



SENIOR LIVING FOUNDATION
OF THE AMERICAN FOREIGN SERVICE

A time of service, a time of need

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2010 Foundation Newsletter:

MESSAGE FROM THE CHAIRMAN

Not surprisingly, requests to the Senior Living Foundation for help remained high during 2009, evidenced by the \$250,000 in grants the Foundation provided to former Foreign Service colleagues and their spouses who needed assistance to get through these difficult times. When the economy experiences a downturn, conventional wisdom holds that people will reduce their charitable giving until better times return. So it was with some uncertainty that we tracked the amount of giving to the Foundation during the past year. However, now that we have the totals for 2009, it is clear that the members of the Foreign Service family march to a different drummer, at least when it comes to helping their former colleagues in need.

I am grateful and heartened by the generosity you have displayed. During 2009, the Senior Living Foundation received \$225,000 from nearly 1,350 individual donors, \$60,000 from organizations and \$630,000 in bequests. This faithful support from the grassroots of the Foreign Service is making an immeasurable difference in the lives of those who, after honorable careers serving their country, find themselves in difficult straits during their twilight years.

Whether through the guidance provided by our Resource Center, or by more material assistance in the form of temporary and ongoing grants, the Senior Living Foundation stands ready to help – compassionately, efficiently and confidentially. It is your generous support that provides the Foundation the means to carry out this important work and I thank you for standing with us during these hard times. I am certain you will find the cases in this newsletter as heartening as I do. I hope you will continue to include the Senior Living Foundation in your charitable giving and enable us to continue to “take care of our own.”

Joan M. Clark

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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 or 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.

OVERVIEW

Over the years, the Senior Living Foundation has assisted many retired FS colleagues with their health-related expenses, which tend to increase as one grows older. We receive requests for financial assistance with prescription copayments, deposits on assisted living facilities, health insurance premiums, transportation to medical appointments, durable medical equipment purchases, medical bill copayments or

coinsurance amounts, home health care services, etc.

A number of the calls that reach us are the caller's last hope for help. We have heard numerous stories about how difficult life is in their elder years and how they never expected to be in a situation where they had to ask for help outside of their family. Hearing scenarios like these reminds us why the Senior Living Foundation exists. Each grant we give helps to reestablish that hope and several grantees have expressed their appreciation for the Foundation's existence, as demonstrated in the thank you notes displayed throughout the newsletter. Unlike most charitable organizations, this past year the Senior Living Foundation saw steadfast support from the grassroots of the Foreign Service.

Foreign Service Retirees of Florida Association Donates to the Foundation



The Honorable Ken Hill, President of "Foreign Service Retirees of Florida," presented a donation to SLF Executive Director Paula Jakub in April 2009. The Senior Living Foundation appreciates the support from Foreign Service Retiree Associations.

We received almost \$1 million in donations, despite the present adverse economy. While two-thirds of this amount was in bequests (always a variable in our fundraising efforts), we are especially grateful for donations from individuals like you, year after year, as we primarily rely on your donations to provide assistance to those in need. But as our donor base ages, we continuously work on getting our message out to the younger generation of the Foreign Service. If you have a colleague who hasn't heard yet about the Senior Living Foundation, please pass this copy of the newsletter on to them. You might want to share your reason for giving to the Senior Living Foundation with that person.

Last year, and for the past several years, we gave over \$250,000 in grants annually. Assistance can be in the form of a one-time grant, on a temporary (or short-term) basis, or as a lifelong commitment. No matter what the scenario may be, the Foundation does whatever it can to assist the FS retiree or family member.

Best Wishes to John Shumate

John Shumate retired in July 2009 after 23 years as CEO of the American Foreign Service Protective Association and 29 years as a Foreign Service Officer, a remarkable span of service achieved by few. During almost his entire tenure at AFSPA he also served as Executive Director of the Senior Living Foundation. John developed the concept for the Senior Living Foundation and through his efforts made the Foundation a reality. Although no longer Executive Director, John continues to be involved in Foundation activities as a member of the Board of Directors of the Senior Living Foundation.

