

## How the Foundation Works

The Senior Living Foundation works in several ways. Whether it is a need for assistance with **care management services, nutritious prepared meal delivery, or emergency intervention**, we are able to make a difference in our colleagues' overall quality of life. Often, guidance in navigating the bureaucratic maze of finding available help is all that is required.

Our **Resource Center** provides information and assistance in obtaining community, state, and federal resources. In addition, **Educational Programs** provide information and guidance to prepare for the future. When more help is needed, the Foundation stands ready to provide **financial assistance** to fill gaps.\*

The Foundation promises total confidentiality to all who come to us.

\*Evidence of need is required for consideration of financial support.



[slfoundation.org](http://slfoundation.org)



## Mission Statement

*The mission of the Senior Living Foundation of the American Foreign Service is to provide support to retired Foreign Service personnel and their spouses (including surviving and divorced spouses) and, on the basis of need, to defray the cost of home health care services, senior housing, long term care insurance, or other senior services that contribute to the health and security of the retired Foreign Service family.*

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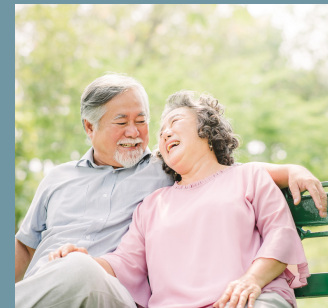
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The Senior Living Foundation of the American Foreign Service is a tax-deductible 501(c)(3) charitable organization



SENIOR LIVING FOUNDATION  
OF THE  
AMERICAN FOREIGN SERVICE



Building a Proud Tradition of  
"Taking Care of Our Own"



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# Building a Proud Tradition of "Taking Care of Our Own"



## The Resource Center

**The Resource Center, directed by our social worker, tries to match community, state or federal resources with an individual's need.**

*A foreign-born widow of a deceased Foreign Service Officer (FSO) who had recently moved back to her home country was having trouble completing the paperwork required to process a Surviving Spouse Benefit Claim.*

With the help of AFSA and HRSC staff, **SLF was able to assist in getting the forms completed and submitted** for the widow to receive her survivor annuity. The Foundation also assisted with another complication regarding the return of funds that were mistakenly withdrawn from her bank account before her husband's death. The issue was resolved and her account was reimbursed.

*A retired Foreign Service employee called asking for information about home healthcare companies in the Metro DC area. She didn't have an immediate need for these services, but wanted to get an idea of what was available.*

**The Resource Center** provided the names of agencies that are currently recommended by local care managers and suggested she sign up for a free copy of the **Positive Aging Sourcebook** which can be found on our website.



## Financial Assistance

**Generous donors who are committed to our mission make it possible for us to provide financial support for our colleagues and/or their spouses who meet the financial criteria.**

*The widow of a deceased FSO contacted SLF. Through the years, the couple had multiple medical emergencies and chronic problems requiring home care and then residential care. The widow now receives care management services through a county program. She is comfortable and well cared for in the facility; however, the care is slowly depleting her savings.*

SLF provided a **recurring monthly grant** to the assisted living facility enabling her to remain where she is comfortable while helping to slow down the exhaustion of her finances.

*An elderly retired FSO requested help to research retirement communities in the DC Metro area. He lives alone but has health problems which interfere with his mobility. He also will need help to downsize.*

SLF **funded care management services.** The care manager took the retiree to visit several retirement communities and he has selected one he likes. The care manager also provided resource information for downsizing services.



## Testimonials



*"My mother fought long and bravely and left this world at peace and in the place she wanted to be. The Senior Living Foundation's help was very meaningful for my family and me, and in more than just a material sense. The Foundation provided apt and timely advice in a time that was very uncertain for us, and your partnership gave us a feeling of not being alone in our struggle."*

*"I just wanted to express my gratitude for the approval of the emergency payments to assist with my monthly household bills after the death of my husband. The assistance has been extremely helpful during a difficult time of loss, uncertainty and financial hardship."*



## Survivor Annuity Process

SLF works in close partnership with the State Department to assist you. If you have questions about how to navigate the challenges survivor annuitants may face, do not hesitate to contact [HRSC@state.gov](mailto:HRSC@state.gov) or **1-866-300-7419** (inside the U.S.), **1-843-308-5539** (outside the U.S.), or **1-843-202-3807** (fax)