



WINTER 2010

SCENES

from *Selfhelp*

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

Reflections of the Jewish Holidays

(Written by Frank and Marion Mayer, Selfhelp Residents)

On Friday evening Erev Rosh Hashana, we had six family members for dinner and the service was led by Alon Yonatan, who was trained by Cantor Fleischer of Congregation Habonim, along with Mitchell Kurman, who announced the pages.

Alon Yonatan, who has been doing services here for eight years, knows many of the residents. Mitch is a new member of the team. Larry Mayer, Frank's brother, and Donna Broder added to the decorum of the services with the donation of beautiful flowers. Larry has been active for many years in opening and closing the ark and in carrying the Torah at the appropriate times.

On Friday evening, Alon's mother and grandmother attended. His mother, Thea Crook, is the Executive Secretary of Congregation Rodfei Zedek. David Crook, Alon's father, read from the Torah on the second day. Alon knows and is friendly with many residents. This is just as important as is his actual work during the services. A number of residents, including ourselves were called up to the Torah for aliyot, and we all chanted or said the blessings.

The holiday prayer books are very beautiful and the print is excellent and thus, easy to read. It was good to see a number of visitors at the services. They were relatives and/or friends of Selfhelp residents, who had the opportunity to be with their loved ones on the Rosh Hashanah holiday. We always look forward to Kol Nidre, Yom Kippur, and Sukkot. The workmen start building the sukkah shortly after Rosh Hashanah.

Bringing together Selfhelp residents, their family and guests is a highlight for everyone at the home and a time for great food, prayer, and lively entertainment.

It is important to have the opportunity to celebrate the Jewish holidays, as a number of us come from conservative backgrounds. We therefore express our appreciation to the home for making this possible.

Family, Friends and Festivities

Selfhelp holds many traditions near and dear, but none are more important than the holiday celebrations. Bringing together Selfhelp residents, their family and guests is a highlight for everyone at the home and a time for great food, prayer, and lively entertainment. Whether it is the Maxwell Street Klezmer Band at the annual Purim party or Sandy Finkel on piano during the Chanukah celebration, residents gather together to join in the festivities.



Frank and Marion Mayer, Selfhelp residents.



Selfhelp's Sukkah is very elaborate and welcoming.



Friday services are a time for reflection.



The Maxwell Street Klezmer Band entertains at the Purim party.



Selfhelp's annual Chanukah party brings residents, their families and guests together to celebrate.



Selfhelp Residents Celebrate a Special Birthday

“Hello! My name is Eliyah Shoshana Burg. Everyone calls me ‘Ellie.’ I am turning 4 years old this summer. I want to share my celebration with you. I would be happy if you came to my party. My favorite musician, Joel Frankel, is going to put on a concert for you and me and my friends and their families.”



This was printed on a bright pink invitation with Ellie’s picture. She came to Selfhelp with her mother, Rabbi Miriam Burg, and handed the invitations to residents at The Selfhelp Home. Initially, the whole idea of celebrating a child’s four year old birthday with octogenarians to centenarians was Ellie’s mother’s idea. She contacted Selfhelp’s Director of Activities after hearing her husband, Rabbi Daniel Burg, talk about what a wonderful place it is. Daniel often visits members of his congregation at the home. Anshe Emet lived at Selfhelp, and thought that the Selfhelp Home would

be a perfect place for a party. Anshe Emet has been involved with the Selfhelp Home for many years. The date was set and all the arrangements were made for the big day. Miriam wanted this party to be a gift for the residents and the residents’ presence to be a gift to the children.

Breakfast was brought in by the Burg family for the children, their friends and families. While the adults were eating bagels, the children were decorating plastic containers with drawings and stickers. The containers were being made to hold the homemade chocolate cupcakes with pink frosting, a treat that Ellie, her mother, and grandmother made for the residents. The children got chocolate cupcakes in the shape of elephants – Ellie’s favorite animal (complete with pink ears and trunk!)