The Foundation is fortunate to have most of its overhead expenses paid for by the American Foreign Service Protective Association. This allows us to spend 93½ cents of every dollar donated on grant giving. However, this does not negate our need for continued fundraising. The demand for our assistance continues to grow as people are living longer and we face an aging population. We hope that you will continue to support the Senior Living Foundation and tell your colleagues about our mission, too.

This September, we will hold our popular "Planning for Change" seminar again. Details of this event will be posted on our Web site www.SLFoundation.org as they become available. If you live in the Washington, DC metropolitan area, or plan to be visiting the area on September 16th, we hope that you will plan to attend this very informative seminar. We think you will agree that it is a worthwhile way to spend your afternoon.

With your support, the Senior Living Foundation will continue to "take care of our own."

RESOURCE CENTER ACTIVITIES

The Resource Center provides information about and assistance in obtaining help that is available through community, state and federal resources. We continue to receive an increasing number of calls and have helped many members of the Foreign Service family. Here are some examples of the type of non-monetary assistance we are able to provide:

The daughter of a retired FSO contacted the Resource Center seeking advice on planning for her parents, who find themselves requiring more help now. They live in their own home with caregivers, but both are showing signs of increased dementia. The daughter and another sibling are working with their parents, who have long term care insurance, trying to identify the best living arrangement.

■ *The Resource Center referred the family to a Geriatric Care Manager who assessed the parents' situation and recommended some local resources, including Assisted Living Facilities that could provide appropriate care for the parents.*

The wife of a retired FSO contacted the Resource Center requesting information about transportation services for her husband, who uses a wheelchair. She is not able to get him out of the house by herself any longer and is finding it more difficult to cope with his health condition.

■ *The Resource Center identified several transportation service companies, including one provided by the local county that was very affordable. Also, the Foundation's social worker gave her information about physicians who make house calls.*

The son of a retired Foreign Service employee, who was living overseas, contacted the Resource Center because he had learned that his father was quite ill and needed to return to the United States for treatment. It wasn't clear if the father was capable of making arrangements for himself or if he would even cooperate.

■ *The Resource Center helped the son contact the American Citizen Services section at the American Embassy in the country where his father was living. With their help, the father was able to return to the USA. The father responded to the treatment favorably and our social worker stays in touch with the son, in case the father needs further assistance from the Foundation.*

The spouse of a retired FSO contacted the Resource Center inquiring about the necessary paperwork to complete in the event her husband dies before she does. She wanted to ensure that she had everything she needed if and when that difficult time arrives.

■ *The Foundation's social worker provided information on obtaining estate planning services and explained the procedures to follow when a federal annuitant passes away. We mailed the appropriate forms to her, along with specific instructions on whom to contact at the State Department when her husband passes away.*

FOUNDATION GRANT GIVING

Support for the Senior Living Foundation throughout the Foreign Service community continues to grow. Because of your continued support, we are able to provide much-needed help to our retired Foreign Service colleagues. Here are some examples of the financial assistance we are able to provide:

A retired Foreign Service employee, who lives alone in a rural area, contacted the Foundation through its Web site requesting financial

assistance with paying for a knee replacement surgery and other medical expenses. When she retired from the Foreign Service she had to drop her Federal Employees Health Benefits plan and signed up for Medicare.

■ *The Foundation responded by approving a one-time grant to cover her unpaid medical bills and assisted her with enrolling in a secondary health insurance plan. Currently, the Foundation is paying the monthly premium on her Medigap policy.*

The daughter of a Foreign Service widow contacted the Foundation requesting financial assistance for her mother. The mother had been hospitalized with serious medical problems and eventually was discharged home with an uncertain prognosis. The family has depleted their savings paying for home health care and weren't sure what to do next.

■ *The Foundation arranged for a Geriatric Care Manager to meet with the family and help them develop options for caring for their mother. Also, the Foundation started a monthly grant to assist the family with the cost of home health care services.*

The friend of a retired Foreign Service secretary, who lives alone and has no relatives, contacted the Foundation to express concern about the retiree's living situation. The retiree's health is declining, she is having difficulty walking and performing activities of daily living, and she lacked the funds to pay for home health care services.

■ *The Foundation responded by arranging for an agency to assess the retiree's living situation and determine how to meet her health needs. Currently, the Foundation is providing a monthly grant to cover medical expenses and home health care costs.*

A disabled, divorced Foreign Service spouse contacted the Foundation requesting financial assistance with dental and other medical expenses. She is in constant pain from her disability, but did not see a doctor or purchase medications due to lack of funds.

