Message from the Chairman

The Senior Living Foundation (SLF) of the American Foreign Service makes a difference and changes lives.

The start of a new decade is a good time to reflect on how the Foundation continues to make a positive impact in our Foreign Service community. Thanks to your financial gifts and unwavering commitment, SLF has evolved from what were humble beginnings in 1988 to the stability and capacity the Foundation has today.

In 2019, SLF received over $380,000 in individual donations, corporate gifts, and bequests. All of us at the Foundation, as well as the grantees we assist, deeply appreciate your generosity. You make it possible for SLF to fulfill its mission of “taking care of our own.”

SLF supports retired Foreign Service personnel and their spouses — including widows and divorcees — who find themselves in strained circumstances. The numerous requests we receive vary from a one-time emergency grant to replace a furnace to covering a retiree’s monthly heating bill. Your contributions address both types of distressed situations as well as defray the costs of senior housing, long-term care, basic living expenses, etc.

In today’s international environment, Foreign Service families can face unique challenges — beyond the relatives that accompany them to their overseas posts. To assist with these cases, SLF added the Parent Program to help active-duty employees manage the needs of their aging parents. On page 4 of this newsletter, we describe in more detail how the Parent Program has made a positive contribution to SLF’s mission.

The Foundation is preparing for the 9th Planning for Change (PFC) seminar to be held in Washington, DC on September 24, 2020. Every two years, SLF sponsors this educational event to offer resources for the next stage of life. Past topics included senior nutrition, case management, estate planning, and more. The workshops are designed to help you plan how to protect your mental, physical, and financial health. We look forward to welcoming you to this excellent event.

SLF remains active, effective, and ready to serve. We are motivated by the fact that the work of changing lives never stops. Your financial support of the Foundation’s services makes this work possible. Allow me to personally thank you for your ongoing support as we “take care of our own.”

Sincerely,

Marc Grossman

Sponsored by the American Foreign Service Protective Association
Overview

The Senior Living Foundation (SLF) consistently makes a difference in the Foreign Service Community. Our work demonstrates dedication and service — much like the careers of our respected grantees. Whether SLF identifies local resources or provides financial grants, we strive to improve the outcomes of an individual’s life. SLF uses simple methods to address major needs — SLF listens, SLF responds, and SLF acts. Those basic concepts help us effectively “take care of our own.”

**SLF Listens**
We started SLF primarily because of the stories of despair shared by our colleagues. Retirees who contributed to the Foreign Service in so many ways faced never-imagined challenges. Wives of Foreign Service Officers who spent their lives overseas supporting their husbands, now needed help caring for them in a different way. Widows found themselves in uncertain situations as they managed life’s changes without their life partner. Marriages ended for various reasons, and the remaining spouses needed support to rebuild their lives. In present day, SLF still listens as potential grantees share their troubling stories. That initial phone call and our capacity to listen shape the person’s entire SLF experience.

**SLF Responds**
“Taking care of our own” means responding to the call. Many can offer a sympathetic ear; however, SLF takes steps to make a positive difference. The Foundation was created as a response to challenges in the Foreign Service Community. Today, our Social Work Consultants assess each client’s unique needs and develops a plan to meet those needs.

Our most important mission is taking care of the Foreign Service family. We believe that focusing on the broader Foreign Service family is consistent with that mission. In response to the needs of active duty Foreign Service personnel, SLF established the Parent Program—an extension of SLF’s traditional services. Through this program, the Foundation supports Foreign Service personnel who may be managing their parent’s urgent or chronic medical situation from afar.

**SLF Acts**
SLF addresses the concerns of every person who calls upon us for help. SLF acts in a variety of ways. SLF’s Resource Center provides information and seeks out local resources. Clients who meet the qualifications for financial support receive funding to ensure their dignity, stability, and safety. Our partnerships with several State Department offices — Employee Consultation Services, the Retirement Office, HRSC in Charleston — help reach colleagues who need our assistance. The entire Foreign Service family benefits from the educational resources offered on SLF’s Facebook Page (facebook.com/seniorlivingfoundation), our website (slfoundation.org), and through our biennial Planning for Change Seminars (details on page 16).

