



SENIOR LIVING FOUNDATION *of the* AMERICAN FOREIGN SERVICE

A Time of Service, A Time of Need

Volume 27

FOUNDATION NEWSLETTER

March 2024

MESSAGE FROM THE CHAIRMAN



Thank you for your support of the Senior Living Foundation (SLF) of the American Foreign Service. In this newsletter I am delighted to highlight some of the Foundation's vital work in 2023 and to tell you about what's coming in 2024.

With your continuing generous support, the SLF is proud to provide retired Foreign Service members with critical eldercare resources and assistance. These include care management services, home care, medical expenses, basic living costs, prepared meal services, and emergency aid.

In both 2022 and 2023, the SLF's spending to meet both standing and new commitments doubled from its pre-COVID budget. This is not surprising given inflation and the increased need for the Foundation's services. But thanks to you, the Foundation is in a strong financial position. In 2023 the Foundation received over \$590,000 in individual contributions, bequests, and corporate donations. These gifts meant that we could continue the tradition of never turning away a qualified colleague in need of support.

SLF's Parent Program, now in its sixth year, provides essential support to our active-duty colleagues, particularly those serving abroad, who have aging parents who qualify for help. In most cases, the Foundation successfully connects colleagues to highly trained professionals. These professionals then provide comprehensive and effective resources, planning, and support for both immediate and long-term caregiving needs. This valuable guidance allows active-duty Foreign Service personnel to focus on their missions while knowing that their parents, including stepparents and in-laws, are well cared for.

On Tuesday, September 24, 2024 the Foundation will offer the biennial Planning for Change Seminar. This seminar is designed to help Foreign Service colleagues plan for the next stage of life for themselves and loved ones. More details about the seminar will be announced soon.

I am deeply grateful for your ongoing support of the Foundation. Your contributions make a significant difference in the lives of retired and active-duty Foreign Service personnel and their families. Together, with your continued help, we can honor our colleagues and positively impact those who have dedicated their careers to serving the nation by "taking care of our own."

Sincerely,

Marc Grossman

Sponsored by the AMERICAN FOREIGN SERVICE PROTECTIVE ASSOCIATION

Overview

In 2023, the Senior Living Foundation (SLF) proudly celebrated its 35th anniversary. This provided us the opportunity to reflect on our humble beginnings. When the Foundation was first formed in 1988, the direction it would take was an open question with many possible answers. These ranged from serving as an eldercare resource center to opening a retirement community for Foreign Service members. Over time, the efforts of countless dedicated volunteer leaders helped focus our mission of “taking care of our own” as we have become an important member of the Foreign Service family.

Last year, that mission led us to assist more than 50 individuals in the Foreign Service community, providing more than \$600,000 in support for needs. These included professional care management, home health care, assisted living fees, basic living expenses, and more. Our Social Worker Consultants, drawing on their personal knowledge and experience in the Foreign Service, engaged their nationwide network of care managers and other professionals to address each case with compassion and dignity.

The Foundation’s critical role in the Foreign Service community has, for many years, included bridging the financial gap for some surviving spouses while they have awaited processing of their survivor benefits by the Department of State. In the past, this processing could take up to three or even four months. When Under Secretary for Management John Bass convened a working group in 2022-2023 to address the situation, the Foundation was glad to take part. Working with long-term partners throughout the Department, SLF played a key role in improving the processes and reducing the wait time for Department survivor benefits, resulting in a marked decrease in SLF survivor grants.

Our recent anniversary allowed not only reflection on where we’ve been, but also an opportunity for envisioning our future. The Foundation will retain its primary focus on supporting the needs of the retired Foreign Service personnel and their spouses, including surviving and divorced spouses, as they navigate the challenges of aging. Our commitment to those who have served remains unchanged, and qualified cases will receive our support for as long as it is needed.

The Parent Program, launched in 2018, provides assistance for the parents and parents-in-law of Foreign Service personnel on a limited basis. In particular, the Foundation stands ready to step in with expert advice and limited care management support in times of emergency or transition. For a limited time, professional care managers provide care coordination and long-term planning, allowing our colleagues to remain focused on their mission serving our country with the assurance that their parents are well cared for. We look forward to continuing this program for the current and next generation of Foreign Service professionals.

Throughout our history, your support has made it possible for us to serve the Foreign Service family. More than 1,000 individual donations – half of which were for less than \$100 – enabled our mission. The generosity of legacies left by Elizabeth Raspolic and Vivian Jakubik and gifts from corporate partners at DACOR, Express Scripts, and Teladoc Health ensured that no one in need was turned away. You can review some of our success stories on pages four and five.

The year ahead holds great promise and opportunity for the Foundation. Our work continues daily as the needs of our community grow. We remain engaged with partners across the country and around the world, and will draw on these relationships for our biennial Planning for Change seminar this fall. In the meantime, please keep the Foundation in mind if you know of colleagues who could benefit from our services or if you yourself have a question or need. We stand ready to “take care of our own.”