■ *The Foundation responded by awarding a one-time grant to pay for her medically necessary dental work and outstanding medical bills. Also, the Foundation started a monthly grant to assist her with Medicare Part D premiums, uncovered medical expenses and basic living costs.*

A retired FSO contacted the Foundation seeking assistance with transportation to medical appointments. He has arthritis that limits his mobility and is having difficulty going places outside his home.

■ *The Foundation helped him find a local transportation service that met his needs and established a monthly grant to cover the costs of the transportation service. Recently, the Foundation increased the amount of his monthly grant to pay for basic housekeeping and personal care services, as his arthritis has become worse.*

A retired Foreign Service secretary living abroad contacted the Foundation requesting financial assistance. She was having difficulty making ends meet on her small pension and had fallen into debt because of the declining U.S. Dollar exchange rate.

■ *The Foundation gave her a one-time grant to pay off a bank loan and began providing her with a monthly grant to help cover basic living expenses.*

Expression of Thanks

The Senior Living Foundation would like to express our thanks to the following individuals who made gifts to the Foundation in 2009:

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*What a wonderful way to remember those who
 have gone before us.*

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“I want to thank you again for the financial assistance in paying my supplementary health insurance. I could not have done this without you.”

– 79-year-old grantee

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 Kaplan, George R.
 Kaspar, Frances C.
 Katz, Abraham
 Katz, Stanley
 Kauffman, Kenneth M.
 Kauzlarich, Richard D., Sr.
 Kavanagh, Lawrence W.
 Keegan, Patricia K.
 Keene, Douglas R.

Keiderling, Rosario
 Kelly, Brendan J.
 Kelly, Hannah G.
 Kelly, John H.
 Kelly, Michael A.
 Kemp, Katherine L.
 Kennedy, Ellen C.
 Kennedy, Mary L.
 Kennedy, Mary V.
 Kennon, Shirley A.
 Kerr, Graham B.
 Kerr, James E.
 Kiang, Daniel
 Kilday, Lowell C.
 Killham, Edward L.
 Killion, Patricia L.
 Kincaid, Nancy E.
 King, Richard F.
 King, Virginia L.
 Kinnell, Roberta L.
 Kirkpatrick, Helen A.
 Kirkpatrick, Joan A.
 Kleiber, Norma L.
 Kleiman, Kathryn C.
 Klein, John
 Knickmeyer, Robert H.
 Knopes, Robert E.
 Knowles, Frances M.
 Koegel, Signe G.
 Kohl, Walter A.
 Kolker, Jimmy J.
 Komitor, Marjorie M.
 Korff, J. Michael
 Kost, Barbara J.
 Kott, Barbara L.
 Krebs, Sheldon I.
 Kresse, Thomas R.

Krieg, William L.
 Krieger, George J., Jr.
 Kriesel, Herbert C.
 Krys, Sheldon J.
 Kuchova, Nicholas R.
 Kuhr, Bonnie
 Kunsman, June H.
 Kursch, Donald B.
 Kwiatkowski, Caroline
 La Porta, Al
 Lambert, Lynne
 Landau, George W.
 Lane, George M.
 Lane, Helen B.
 Lane, Larry E.
 Lane, Lyle F.
 Langan, Douglas
 Lange, Howard H.
 Lanpher, E. Gibson
 Latimer, Cecelia A.
 Lauderdale, Clint A.
 Lautz, Donald C.
 Lawrence, William U.
 Le Zotte, M. Diane
 Leader, Joyce E.
 Leary, Nancy S.
 Lebaron, Richard B.
 Ledogar, Stephen J.
 Lefes, Sue N.
 Lehmann, Glenn A.
 Lehmann, Wolfgang J.
 Lehovich, Magda
 Leidel, Donald C.
 Leidy, Lucy R.
 Lekson, J. Michael
 Lennon, Claudia
 Leonard, James F.

