

SENIOR LIVING FOUNDATION  
OF THE AMERICAN FOREIGN SERVICE

CFC-40530

*A time of service,  
a time of need*

## How the Foundation Works

The Senior Living Foundation works in several different ways. First, our Resource Center provides information and assistance in obtaining community, state and federal resources. Often, guidance in navigating through the bureaucratic maze to obtain the available help is all that is required. When more help is needed, the Foundation stands ready to provide financial assistance to fill the gap. Whether it is a simple request for information, a need for emergency intervention or more substantial financial involvement, we are able to make a difference in our colleagues' overall quality of life. Evidence of need is required for consideration of financial support. Our social worker handles each case individually. In addition, the Foundation promises total confidentiality to all who come to us. Our Educational Programs provide colleagues with the information and guidance from experts in their fields to help prepare them for the future. ■



### SENIOR LIVING FOUNDATION MISSION

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

*If you or someone you know may need assistance,  
please contact us.*



**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 retired FSO, who would prefer to remain in his own home rather than move to a retirement community, called the Foundation looking for resource information about organizations that*

*encourage and support people who feel the same way.*



**The Resource Center** provided contact information for the Village

Concept communities in his area along with information regarding a volunteer work exchange program and other Web sites that might be relevant.

*The widow of a retired FSO contacted the Foundation requesting information about inexpensive transportation services in her area. Although she usually takes a taxi, lately she said she is feeling less confident and would like someone to accompany her.*



**The Resource Center** contacted a number of agencies, both public and private,

that provide transportation services and sent her the information.

*The friend of an elderly FS employee who has moved to a nursing home called the Foundation because the retiree*



*needs a wheelchair. She is currently using a heavy wheelchair and has great difficulty transferring in and out of it.*

**The Resource Center** explained that the

retiree's physician should write a prescription stating the medical necessity for a wheelchair and where the claim should be sent. If for some reason it is denied, the Foundation will consider paying for the chair.

## 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.

*A retired FS employee, who lives alone, realized she needed help to perform several Activities of Daily Living. She was scheduled to have joint surgery, but until that occurred it was going to be very difficult for her to live independently. Also, she thought that she should move to a retirement community, but doubted she had enough income and savings.*



**The Foundation** hired a care manager who assessed the situation. We arranged and paid

for home health aides on a short-term basis to help her through her post surgery recovery. When she moved to an Assisted Living Facility, we established a grant to assist with the monthly charges.



*A FS divorced spouse, who lives alone in an apartment, received a grant from the Foundation to pay for the monthly charges of an emergency response system. She has several medical problems and avoided seeking appropriate treatment because she could not pay the Medicare deductibles.*

**The Foundation** pays for a Medigap insurance plan directly and provides an ongoing monthly grant to help pay for uncovered medical expenses and the monthly charges for the emergency response system.

*A retired FS employee contacted the Foundation for financial assistance with medically necessary dental work. She retired on disability and lives alone in an*



*apartment. Her fixed income has not kept up with the increased cost of living and medical expenses.*

**The Foundation** paid for her medically

necessary dental work. In addition, she receives a monthly grant to help pay for uncovered medical expenses, housecleaning and transportation to medical appointments.

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