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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 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.

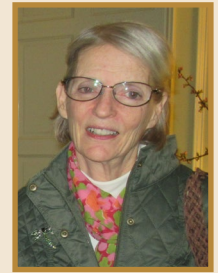
A Year of Transition

As you review this newsletter and other Foundation materials, you may notice some changes. At the end of 2023, Executive Director Paula Jakub retired after more than 35 years with the American Foreign Service Protective Association (AFSPA) and the Senior Living Foundation (SLF). Over the course of her career, she helped to shape the SLF from its beginning as an idea of the Findley Burns Group to the cornerstone of the Foreign Service family it is today.

Our long-time social worker consultant Kate Aubert also retired

from her position with the Foundation in late 2023. She spent more than 15 years engaging with our grantees around the world and ensuring each case was handled with professionalism, dignity, and confidentiality.

Both Paula and Kate spent years working with their successors. Kyle Longton has moved from his previous Foundation role of Deputy Director to Executive Director. In turn, Foundation Liaison Adrienne Coleman-Seabrooks has assumed the position of Deputy Director. Social Worker Consultant Joan Parrish, who has led efforts on the Parent Program



SLF expresses gratitude to Paula and Kate for their dedicated work and unwavering commitment to the foundation and its mission of “taking care of our own.” Their efforts have made valuable contributions and have been instrumental in the success of the Foundation. We extend our best wishes to them as they begin the next stage of their lives.

since 2019, has agreed to expand her responsibilities to include both parent and retiree cases. Twanisha Johnson now serves as the Foundation Liaison, formalizing her existing efforts and leadership within the Foundation.

How You Can Support

In his letter, Chairman Marc Grossman outlined all of the valuable services the Senior Living Foundation (SLF) provides to our Foreign Service community. Since the establishment of the Foundation 35 years ago, hundreds of individuals have benefitted from our assistance and grants in excess of \$19 million have been distributed to those in need! None of this would have been possible without the generosity of our donors.

As Chairman Grossman mentioned, our expenses have more than doubled in recent years due to

inflation and the increased need for our services. Many of us witness this every time we shop for groceries or buy gas. These rising costs have also impacted the rates for care management and home care services. Understandably, SLF experienced a rate increase this year for our Mom’s Meals delivery service. We need support now more than ever.

We are always appreciative of recurring cash donations either by check or credit card. However, are you aware there are other ways to support the SLF? You can name the Foundation as a recipient of disbursements from your donor advised fund (DAF). As a 501(c)(3) charitable organization, you can transfer qualified charitable distributions (QCDs) from your individual retirement arrangement (IRA) to SLF tax-free. Planned giving is another way to support the long-term success of the Foundation. Our Legacy

Action Group offers the opportunity for donors to notify SLF of their plans to include the Foundation in a will or trust and for us to recognize this generosity if the donor wishes.

For more information about these giving opportunities, contact your financial advisor or estate planning professional today. For more information on ways to support the Foundation, please contact us at info@slfoundation.org or 202-887-8170.

Thank you for your support!

Legal Name:
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Foundation of
the American
Foreign Service

Tax ID Number:
52-1699708



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Case Summaries

Resource(s) Support:

The widowed spouse of a retired Foreign Service Officer (FSO) called the Foundation requesting information. Her reduced income as a widow was insufficient to meet her current expenses, and she wondered what resources were available to her.

SLF reviewed with her available government and private programs, including the Foundation, and explained when she would be eligible for support based on her care needs and finances. A plan was created for her to consult a financial advisor before making any major financial decisions or downsizing.

Assisted Living Support:

A Foreign Service retiree living in an assisted living facility contacted the Foundation; he had nearly depleted his savings. He requested temporary financial support until he met the required waiting period for Medicaid to cover the difference between his low income and the cost of the facility.

The Foundation provided a monthly financial grant during the gap, allowing him to remain in his residence where he was settled and continue receiving needed care.



Care Management Support:

The spouse of an active-duty FSO contacted SLF. She was concerned about the isolation of a widowed parent, living alone, and recently the victim of a financial scam. The parent wanted to explore options for moving to an assisted living facility but did not know where to start.

The Foundation contracted with a local care manager, who first reviewed resources available to the parent while he resided at home. He followed her advice for small safety measures, such as installing grab bars in his bathroom. The care manager then recommended local residential care facilities within his budget. He selected his favorites and visits were arranged to aid him in making a final decision.

An active-duty FSO serving overseas contacted the Foundation when he learned his bed-ridden mother's health insurance would no longer cover her inpatient care in a skilled nursing facility.

The Foundation hired a local care manager who helped the family arrange 24-hour home care

as well as apply for Medicaid and in-home support services.

Home Care Support:

The widow of a Foreign Service retiree contacted the Foundation requesting assistance. She is managing several health conditions, needs home care, and has a limited income.