Leonard, John P.
 Leonhardy, Lee N.
 Lev, Reuben
 Levin, Herbert
 Levine, Melvin H.
 Lewinsohn, Joann
 Lewis, Antonie
 Lewis, Reese A.
 Lide, Frances T.
 Lill, Joe
 Lillig, Renata C.
 Lim, James
 Linder, Perry W.
 Lindsey, William H., Jr.
 Lippe, Stuart H.
 Lisle, Martha O.
 Lloyd, Wingate
 Logsdon, Kent D.
 Loken, Kristin K.
 Lomanno, Frank J.
 Long, Richard G.
 Looram, Matthew, (Mrs.)
 Lorimer, Lois
 Lorton, Ronald D.
 Love, Ruth
 Low, Stephen
 Lowenthal, Alice M.
 Lucey, Mary A.
 Lucius, Mary W.
 Lueders, Ingeborg M.
 Lukens, Alan W.
 Lundberg, Richard C.
 Lutkins, Larue R.
 Lydon, Peter
 MacCallum, Robert A.
 MacDonald, John W.
 Macias, Arturo S.

Maciejewski, Theresa E.
 Madigan, John A.
 Maerkle, Frederic W.
 Magee, Charles T.
 Magnone, Patricia A.
 Mahan, Tu-Hue M.
 Maiorino, Deborah H.
 Mak, Dayton S.
 Makepeace, Lindsay H.
 Malley, Raymond C.
 Malone, Gifford D.
 Malott, F. Stephen
 Malpass, Betsy J.
 Mann, Dolores J.
 Marshall, Joyce D.
 Marshall, Mary B.
 Martens, Robert J.
 Martin, Cheryl A.
 Martin, Jayne H.
 Martin, Joanna W.
 Martin, Mary L.
 Martin, Robert A.
 Martin, Thomas H.
 Martinez, Edward E.

Matteson, Lois J.
 Matthews, Gary L.
 Mattison, Alma H.
 Mattran, Gerald C.
 Mauren, Fred J.
 Maurer, William H., Jr.
 Mayberry, Charles E.
 Mayer, Paul O.
 Mayhew, Philip R.
 Maysa, Nilsa C.
 Mc Elroy, Howard
 Mc Govern, Elaine A.
 Mc Lean, Andrew J.
 Mc Lerran, Gregory L.
 McAfee, Marilyn
 McCarthy, John R.
 McCarthy, John W., Jr.
 McCarthy, Robert E.
 McCarty, Paul B.
 McClure, Brooks
 McCoy, Annelise G.
 McCrory, Janet C.
 McCusker, Joan G.
 McElhaney, Douglas L.

“I feel much gratitude that the Foundation has continued my benefits. The benefits are invaluable in these trying times. The Senior Living Foundation has done invaluable service for which mere thanks are inadequate. This extra help has relieved me much anxiety.”

– 85-year-old grantee

Martino, Thesia
 Mason, Sue W.
 Mathes, Donald E.
 Mathews, B. Ellen

McElhoe, Lucille G.
 McGee, Shirley J.
 McGraw, Mary U.
 McGuire, Edna C.

McHenry, Donald F.
McIntosh, Brian H.
McIntosh, Clarence J.
McKee, Alan R.

Messner, Kenneth A.
Meysenburg, Mary A.
Michel, James H.
Miller, Cynthia J.

Moore, Pamela H.
Morgan, Paul V., Jr.
Morgan, Raecarol
Moriarty, Lauren
Morin, Emile F.
Morin, Laurent E.
Morris, Lucille
Morris, Ned E.
Morrow, William E.
Muller, Carolyn B.
Muller, Stephen H.
Munn, Lewright B.
Murphey, William G.
Murphy, Jane K.
Murphy, Margaret A.
Murphy, Nicholas M.
Murphy, Richard W.
Murphy, Robert
Murray, Patricia M.
Mustain, Robert W., Jr.
Myerson, Jacob M.
Myrick, James F.
Nadel, Berit H.
Napper, Larry C.
Navarro, Fe I.
Neher, Leonardo
Neitzke, Ronald J.
Nelson, Harvey F., Jr.
Nemmert, Catherine
Nesbit, Leroy P.
Netland, Deborah
Nettles, G. Clay
Neumann, Ronald E.
Nevera, Ivonna
Newberry, Susanne D.
Newell, Roberta L.
Newfeld, Lawrence

