



Contact:

Sandy Myers

212-971-7627 (office)

908-812-7465 (cell)

smyers@selfhelp.net

FOR IMMEDIATE RELEASE

Selfhelp Community Services Celebrates Over 80 Clients at 100+ in 2016
Centenarians Prove That They Are Never Too Old to Keep Learning and Growing

Press: The event will be held on Thursday, May 12th at 1:00 PM at one of Selfhelp's senior affordable housing buildings, located at 137-39 45th Avenue, Flushing, Queens.

New York: Selfhelp Community Services, Inc. is celebrating its clients who are turning 100 or older in 2016 at a celebration on May 12th. The event will take place in Flushing, Queens at one of Selfhelp's senior affordable housing sites.

These clients are connected to many of Selfhelp's programs, including housing, Nazi Victim Services, case management, senior centers and NORCs. The long, healthy, and fulfilling lives of these individuals is a testament to graceful aging and the caring services provided by Selfhelp to support independent living in later life.

Our clients will share their secrets to a long life in a short video that will be played at the celebration. Some highlights include:

- Working until the age of 95
- Having the best husband in the world, and being a happy couple
- Staying busy
- Luck and good genes

Members of the City Council will also present certificates to our clients.

Stuart Kaplan, Chief Executive Officer of Selfhelp Community Services, remarked: "Our 100 and over clients inspire us every day. They've witnessed enormous change --- World Wars I and II, major advances in technology and transportation, and the creation of civil rights. On behalf of our Board of Directors and staff, we are honored to serve them and their families and to celebrate this remarkable milestone with all of them."

About Selfhelp:

Selfhelp Community Services was founded in 1936 to help those fleeing Nazi Germany maintain their independence and dignity as they struggled to forge new lives in America. Today, the organization is one of the largest and most respected not-for-profit human service agencies in the New York metropolitan area, with 26 sites throughout New York City and Nassau County. Selfhelp provides a broad set of services to more than 20,000 elderly, frail, and vulnerable New Yorkers each year, while remaining the largest provider of comprehensive services to Holocaust survivors in North America. We offer a complete network of community-based home care, social service programs, as well as senior housing, with the overarching goal of helping seniors live with dignity and independence at home , avoiding the need for institutional caring.

Our services are extensive and include:

- Comprehensive services to approximately 4,700 **victims of Nazi persecution** a year in seven locations in New York City and Nassau County
- **Home health care**, which trains and employs 1,800 home health care workers who provide 2 million hours of service each year to the elderly, infirm and at-risk families
- Ten **affordable independent senior housing** complexes in Queens, the Bronx, and Nassau County, and another under construction in Brooklyn, that provide comfortable and secure apartments to over 1300 residents and make available assisting services as needed
- Client centered technology programs including the nationally acclaimed **Virtual Senior Center**, allowing homebound seniors to connect online and participate in interactive classes
- Three intensive **case management programs**, serving more than 3,000 people annually in parts of Manhattan, Queens, and Brooklyn
- Five **senior centers** including one of New York City's first Innovative Senior Centers
- Four **Naturally Occurring Retirement Community (NORC) programs** in Queens, enabling over 1,000 residents to age in their communities
- Court-appointed **guardianship** in New York City and Nassau County
- **Selfhelp Alzheimer's Resource Program (SHARP)**, which supports individuals with Alzheimer's and related dementia disorders and their caregivers
- **New York Connects**, which provides consistent, comprehensive, locally based information and assistance regarding long term services and supports to older adults and individuals with disabilities

Learn more about us at www.selfhelp.net, on [Facebook](#), and [Twitter](#).

#####