



*A Time of Service,
A Time of Need*

SENIOR LIVING FOUNDATION *of the* AMERICAN FOREIGN SERVICE

Volume 21, Number 1

FOUNDATION NEWSLETTER

March 2018

MESSAGE FROM THE CHAIRMAN



Thank you for your support of the Senior Living Foundation (SLF). Your generosity makes it possible for the Foundation to meet its prime objective: “taking care of our own.”

I am pleased to report that in 2017, SLF received almost \$235,000 in individual donations. We were also honored to receive \$115,000 in corporate and other grants and bequests. The bequests are very important to our future and reflect the great commitment of our supporters. The funds we received were used to assist retired Foreign Service members and spouses with medical bills, home health care, and basic living expenses. We also built up our reserve fund, so that SLF will be available in the future to colleagues in need.

With your donations, the Foundation provided emergency, one-time, and ongoing grants as well as guidance and support from our Resource Center, which connects elderly Foreign Service colleagues to programs and resources in their local area. The Center also assists active duty Foreign Service personnel so they can help aging parents, for example, by providing information to make the best caregiving decisions while stationed overseas.

This past year, the Foundation increased its outreach efforts. Once again, we joined AFSA and DACOR in sponsoring the 2017 Foreign Affairs Day. SLF also partnered with the State Department’s Elder Care Support Group to hold a workshop on alternatives to nursing homes. And, for the first time, the Foundation participated in a State Department Retirement Planning Seminar, presenting SLF materials at the final reception. This newsletter highlights all these events as well as others. We invite you to read more about them on the inside pages.

You may have heard that the new tax legislation changes the charitable giving environment by changing the tax benefits that come from giving to nonprofits. The new law does not change the fact that the needs of our elderly Foreign Service colleagues surely will increase over time. I know that you give to SLF because you understand and support its mission and you share SLF’s commitment to our elderly colleagues. We count on you to continue to support SLF’s mission in 2018 and beyond.

“Taking care of our own” matters. We need your financial commitment now more than ever. On behalf of all those who depend on SLF’s services, I thank you for your kindness and generosity.”

Sincerely,
Marc Grossman

Sponsored by the AMERICAN FOREIGN SERVICE PROTECTIVE ASSOCIATION

OVERVIEW

Over the years, the Senior Living Foundation (SLF) has made a strong impact in the Foreign Service community. The services we provide have helped build a proud tradition of “taking care of our own.” SLF’s interventions range from simply furnishing information and guidance on available resources to providing emergency or ongoing financial support. Each case is considered individually – every grantee is treated with respect, dignity, and total confidentiality. If you know someone who could benefit from SLF’s programs, please refer them at any time.

You can trust that anyone you recommend to the Foundation will be in good hands. Those within the Foreign Service community respond positively to SLF’s caseworker services and financial assistance. One grantee said, “I am deeply grateful to the Senior Living Foundation for all of the support you provide to make me feel safe, comfortable, and secure.” Another kind sentiment came from a Foreign Service widow who said, “I want to

thank SLF for their dedication to helping seniors during the time they need it most. But to me, it’s more than just help; SLF is our security during this later part of our life.” SLF is honored to serve our retired colleagues, as they face life’s changes.

Lastly, we strive to increase awareness and to reach more people who may need assistance. This often involves finding new opportunities to spread the word about SLF’s mission and purpose. Read more about the Foundation’s 2017 outreach efforts on pages 4 and 5 of this newsletter.

The Foundation has achieved ongoing success over the years, largely due to your consistent generosity. The donations we received this past year allowed us to defray the cost of utility bills, basic living expenses, prescriptions, medically necessary dental work, and care management services for our Foreign Service colleagues. Please enjoy the heartwarming real-life examples of assistance made possible from your financial support on the following page.

SLF 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 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.

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A retired Foreign Service officer needed durable medical equipment for her apartment. Her insurance would cover most, but not all, of the fees associated with the needed equipment. However, the person could not afford the out-of-pocket portion of the final bill.

◆ *The insurance social worker contacted the Foundation to assist. By working together with the insurance company, SLF provided a grant to pay for the necessary durable medical equipment.*

An FS widow needed emergency financial assistance. She lived alone in an apartment in the DC area and had learned that her annuity check had been direct deposited into the wrong account. She was not going to be able to pay her bills or buy food until the next month.

◆ *SLF sent her a check to cover her basic expenses. The Foundation worked with*

HRSC to resolve the issue and ensure future checks were deposited into the correct account. SLF offered to connect the widow with a financial management specialist as well.

The spouse of a retired FSO was the primary caregiver for her husband who needed round-the-clock care at their home in Europe. She required major surgery, which would keep her off her feet for six weeks, leaving him without a caregiver. She contacted the Foundation for assistance paying for homecare during this period.

◆ *SLF provided two emergency grants to help pay for the homecare services.*

The divorced spouse of an FSO first contacted the Foundation several years ago for help with her heating bill. The Foundation provided an ongoing grant to assist with basic living expenses with support from a care manager. Recently, she had become socially isolated and changes in her mental and physical health made it unsafe for her to live on her own.