Newman, Richard W.
Newsom, Jean C.
Newton, David G.
Nicholson, Marc E.
Nielsen, Steve A.
Nielsen, Thelma C.
Niemyer, E.V., Jr.
Nixon, Warren P.
Norbury, Marthe M.
Norris, Chester E., Jr.
North, Walter E.
Northup, John H.
Nurmi, Alan
Nylund, Catherine M.
Nyren, Genevieve E.
Oba, Gary G.
O'Barr-Breedlove, Ann G.
O'Connor, Neusa P.
O'Donnell, Sharon S.
O'Donnell, Thomas J.
O'Donohue, Daniel A.
Oglesby, G. William
Ojamaa, Elo-Kai
Okun, Herbert S.
Oliver, John G.
Olmon, E. Parks
Olson, Oscar J., Jr.
O'Neill, Rosemary D.
Ostrander, Nancy
O'Sullivan, James L.
Owen, Douglas E.
Owens, Jane E.
Paciorka, Joseph J.
Paganelli, Robert P.
Palazzolo, M. Dell
Pancoast, Eunice B.
Panor, Anne

"I apologize for taking so long to acknowledge the help the Foundation has given me. Your assistance with my dental bill is very much appreciated. I often wonder where I would be and what condition I would be in if not for the kindness and compassion of the Senior Living Foundation. I am and always will be grateful."

– 76-year-old grantee

McKee, Myrna
McKee, Nancy A.
McKeown, Mary A.
McKiernan, Thomas D.
McKinley, Peter M.
McLaughlin, Michael J.
McManus, Clare R.
McMillion, Margaret K.
McNamara, Francis T.
McNamara, Thomas E.
McTigue, Jessica J.
Meade, Susan W.
Median, Ruth
Meehan, Francis J.
Mehu, Anne E.
Mehu, Ellen M.
Meier, Mona A.
Melrose, Joseph H., Jr.
Menter, Sanford
Meresman, Carol A.
Merritt, Mary G.
Mertz, Mary M.

Miller, David E.
Miller, Elizabeth A.
Miller, F. Brett
Miller, Leonor J.
Miller, Robert H.
Miller, Robert M.
Milligan, Michael
Mills, Carol J.
Milovanovic, Z. R.
Milroy, Amelita B.
Mitchell, Annabelle
Moffat, Jay P.
Moffett, James D.
Mohr, Jane A.
Molineaux, Diana B.
Moller, Kenneth
Monk, David B.
Monroe, Evangeline
Monroe, Gerald J.
Montllor, Ruth J.
Moore, Marjorie K.
Moore, Minni L.

Park, Maureen E.
 Parker, Alan
 Parker, Sarah V.
 Parks-Little, Traba F.
 Parsons, Donald K.
 Passage, David D.
 Patterson, Sue H.
 Pelletreau, Robert H., Jr.
 Peltier, Alec M.
 Pendleton, Elisabeth M.
 Pendleton, Mary C.
 Perrin, James
 Perry, Blossom N.S.
 Perry, Jack
 Peters, John G.
 Peterson, Charlotte R.
 Petronis, Janet
 Pettinga, Frank L.
 Pfeifle, Linda
 Phillippi, Julian I.
 Piccioni, Marion F.
 Pickering, Alice S.
 Pickering, Thomas R.
 Pina, Paul H.
 Pingree, Michael M.
 Pipal, Suella
 Pitcher, Allan L.
 Pitts, Amy
 Polansky, Sol
 Porpotage, Dora J.
 Porter, Leonard J.
 Postupack, Catherine I.
 Potash, Janet R.
 Powers, Betty R.
 Poynter, Rosalind
 Pozorski, David R
 Pratt, Elizabeth M

Pratt, Genevieve J.
 Pratt, Georgia W.
 Pratt, Mark S.
 Price, Richard C.
 Prince, Dorothy E.
 Pringle, Robert M.
 Pringle, Sandy M.
 Pritchard, Gary
 Prosser, James F
 Pugh, Robert L.
 Pugliese, Millicent G.
 Purnell, Jon R.
 Purnell, Matilda H.
 Putman, Warren C.
 Quainton, Anthony C.
 Quan, Thomas
 Quast, Necia L.
 Rabasa, Angel M.
 Radday, Harold
 Raspolic, Elizabeth
 Rattray, Alexander L.
 Recinos, Helen G.
 Redden, Normand
 Reddington, John P.
 Redman, Charles E.
 Reed, John H.
 Reid, Era M.
 Reiersgard, Linda F
 Reilly, Charles P.
 Reinhardt, John E.
 Rendall, Carol W.
 Renteria, Herminia
 Reuther, David E.
 Reynolds, Oscar A.
 Ribera, Robert C.
 Richards, Joan M.
 Richardson, Jeanne L.