At 10:30 a.m. everyone was invited to the concert by Joel Frankel, who was terrific. He sang silly songs and made the kids dance, jump up and down, clap and sing. They had a great time. This was pure magic for the residents watching all the three and four year olds, dancing, laughing, and squealing with delight. Ellie was so happy! At the end of the concert, the children handed out the



The children wait patiently for a balloon.

cupcakes in their new containers to each of the residents and the extras were given to the staff. The cupcakes were made with “love” as was everything else connected to this party. It was a smash hit and a great intergenerational event. Hooray for the Burg family for thinking of us for Ellie’s big four year old birthday party! The 30 or more seniors, 30 family members and 30 children made for a very active celebration indeed.



Ellie helps her mother prepare the table.



The pink cupcakes are all lined up!

Selfhelp NEWS BRIEFS



From left: Kirk Riva, Representative Greg Harris and Hedy Ciocchi.

Hedy Ciocchi, Administrator of The Selfhelp Home and staff were hosts to **State Representative Greg Harris** from District 13. He spoke to residents during his visit to update them on the activities in the Illinois General Assembly and answered any questions they had. Kirk Riva, Vice President of Public Policy, represented Life Services Network during this visit.

Before speaking to the residents, Representative Harris was presented with the Life Services Network “Partners in Quality” award from Hedy Ciocchi, for his support of the community and his efforts for quality older services.



Selfhelp residents have award-winning green thumbs.

Selfhelp received a 3rd Place award in the Container Garden Category for the **2009 Mayor Daley’s Landscape Awards Program**. The award ceremony was held on November 14th and Hedy Ciocchi, Selfhelp Administrator and four Selfhelp residents attended and received the award.

The Mayor Daley Landscape Awards is an annual program that recognizes the thousands of Chicagoans who help make the city green through their environmental beautification efforts.

It is a great honor to receive recognition for our beautiful containers on our rooftop garden. We thank our residents and staff for their hard work and “green thumbs!”

Celebrating the Arts through the Years

Each year for the past eight, the Selfhelp Home has hosted an event entitled “Celebrating the Arts.” Over the years, this event has been held in either the summer or fall, and every year tops the previous. A true celebration, residents, Selfhelp members and guests are invited to enjoy the many arts that Chicago has to offer.

The very first Celebrating the Arts was held at the home in the summer of 2001. The original work of two renown artists, David Bennett and Dan Rubenstein were showcased and original art pieces were on display for guests to view with an artist’s reception following.

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

The tradition of Celebrating the Arts at Selfhelp continued with our complimentary summer of 2002 concerts. Local artists performed live each month with appearances by the Vienna Waltz Ensemble, Violinist Hannah Barton and Trio Vivant.

In 2003, we featured an exciting series of dramatic performances. The artists performed at Selfhelp on three different dates and included Donna Blue Lachman who performed *My Journey – Trials and Tribulations of Jewish Playwright*, The Intimate Opera performing *Pagliacci*, and Barbara Rinella with her *Dramatization of the Celebration of Queen Elizabeth*.

For two years, 2004 and 2006, our celebration took us to the Ravinia Festival with a delicious meal in a gorgeous white tent, followed by incredible entertainment. The first Ravinia event featured a

performance by the Chicago Symphony Orchestra, conducted by Christoph Eschenbach and starred renowned soprano, Renee Fleming, performing classical selections and songs by Richard Rogers. When Selfhelp returned to Ravinia, guests enjoyed another exciting musical evening featuring Patty Lupone in “Gypsy”.

Celebrating the Arts 2007 brought an exciting series of dance performances to the home, including an appearance by “The Royale Polynesian Revue” and later that summer, “Reggio the Hooper.” It culminated with a dinner and dancing at the Standard Club.

Last year, Celebrating the Arts began with an incredible meal at Symphony Center’s Rhapsody Restaurant and later, guests attended a performance by the Dresden Staatskapelle at Orchestra Hall.