◆ *SLF provided support for a move to assisted living and ongoing care management and money management*



services. The grant recipient is socializing with other residents and is cared for by a professional staff while maintaining some independence.

An FS annuitant living in an independent, active adult community contacted the Foundation for help paying for homecare.

◆ *The Foundation engaged a care manager to perform an initial assessment with the annuitant and nieces who visit regularly. A grant was established for weekly companion care. As time passed, it became clear the annuitant needed more care. The Foundation supported the work of the care manager and family in making a move to an appropriate assisted living facility. SLF continues to support the annuitant by paying for care management services and providing support for living expenses.*



Foreign Affairs Day



A FSPA participated in Foreign Affairs Day at the State Department on May 5, 2017. The event honors retired Foreign and Civil Service employees and serves as an annual homecoming celebration. This year, the Senior Living Foundation (SLF) joined AFSA and DACOR in cosponsoring the event. SLF hosted an information table, along with other organizations that serve the Foreign Service community. It was a great opportunity to share the work of the Foundation with others and to let them know SLF is available to assist.



Elder Care Support Group

On February 7, 2017, the State Department's Elder Care Support Group held a special panel discussion in partnership with the Senior Living Foundation (SLF). The topic centered around finding alternatives to nursing homes. Each invited speaker gave information on their specific programs and services. Christine Bitzer discussed the in-home care and support services offered at Seabury Resources for Aging, while Lorna Grenadier from Foggy Bottom West End Village, spoke about the village concept of aging in place. Participants asked questions and received resource materials. The open discussion format allowed attendees to address their various challenges in finding home care options for their elderly loved ones. SLF was pleased to be a part of this educational experience.



Retirement Planning Seminar

On October 27, 2017, the Senior Living Foundation (SLF) hosted an information table at a Retirement Planning Seminar (RPS) reception. This event took place at the Foreign Service Institute on the final day of the multi-month RPS program. SLF shared the mission of the Foundation with others. The attendees learned that SLF relies on the Foreign Service community to identify those in need of assistance. SLF joined other groups such as DACOR and AFSA in presenting their services. It was a great opportunity to answer questions and provide information to those preparing to retire.



The Oral History Project



A few years ago, the Senior Living Foundation (SLF) started on a journey to preserve our memories and tell our stories. Through the Oral History Project, we gather information from individuals who were there in the early stages of SLF. Using an interview format, their voices help listeners understand how the Foundation developed to what it is today.

The Oral History Project strives to obtain information from different perspectives. In 2017, we added the testimonial of Ambassador William C. Harrop, a present SLF Board Member. Visit www.SLFoundation.org, under the "Our Stories" tab, to experience his account of SLF's beginnings as well as the personal accounts of others. The recordings reveal and confirm that SLF has built a strong tradition of "taking care of our own."

DACOR Donation

Thank you to DACOR for their generous donation to the Senior Living Foundation (SLF). Their kind contribution helps SLF provide support to the many retired Foreign Service personnel and their spouses. DACOR President, Jim Benson, presented SLF Chairman, Marc Grossman, with the charitable gift on August 3, 2017.



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 Campbell, Mary H
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*“My husband loved his country
 and being a member of the
 Foreign Service. It is a blessing to
 receive this financial support.”*

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 Gamble, Roger R
 Gammon, Samuel R
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 Garland, Elaine L
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 Garvelink, William I
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 Gelber, Sarah
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 Gleysteen, Marguerite B
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 Hanrehan, Patricia S
 Hara, Aguri
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 Hardy, Alan M
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 Haresnape, Robert E
 Harman, Sally L
 Harrick, Barbara J
 Harris, Bonita G

"I thank the Foundation for its support. I usually have to do a juggling act to keep my bills and expenses in balance."

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 Harrison, Beverly O
 Harrop, William
 Hart, Maria I
 Hart, Patricia A
 Hart, Shirley M
 Hartley, Douglas G
 Hartman, Jan H
 Harty, Maura
 Harvey, Barbara S
 Hausrath, Donald C
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 Hazewski, Joseph J
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 Hengel, Douglas C
 Henze, Christopher M
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 Herzog, William E
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 Hulings, Joseph S
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We received gracious gifts from the following businesses, foundations, and organizations in 2017:

- **AmazonSmile**
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- **DACOR, An Organization of Foreign Affairs Professionals**
- **Express Scripts Inc.**
- **The Foreign Service Group of Central Texas**
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"I am eternally grateful. SLF's assistance is such a relief."



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 Rosinus, Gunther K
 Ross, Christopher
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SAVE-THE-DATE

On **September 27, 2018**, SLF will offer our *8th Planning for Change Seminar*. Attendees at this half-day event will learn about advances in medicine, important legal and financial considerations for estate planning, and the ins-and-outs of hospital stays and transitions to home care. More information will be available on our website over the summer.

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