Richardson, Pearl
 Richmond, Yale W.
 Richtmyer, Priscilla
 Rickert, Jonathan B.
 Ridgway, Rozanne L.
 Riggs, Fletcher E.
 Riley, James B.
 Riley, Wilson A., Jr.
 Robb, George A.
 Roberts, Cathie P.
 Roberts, George B., Jr.
 Robertson, James E.
 Robins-Mowry, Dorothy
 Robinson, James A.
 Robinson, Jill R.
 Robinson, John B.
 Robinson, Joyce L.
 Robinson, Kathryn D.
 Robinson, Yolanda M.
 Rockwell, Stuart W.

Ross, Richard F.
 Rosselot, Audrey L.
 Rothman, Phifer P.
 Rountree, Suzanne M.
 Rowberg, Brynhild
 Rowe, Leslie V.
 Rowell, Edward M.
 Rudd, Herbert
 Ruddick, Terrence L.
 Rueda, Richard, Jr.
 Ruedy, Ralph H.
 Rusby, Paul G.
 Russell, Theodore E.
 Russillo, Victor D.
 Ryan, Carmen S.
 Ryan, Henry B.
 Ryerson, Suzanne S.
 Sablosky, Juliet A.
 Saddler, George F.
 Sakaue, Marlene J.

"I am very grateful for all the help I receive from the Senior Living Foundation. It is truly overwhelming!"

– 83-year-old grantee

Rodgers, Maria A.
 Rodriguez, Roberto
 Rodstrom, Mildred E.
 Rogers, Jordan T.
 Rogers, Kenneth N.
 Roman, Valerie A.
 Rondon, Marian H.
 Roody, Rosalie
 Rosenfarb, Charles
 Rosinus, Gunther K.

Salmon, Charles B., Jr.
 Sambaiew, Vladimir P.
 Samuel, Edward B.
 Sanchez, Andres G.
 Sanchez-Carlo, Marie
 Sanders, Cameron H., Jr.
 Sandstrom, Sarah H.
 Sarros, Mary Patton
 Satterfield, Patricia M.
 Scarlis, Annette

Scattergood, Carolyn S.
 Scerback, Wilma C.
 Schafer, M. Virginia
 Schiff, Stanley D.
 Schiffman, Irving I.
 Schindler, Sol
 Schlenker, Thomas A.
 Schloss, Donna L.
 Schmidt, Carl W.
 Schoettle, Peter G.
 Schoonover, Brenda B.
 Schrader, Helena P.
 Schroeder, Anita G.
 Schultz, LeRoy R.
 Schunter, Elaine B.
 Scobey, Margaret
 Scott, G.W.

Shea, Janet P.
 Sheets, Mary Lu
 Sheinbaum, Gilbert H.
 Sheridan, Betty A.
 Sherman, Earle W.
 Sherman, William C.
 Shimomura, Alice N.
 Shinn, David H.
 Shinnick, Richard J.
 Shippe, John J.
 Shippy, A. Ellen
 Shirley, John W.
 Shlaudeman, Harry W.
 Shoemaker, Lori
 Shoemaker, Mary C.
 Shoemith, Martha H.
 Shumate, John P.