The Foundation is providing a grant for a reputable home caregiver to assist her weekly with shopping, transportation, and tasks she cannot manage on her own at home.

An active-duty FSO serving overseas contacted the Foundation seeking respite for her sister, who is providing 24-hour care for their mother with limited caregiving support from the state.

The Foundation provided a grant to pay the expenses for a half-day per week of home care, a small but appreciated respite for the family.

Emergency Support:

The widow of a Foreign Service retiree contacted the Foundation after her husband died. Her income was limited and would not meet her expenses while waiting for her survivor's pension to be activated.



The Foundation provided a financial grant to assist with her personal expenses until her first annuity check was received. In addition, we offered a consultation with a local care manager to provide guidance with long-term planning.



Expression of Thanks

The Senior Living Foundation would like to express our thanks to the following individuals who made gifts to the Foundation in 2023:

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- Marshall Adair
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 Thanks to the Foundation,
 my anxiety is greatly
 reduced and I feel like
 I can start to figure out how
 to go on.
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Your support makes me
feel that I am not alone in
my struggle.
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Judy Shinn

Amelia Shippy

John Shirley

Katherine Shirley

Elenita Shorter

Pierre Shostal

Christine Shurtleff

Ann Sides

Ints Silins

Charles Silver

Joan Silver

David Simcox

Margaret Quinn
Simons

Dudley Sims

Hugo Sindelar

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Charles Skellenger

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Dorothy Slott

Richard Slott

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Barbara Smith

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“
Thank you
for your
ongoing
assistance.
”

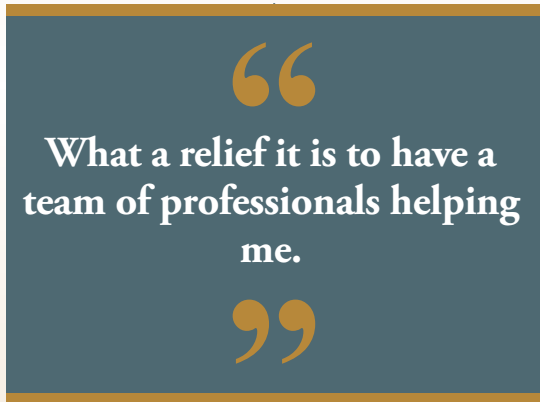
Jane Smith
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 T
 Marilyn Takacs
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 Caroline Taylor
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 Jeanie Teare
 Richard Teare
 A Stephen Telkins
 Patricia Telkins
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 Lynn Turk

Melvin Turner
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 David Tyler
 Robert Tynes
 U
 Carrie Ullman
 Joan Urban
 V
 Theresa Van Der Vlugt
 James Vanderhoff

Christopher Walton
 George Ward
 Jennifer Ward
 Daisy Warin
 James Warlick
 Alexander Watson
 Bobby Watson
 Richard Watts
 Virginia Weeks
 Brigid Weiller
 Leon Weintraub
 C David Welch
 Gretchen Welch
 Diane Weller
 Barry Wells
 E Allan Wendt
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 John Whitney
 Lindy Whitney
 Benjamin Whitten
 James David Whitten
 Mary Ann Whitten
 Philip Wilcox
 Sharon Wilkinson
 James Williams
 Leonardo Williams
 Irene Willig



E Ashley Wills	Leo Wollemborg	Eugenia Wray	Ida York	Jospeh Zadrozny
James Wilson	Linda Wood	Michael Wygant	Paul Young	Marcella Zajac
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SLF received donations in honor of the following individuals and groups

Margaret W Bennett	Sarah Horsey
Karlene Knieps Bergold	Paula S Jakub
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Joan M Clark	Christoper John Rogers
Maura Harty	Carol L Van Voorst
Linda Heaney	SLF Staff

Reporting a Death

To report the death of a State Department annuitant or spouse, call or email the HR Service Center at 1-866-300-7419 (toll free) or 1-843-308-5539 (outside the U.S.) or HRSC@state.gov. Please be prepared to provide the full name of the deceased, their date of birth, exact date of death, address, social security number, and relationship of the person(s) who may be entitled to survivor benefits.

SLF received donations in memory of the following individuals

Anna Maria Adams	David Edminster	Ann Kelleran	Cleo Noel	Daniel J Siglin
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Planning For Change Seminar



On **September 24, 2024**, SLF will host its biennial Planning for Change (PFC) Seminar. This educational event will offers tools and resources to prepare participants for challenges they may face, as they age. More PFC details will be available this summer.

SLF received bequests from the estates of:

**Vivian Jakubik
Elizabeth Raspolic**

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



CONTACT US

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

-  **PHONE:** 202-887-8170
-  **FAX:** 202-872-9320
-  **EMAIL:** info@slfoundation.org
-  **FACEBOOK:** facebook.com/seniorlivingfoundation

The Foundation considers each case individually and maintains complete confidentiality.