In 2019, the Foundation continued its commitment to those in need. Your generosity helped SLF pay for medically necessary dental work, senior living facilities, transportation, prescription drugs, and more. All this was made possible because of your financial support. We appreciate your ongoing commitment to “taking care of our own.”

See how your contributions make a difference, through select stories on the following page.

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**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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Grant Giving & Resource Center

A FSA’s Retiree Counselor referred an 85-year-old widow of a Foreign Service Officer (FSO) to SLF. She was concerned about her decreasing savings and not being able to afford her Assisted Living Facility.

- SLF established a recurring monthly grant to help pay the costs for her Assisted Living Facility.

A retired FSO served as the primary caregiver for her disabled husband, who had suffered a major stroke. The wife asked SLF to help her identify available resources.

- The Foundation hired a care manager to assess the couple’s situation. The trained professional recommended local resources to assist the wife with her husband’s care.

A retired FSO was diagnosed with an aggressive form of dementia. Caring for him was becoming overwhelming for his wife and family.

- SLF hired a care manager to identify an appropriate facility for the husband. The professional suggested financial/legal resources and referred the family to a dementia support group.

A 55-year-old newly retired FS employee requested financial assistance to pay for temporary homecare. She wanted to continue her Foreign Service work. However, she had to retire to focus on being treated for cancer.

- SLF provided a three-month grant to assist while the retiree completed her cancer treatments.

A 90-year-old widow of an FSO realized she required homecare to continue living in her home. However, she needed financial assistance to pay for those services.

- SLF paid a care manager to identify appropriate caregivers. Then, the widow began receiving a monthly recurring grant to help pay for those services.

A 90-year-old widow of an FSO realized she required homecare to continue living in her home. However, she needed financial assistance to pay for those services.

- SLF paid a care manager to identify appropriate caregivers. Then, the widow began receiving a monthly recurring grant to help pay for those services.

The alimony payments ended for an 86-year-old divorced FS employee, who retired on disability. The decreased income put her at risk of losing her home.

- With SLF’s financial assistance, she moved to a moderately priced retirement community, where she receives three meals per day, additional care services, and regular social events with other residents. She now feels comfortable, safe, and appreciative.

A recent widow of an FSO was living without electricity and her car had been repossessed. The widow’s survivor annuity was not expected to arrive for another three months.

- SLF hired a care manager to assess the situation immediately. The care manager took the widow shopping for groceries and restored her telephone service. SLF is paying for ongoing care management.
Expansion of Our Mission

When a parent faces a life-changing situation, it can add stress to a Foreign Service employee who may be serving far from home. Through the Parent Program, the Foundation seeks to support Foreign Service personnel who may be managing a parent’s urgent or chronic medical situation from afar.

Our Social Worker Consultants have access to Aging Life Care Professionals across the U.S. The Foundation can arrange for an in-person visit by one of these professionals to assess a parent’s needs, develop a care plan, and provide information on helpful resources.

Since launching the program, over 100 active duty colleagues, from three dozen worldwide posts, have contacted SLF for advice and support for their parents. While limited financial assistance is available on the basis of need, we found that the bigger impact to the families we have touched — in the short time of the program’s existence — is the development of a care plan and the comfort in knowing that mom or dad is in a safe environment.

Your generosity touches all SLF programs, including the Parent Program. SLF’s main focus is, and always will be, our retirees. As the needs of our Foreign Service change, SLF stands ready to assist our entire community by “taking care of our own.”

Foreign Affairs Day

The State Department celebrated Foreign Affairs Day on Friday, May 3, 2019. This annual homecoming recognizes retired employees of foreign affairs agencies for their sacrifice and service. An average of 400 retirees attend every year to participate in the lively discussions and informative sessions.

As in the past, the Foundation hosted an information table at Foreign Affairs Day. SLF also joined AFSA and DACOR in cosponsoring this worthwhile annual event. Lastly, SLF Executive Director, Paula Jakub, was invited to give remarks during the opening session. She told a story of the emotional and financial struggles of a typical SLF grantee, underlining the motivation for the Foundation’s charitable work.