Skiles, Victor H.
 Skoufis, Helen M.
 Skoug, Kenneth N., Jr.
 Slavik, Pauline
 Slezak, Lester P.
 Slott, Dorothy B.
 Slott, Richard J.
 Smith, Ann C.
 Smith, Barbara
 Smith, Catherine M.
 Smith, Dane F., Jr.
 Smith, Frank M.
 Smith, Jack M., Jr.
 Smith, Jane S.
 Smith, Judith L.
 Smith, Mary G.
 Smith, Robert P.
 Smith, Samuel V.
 Smith, Sandra R.
 Smith, Thomas
 Snyder, Joseph C., III
 Snyder, Martha M.
 Snyder, Richard E
 Sobol, Joseph
 Solitario, Helen S.
 Sommer, Frances M.
 Sorkin, Judith
 Spakauskas, Anthony
 Sparshott, Virginia L.
 Speaks, John T.
 Spear, Moncrieff J.
 Spencer, June B.
 Sperling, Jonathan L.
 Spigler, Maria G.
 Sprick, Karl H.
 Spruce, William E.
 Stabler, Wells
 Stader, Donald E.

Stafford, Joseph D.
 Stafford, Robert F.
 Stahlman, John W.
 Stanley, Sharon W.
 Starkey, Mary M.
 Stave, Virginia I.
 Stebbing, Mikiko D.
 Stedman, William P., Jr.
 Steere, Paul J.
 Steiner, Martin
 Stephens, John C.
 Stephens, William L.
 Stern, Thomas
 Sternberger, Howard J.
 Stewart, Candace K.
 Stoessel, Mary Ann F.
 Stoltzfus, William A., Jr.
 Stone, Galen L.
 Stoneman, JoAnn M.
 Stottman, Charlotte A.
 Strand, Robert R.
 Stratton, Stephanie A.
 Straus, Ulrich
 Stull, Elizabeth B.
 Suddath, Barbara P.
 Sulak, Arlette A.
 Sullivan, Herma G.
 Sullivan, John J.
 Sullivan, Joseph G.
 Sullivan, Richard J., Jr.
 Summers, Thomas E.
 Surber, Denise E.
 Sweeney, Ruth M.
 Swenson, Hallene X.
 Swope, Mary E.
 Symmes, Harrison
 Synodis, Peter N.
 Takacs, Marilyn H.

“I want to say that I couldn’t have come this far without the Foundation’s help. There are times when I have been near tears because I was not sure how I was going to make it through the month, and then I would get that check from the Foundation. You have literally put food on my table.”

– 58-year-old grantee

Scruggs, Carolyn V.
 Seligmann, Albert L.
 Seltzer, Nomi E.
 Semler, Peter
 Sens, Andrew D.
 Serpa, Nancy M.
 Service, Helen G.
 Service, Robert E.
 Shampaine, Nicole D.
 Shankle, JoAnne

Shurtleff, Leonard G.
 Silins, Ints M.
 Simcox, David E.
 Simmons, Roger J.
 Simmons-Benton, Anne
 Simons, Margaret Q.
 Sims, Dudley O.
 Sindelar, H. Richard, III
 Sinnicki, John G.
 Sirotic, Aldo J.

Tanabe, Florence T.
 Tannenbaum, Jane J.
 Taska, Betty K.
 Taweel, Doris C.
 Taylor, Frank D.
 Taylor, John J.
 Teague, Ruth R.
 Teare, Richard W.
 Telkins, Patricia W.
 Tepas, Lois E.
 Texido, Robert C.
 Thaxton, Clinton
 Thayer, Harry E.
 Thigpen, George H.
 Thomas, Isabell M.
 Thomas, Lourana S.
 Thompson, Alan R.
 Thompson, Barbara S.
 Thompson, Richard S.
 Thompson, Trudie E.
 Thompson, Ward C.
 Thomsen, Judith D.
 Thomsen, LaVerne L.
 Thomson, David R.
 Thurber, James P., Jr.
 Tiger, Marion L.
 Todman, Terence A.
 Toly, Lorraine
 Townsend, John G.
 Tracy, Thomas M.
 Tragen, Irving G.
 Trainor, William J., Jr.
 Treffehn, Pamela K.
 Treger, Herbert L.
 Trivelli, Paul A.
 Troxel, Holly E.
 True, Sally