This year’s event was spectacular as well. After a delicious lunch in the famous Chicago Stock Exchange Trading room, a presentation entitled: “Modern European Art: Impressionism and Beyond” was led by Virginia Voedisch. Afterwards, the rest of the afternoon was spent exploring the new “Modern Wing” at the Art Institute of Chicago.

This annual event has become a tradition at Selfhelp and one that is met with great anticipation. The biggest challenge is to create an event that is more exciting than the year before! For more information about our cultural programs and commitment to the arts, please contact Barbara Snower at 773-271-8232 to obtain a schedule of our upcoming concerts and lectures. *You’re always welcome at the Selfhelp Home.*



(L to R) Hedy Ciocci, Selfhelp Administrator, Elizabeth Nicolay and Ethan Bensinger.



Selfhelp Home residents - (L to R) Birdie Gurvitz, Dorothy Urman and Helen Helfgott.



Henry Kornan and Rosalia Schwartz.



(L to R) Dr. Iris Aronson, Board Member Ralph Juss and Henry Wolf.



(L to R) Rita Lebovic and her mother, Ida Hasselson.



(L to R) Cindy Wolf, Glenn Robbins, Board Members Dr. Fran Weinstock and Dan Wolf.



The Selfhelp team is all set to go!

For the past three years, staff and sometimes residents have participated in the Chicago Memory Walk. This year was the

20th anniversary of the walk. Held on September 13 at Montrose and the Lakefront, the walk was held in honor of famous Chicago radio

personality, Wally Phillips.

More than half a million Illinois citizens are affected by this devastating disease. “Alzheimer’s is a disease that impacts the entire family and because of our commitment to caring for individuals with memory loss, we proudly walk in support of this wonderful organization. We rely on our Alzheimer Association chapter to provide education and materials for caregivers and are pleased to be able to support their efforts in some way,” said Hedy Ciocci, Administrator of the Selfhelp Home.

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.

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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Mark your calendar Selfhelp Events Calendar

The Selfhelp Home is pleased to present our calendar of events for December, 2009 through March, 2010.

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

December 2009

- Sunday, December 6 2:30 p.m. . . . Mark Valenti, Piano Recital
- Sunday, December 20 . . . 2:30 p.m. . . . Peter Oprisko sings standards from "The American Songbook"
- Sunday, December 27 . . . 2:30 p.m. . . . Eunice Kim, Violin

January 2010

- Sunday, January 3 2:30 p.m. . . . Oliver Colbentson, Violin and Jimin Lee Yun, Piano
- Sunday, January 10 2:30 p.m. . . . Karen Nelson, Violin and Naomi Hildner, Viola
- Sunday, January 17 2:30 p.m. . . . Kimberly Jones, Soprano
- Sunday, January 24 2:30 p.m. . . . Fifth House Ensemble Quintet
- Sunday, January 31 2:30 p.m. . . . Lakeside Flutes - 10 Flute Orchestra

February 2010

- Sunday, February 7 . . . 2:30 p.m. . . . Elaine Smith Piano Quartet-Schuman Program
- Sunday, February 14 . . . 2:30 p.m. . . . Henrik Karapetyan Piano and Violin
- Sunday, February 21 . . . 2:30 p.m. . . . Pintele Trio
- Sunday, February 28 . . . 2:30 p.m. . . . Sarah Sue String Quartet

March 2010

- Sunday, March 7 2:30 p.m. . . . Mark Riggelman, Piano, Marie O'Brien, Soprano
- Sunday, March 14. 2:30 p.m. . . . Classical Latin Music: Svetlana Belsky, Piano Ellen Huntington, Flute
- Sunday, March 21. 2:30 p.m. . . . "Still Acting Up" - A Community Play
- Sunday, March 28. 2:30 p.m. . . . Jennifer Silk, Strolling Violinist

Note: All concerts are subject to change without notice.

We hope you will join us!