern

The first Selfhelp ARSP volunteer arrived at the home in 1998. Since that time, 11 young Germans have spent a year volunteering at the home. This year’s ARSP volunteer is 20 year old Linda Stein, from Berlin, Germany.

“I chose three countries that I wanted to go to and 10 favorite projects – the organization makes the final decision as to where they send you,” explains



Horst Abraham “cuts the rug” with Linda.



Fern Shaffer, Program Director and Intern Linda Stein.



Enjoying pet therapy with a Selfhelp resident.



Linda poses with Marietta Ryba as she tends to the rooftop garden.

Resident Profile

Hannah Messinger

written by resident Marietta Ryba

There is a renowned resident living at the Selfhelp Home, whose paintings have been exhibited at the Holocaust Museum in Washington D.C.

Hannah Messinger is a Holocaust survivor and is a warm, kind, woman who is beloved by residents and staff alike.

Hannah studied art as a young girl. Later, when she returned from the concentration camps, she gradually settled in to The Selfhelp Home, after her husband passed away. On her walls in her apartment hang some of her paintings – pictures of her husband and her children. There is also a part of her husband's cello (he was a musician) that she has cleverly incorporated into a piece of art hanging on her wall.

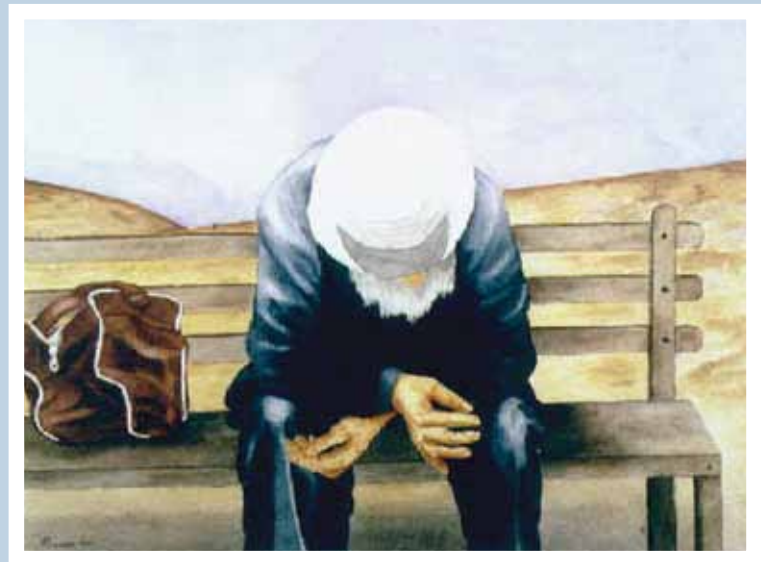
My apartment is close to hers, on the same floor and I often pop in to seek advice, discuss the latest news or watch a movie she selects from Netflix.



Hannah Messinger

of the subject matter and my own emotional involvement, the work was brooding and solemn. But years later, after having expressed all I could about my feelings, it was time to make a complete turnaround. I concentrated on watercolor which became my favorite medium," explains Hannah.

Hannah studied art in Prague, Czechoslovakia, the Art Institute of Chicago, the North Shore Art League, Evanston Art Center and Northeastern University. Her work has been exhibited at the Golda Meir Library at the University of Wisconsin, at the Renaissance Gallery in the Chicago Cultural Center, the Blue Moon Gallery in Skokie, and the Illinois Artisans Shop in Chicago, to list just a few.



"Homeless" a watercolor by Hannah Messinger.

Hannah Messinger, the Artist

"I was born and educated in Czechoslovakia where I had my early training. This was interrupted during World War II when my entire family and I were taken to various concentration camps. I was the sole survivor. Relatives in America helped me to come to the United States at the end of 1946. I was married the following year. I studied art continually and exhibited for many years. Due to my background, I was mainly interested in expressing my thoughts on humanism and social concern, mostly in media such as drawing and printmaking. Because

Family Support Group Offers Comfort and Feedback

Rennie Shapiro, Resident Liaison at Selfhelp and Ruth Engel, LCSW, a social worker whose mother lives at Selfhelp, have formed a Family Support Group to help families cope with the changes that are part of aging.

The group meets twice a month at Selfhelp in the late afternoon to discuss topics such as:

- Role Reversal
- Making the Move to a New Home
- Questioning Your Decisions
- Taking Care of Yourself

For more information or to attend an upcoming meeting, please contact Rennie Shapiro at 773-271-0300, extension 5817.