Tua, Benjamin
 Tuch, Hans N.
 Tull, Theresa A.
 Tully, Barbara S.
 Tumavick, Nancy M.
 Turner, Melvin R.
 Turner, Patsy M.
 Twining, Charles H., Jr.
 Twohie, Sandra J.
 Tynes, Robert E.
 Ullman, Carrie A.
 Van Derhoff, James
 Van Horn, Mary E.
 Vaznaugh, Delfa M.
 Veitengruber, Loraine L.
 Velez, Andre F.
 Vineyard, Annie M.
 Vraniak, Louis
 Vydmantas, Rima J.
 Wabeke, Bertus H.
 Walker, Savannah
 Walsh, Thomas E.
 Warlick, James B.
 Warren, William
 Watson, Alexander F.
 Watson, Bobby L.
 Watson, Douglas K.
 Watson, Evelyn
 Watson, James F.
 Watson, William S.
 Weber, Janet M.
 Wedeman, Miles G.
 Weeks, Richard L.
 Weeks, Virginia M.
 Weinhold, William J.
 Welsh, Irene R.
 Wenick, Martin A.

Weppner, A. Virginia
 Wertz, Alma H.
 Wheeler, Janet A.
 White, Alfred J.

Wong, Rose P.
 Wood, Linda
 Wood, Peter S.
 Wood, R. Susan

“It’s been a tangible comfort noting every month that my health insurance premium was deposited to my account. Many thanks to you and your team for that relief!”

– 59-year-old grantee

White, Jeffrey S.
 White, Katherine M.
 Whittemore, James C.
 Wiener, Howard C.
 Wiggins, Frontis B., Jr.
 Wild, Marie A.
 Wilkinson, Edward H.
 Wilkinson, Sharon P.
 Wilkinson, Theodore S.
 Williams, Ann
 Williams, Anne M.
 Williams, James A.
 Williams, Langdon P., Jr.
 Williams, Richard H.
 Wilson, David M.
 Wilson, J. Robert
 Wilson, Jackson W.
 Wilson, Joan R.
 Wilson, Ross L.
 Wimberg, John E.
 Winder, Joseph A.
 Witte, Jeanne B.
 Woerner, Ann E.
 Wollam, Jean F.
 Wollemborg, Leo R.

Woodbury, Elizabeth D.
 Woodhull, Janice S.
 Woods, Mary G.
 Woods, Ronald E.
 Woodward, Annette M.
 Woodward, Hugh M.
 Woodward, Patricia
 Wrampelmeier, Brooks
 Wygant, Michael G.
 Xochihua, Alba
 Yager, Virginia E.
 Yalowitz, Judith
 Yamauchi, Emi L.
 Yap, Joseph D.
 Young, Paul H., Jr.
 Young-Schumacher, Elizabeth A.
 Yovanovitch, Marie L.
 Zaccagnino, Anthony J.
 Zachary, Dan A.
 Zaelit, Lucille
 Zanella, Patricia A.
 Zavis, Carol S.
 Zinoman, Murray
 Zucca, Albert L.
 Zuckerman, Stanley A.



SENIOR LIVING FOUNDATION
OF THE
AMERICAN FOREIGN SERVICE

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With the growing popularity of the Internet and people doing more and more business online, including their charitable giving, the Senior Living Foundation is introducing a new feature this spring – the opportunity to donate to the Foundation using a credit card through our Web site, www.SLFoundation.org.

To bring this about, the Foundation is partnering with the “Network for Good,” a not-for-profit organization that specializes in helping charities like the Senior Living Foundation do business over the Internet.

Donating with a credit card through our Web site will mean saving the expense of postage and foregoing the effort of writing and mailing a check. Donors will receive an immediate acknowledgement by email and can print out their tax receipt. We hope you will find this new feature convenient.

The Senior Living Foundation (SLF) is grateful to have received bequests from Mr. Arthur R. Dornheim, Mr. Samuel E. Fry, Ms. Elizabeth C. Getz, Ms. Ingeborg M. Lueders, and Mr. Paul V. Morgan.

Clearly, they believed in our mission of “taking care of our own.” Their bequests will play a large part in our ability to reach out to those Foreign Service colleagues who turn to us for help.

WHO TO CALL FOR HELP:

If you or someone you know need the services of the Senior Living Foundation (SLF), please call:

Gayle Bohorquez
Foundation Liaison

Phone: (202) 887-8170

Fax: (202) 872-9320

E-Mail: info@SLFoundation.org

The Foundation considers each case individually and maintains total confidentiality.