Foreign Affairs Day allows the participants to ask questions and gather materials about the Foundation. We let the attendees know that any Foreign Service retiree who may be unable to manage life’s challenges can seek our help.
DID YOU KNOW?
Since 1988, SLF has taken care of the Foreign Service family. Here are a few facts about SLF’s successful history.

- SLF’s Resource Center has provided advice/guidance to over 1600 individuals
- More than 250 people have received SLF’s financial grants
- Since giving its 1st grant in 1995, SLF has distributed over $4 million in grants
- SLF has covered home health care, prescription costs, durable medical equipment, care management, and more – for over 30 years

To learn more about SLF’s rich history and present day successes, visit slfoundation.org.

SLF at State’s JSP Program Receptions
This past year, the Senior Living Foundation (SLF) participated in the State Department’s Job Search/Transition Program (JSP). Offered by State’s Career Transition Center (CTC), this program supports retiring employees as they transition into their next phase of life. A closing reception happens at the Foreign Service Institute, at the end of the month-long JSP sessions – held three to four times per year. At each reception, SLF hosted an information table and shared the Foundation’s mission with the graduating JSP participants. The attendees learned that SLF relies on the Foreign Service community for support as well as to identify those in need of assistance. SLF joined DACOR and AFSA in presenting their services. It was a great opportunity to distribute SLF materials and answer Foundation questions.

SLF Donors
The Senior Living Foundation (SLF) appreciates the gifts we have received from Corporate Donors. In 2019, SLF’s Leadership – Ambassador Marc Grossman, SLF’s Board Chairman, and Paula Jakub, SLF’s Executive Director – personally accepted contributions from DACOR and Express Scripts Inc. We thank our industry partners for supporting the mission of the Foundation. Your contributions help continue the proud tradition of “taking care of our own.”

Paula Jakub with Tim Wentworth, President, Express Scripts and Cigna Services
SLF Chairman, Ambassador Grossman with DACOR President Paul Denig
Expression of Thanks

The Senior Living Foundation would like to express our thanks to the following individuals who made gifts to the Foundation in 2019:

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I don't know where I would be living without the Foundation’s assistance.
Thank you to the Foundation for the generous grant.
We received generous gifts from the following businesses, foundations, and organizations in 2019:

- AmazonSmile
- American Diplomacy Publishers
- Ayco Charitable Trust
- DACOR, An Organization of Foreign Affairs Professionals
- Express Scripts Inc.
- Foreign Affairs Retirees Association of Maryland
- Foreign Service Retiree Association of Florida
- Foreign Service Retirees Association of Southern California
- Nelson B. Delavan Foundation
- United Way

I appreciate everything SLF has done.
SLF has been a valuable source of information and support.
Like us on Facebook!

SLF maintains an online community to share ideas and build connections. Facebook offers information for SLF supporters, seniors, and even caregivers. Stay engaged and informed. Join the conversation today!

Visit facebook.com/seniorlivingfoundation
Thank you for your ongoing assistance.
The Foundation made it possible for me to arrange my husband’s excellent long-term care.”
Thank you for your support and advocacy.

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Zavis, Carol S.
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Zinoman, Murray
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WHAT A WONDERFUL WAY TO REMEMBER THOSE WHO HAVE GONE BEFORE US.
9th Planning for Change Seminar

On September 24, 2020, SLF will host its 9th Planning for Change (PFC) Seminar. This educational event offers tools and resources to prepare participants for challenges they may face, as they age. Attendees at this half-day event will learn about medical, legal, and financial advances – to plan for their next stage of life. More PFC details will be available this summer.

The Senior Living Foundation is grateful to have received a bequest from:

William Cunningham

The Foundation thanks you for remembering us in your will. Your legacy will live beyond the years that you served your country.

This individual believed in our mission of “taking care of our own.” His bequest will make an immense difference in the Foundation’s ability to assist Foreign Service colleagues.

CONTACT US

If you, or someone you know, needs the services of the Senior Living Foundation, please contact us:

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The Foundation considers each case individually and maintains complete confidentiality.