Selfhelp NEWS BRIEFS

Selfhelp Receives Grant from Bernard Heerey Family Foundation

The Selfhelp Home is very pleased to announce that it is a recipient of the Bernard Heerey Family Foundation Grant Assistance Program. Basically, this grant provides for the financial assistance of certain residents and will make possible the acceptance of a potential resident that otherwise would not qualify financially for admittance. It is a one year grant that the Foundation may renew after reevaluating the program.

This grant is available to a potential applicant of the skilled nursing care facility and also to potential residents in the independent and assisted living apartments. The Selfhelp Home is grateful to the Heerey Family Foundation for this grant and the opportunity to give deserving, elderly Jewish people the ability to make Selfhelp their home. We are pleased to announce that we currently have five residents that met the criteria of the Heerey Family Foundation Grant.

“Follies” are the Focus of Celebrating the Arts 2011

Each year for the past nine, the Selfhelp Home has hosted an event entitled “Celebrating the Arts.”

Celebrating the Arts 2011 will feature an afternoon of socializing, fine food and engaging theater. This year, guests will enjoy the award winning show, “Follies” by James Goldman, music and lyrics by Stephen Donheim. Celebrating the Arts is an annual tradition at the Selfhelp Home and over the years, members, residents and guests have enjoyed musical entertainment, theatrical performances and other artistic endeavors.

Follies...the Story

It is 1970 and on the stage of the Weismann Theatre, soon to be torn down to make room for a parking lot, Dimitri Weismann has gathered together the surviving players of his lavish pre-war Follies. It isn't long before the ex-showgirls are gleefully reprising their old numbers. The atmosphere is heightened by the ghosts of everyone's former selves, who sometimes sing along, sometimes reenact important memories

and sometimes interact directly with the evening's events as they unfold.

Two couples in particular are taunted with the failed promises of youth by their younger counterparts. Sally is compelled to rekindle with her old flame, Ben (who married her best friend, Phyllis, from the old days), and the reunion is turned upside-down for all four. It is not until they come face-to-face with the choices they've made in life that they are able to acknowledge past follies.

Hailed by the Chicago Tribune as “one of the most anticipated shows of the year,” the Broadway premiere of Follies garnered seven Tony Awards, including Best Score. An ensemble of 45 actors and musicians will create a valentine to a bygone era of American musical theater.

For more information, visit www.chicagoshakes.com or contact Barbara Snower at the Selfhelp Home at 774-271-8232.

Celebrating the Arts at Selfhelp 2011

Sunday, October 30, 2011

**Riva Restaurant, Chicago Shakespeare Theater
on Navy Pier**



Mark your calendar **Selfhelp Events Calendar**

The Selfhelp Home is pleased to present our calendar of events for September through December, 2011.

If you are interested in attending any of these events, please contact **Barbara Snower at 773.271.8232** to make a reservation.

September 2011

- Sunday, September 11 2:30 p.m. Trevor Stephenson, playing an 18th Century Keyboard Instrument
- Sunday, September 18 2:30 p.m. Tanya Melamed, Piano and Alex Koffman, Violin
- Sunday, September 25 2:30 p.m. Levi Hernandez, Baritone and Luciano Laurentiu, Piano

October 2011

- Sunday, October 2 2:30 p.m. Frederick Moyer, Piano
- Sunday, October 9 2:30 p.m. Sarah Su Jones, Violin and Tatyana Stepanova, Piano
- Sunday, October 16 2:30 p.m. Ben LeClair, Baritone, Luciano Laurentiu, Piano
- Sunday, October 23 2:30 p.m. Lakeside Flutes
- Sunday, October 30 2:30 p.m. APAS Piano Trio

November 2011

- Sunday, November 6 2:30 p.m. Tom Bachtell, Piano and Robert Alter, Cello
- Sunday, November 13 2:30 p.m. Junior Klezmer Orchestra
- Sunday, November 20 2:30 p.m. Kol Zimrah Chamber Choir
- Sunday, November 27 2:30 p.m. Tanya Melamed, Piano and Andrew Chuko, Woodwinds

December 2011

- Sunday, December 4 2:30 p.m. Paul Radulescu, Baritone, Kirsten Leslie, Soprano, and Luciano Laurentiu, Piano
- Sunday, December 11 2:30 p.m. Ian Maksin, Cello and Luciano Laurentiu, Piano
- Sunday, December 18 *No Concert*
- Thursday, December 22 6:30 p.m. Selfhelp Home Hanukkah Party
- Sunday, December 25 2:30 p.m. 4 Hands Piano Concert by Tatyana Stepanova and Natalia Kogan

Note: All concerts are subject to change without notice.

We hope you will join us!

SCENES *from Selfhelp*



THE SELFHELP HOME
A TRADITION OF CARING

This newsletter is published by the Selfhelp Home and distributed to Selfhelp members, residents and friends.

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Serving the Jewish Community

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