



SENIOR LIVING FOUNDATION of the AMERICAN FOREIGN SERVICE

A Time of Service, A Time of Need

Volume 22, Number 1

FOUNDATION NEWSLETTER

March 2019

Message from the Chairman

The Senior Living Foundation (SLF) of the American Foreign Service had a very active and successful year. Your financial support made it possible for SLF to meet its commitment to “taking care of our own.” Thirty years of building a strong community and changing lives has been sustained by your generous donations. In 2018, SLF received over \$920,000 in donations, including a remarkable \$600,000 bequest from an individual who believed in our mission during his life and wanted to help continue our work.



The Foundation assists retired Foreign Service personnel and their spouses who find themselves in need. Your contributions helped defray the costs of prescription drugs, utility bills, basic living expenses, and a variety of other services. Whether SLF purchased hearing aids or provided resource information, your donation had an impact and made a difference.

Beyond SLF’s assistance to those individuals in need, the Foundation hosted its 8th Planning for Change (PFC) seminar in September. The successful educational event featured twelve guest speakers with expertise in topics important to SLF’s supporters. The participants learned about senior mental health, one-on-one coaching, new tax laws, estate planning, and much more. You can read about PFC, as well as learn how to access the seminar recordings, inside this newsletter.

I am saddened to report that SLF Board Member Ambassador Alan W. Lukens passed away in January 2019. He had served as a Foundation Board Member since 1999 and helped to shape both the mission and the culture of SLF. There is a tribute to Ambassador Lukens on the back of this newsletter. His passing followed the death of long-time advisor Ambassador George Landau in October 2018. We choose to honor their memories by continuing the work of the Foundation. Their presence will be missed.

I am excited about what is in store for SLF as we move to expand our services. The Foundation wants to touch as many lives of those in need as possible. We cannot fulfill this vision without your generosity. Please continue your support of the Foundation. It is your giving which makes it possible for SLF to “take care of our own.”

Sincerely,

Marc Grossman

Overview

The Senior Living Foundation (SLF) serves as a valued resource in the Foreign Service community. We are committed to making a difference by “taking care of our own.” That means meeting the existing needs of the Foreign Service family as well as finding new ways to assist. This past year, we reached our population with traditional approaches but also explored fresh methods of administering SLF’s charitable services. As always, your generous gifts opened the doors to aid our colleagues in need.

This brings us to our new Parent Program, an additional offering from the Senior Living Foundation. Historically, SLF only assisted retired Foreign Service employees and their spouses. However, serving overseas may present unique family challenges with aging parents in the States. To help, the Foundation expanded its reach to include elderly parents and/or parents-in law of active duty FS personnel. SLF can provide care management services as well as limited funds for temporary care services. This allows a family additional time to make more permanent arrangements. The grant requirements are based on the financial circumstances of the parents only, not the active duty FS employee. This new program was introduced formally to the State Department’s Eldercare Support Group on December 17, 2018. It was welcomed and well received by the attendees. To learn more about the new SLF Parent Program, visit www.slffoundation.org.

In 2018, SLF provided assistance in many forms. Our Resource Center supported those who needed guidance in planning for their next stage in life. Active-duty colleagues called the Foundation for advice in making decisions for their aging family members. Lastly, SLF defrayed the costs of home health care, senior living facilities, transportation, prescription drugs, and more. All this is made possible because of your financial support. Thank you for giving to the Foundation, so that we may give to others.

As in the past, SLF partnered with other entities that serve the Foreign Service community. SLF’s leadership visited the State Department’s Retirement Office (RET) to refresh the employees on the purpose and the work of the Foundation. We appreciate the ongoing referrals from the RET counselors, as they regularly interact with our core population. Also, SLF joined AFSA and DACOR in cosponsoring the 2018 Foreign Affairs Day (FAD). SLF hosted an information table at FAD to allow active duty and retired Foreign Service personnel to learn more about the Foundation. Lastly, SLF held its 8th Planning for Change Seminar. The event featured diverse speakers who prepared the audience for various challenges as they age. Read more and see pictures from these and other events on pages 4 and 5.

As you can see, SLF remains committed to our mission of “taking care of our own.” Stay informed on the Foundation’s activities all year long on SLF’s Facebook page. Visit www.facebook.com/seniorlivingfoundation to join the conversation on topics related to seniors as well as caregivers.

The Foundation changes lives. Your ongoing support allows SLF to assist our Foreign Service colleagues during difficult times. A few of their touching stories are shared 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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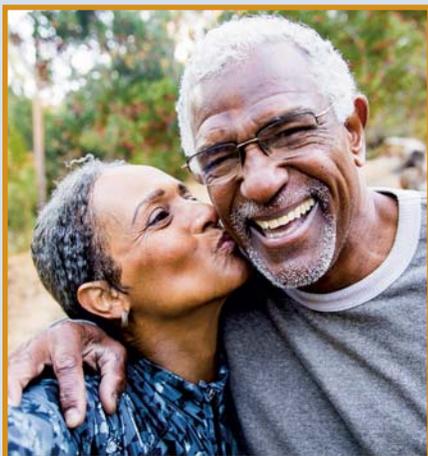
The daughter of a retired FSO contacted SLF for assistance with her parents. The couple was in their 80's and lived in an apartment in the U.S. – while their daughter lived in Canada. She was concerned about her parents' ability to manage their serious health conditions. The couple required home health care services, but lacked the funds to cover them.

▶ SLF hired a care manager who met with the couple and their daughter. Home health care services were recommended as well as other area resources. The professional communicated with the couple's doctor to understand their medical issues. The physician explained how the health conditions will limit the couple's functional abilities. Based on the information gathered, the care manager worked with the daughter and her parents to develop a long-term care plan.



A widow of a retired FS employee requested financial assistance while her surviving spouse annuity claim was being processed. She was completing the required forms, but Social Security was her only income at the time. The widow was told it would take a few months to receive the monies from her deceased husband's retirement account.

▶ SLF provided three emergency grants to help cover her mortgage payments, utility bills, and insurance expenses.



The wife of a retired FSO with dementia needed information on home health care. The couple lived in their own home and the wife served as the primary caregiver. She needed help learning about available resources and planning for the future.

▶ The couple met with a care manager, hired by SLF. The professional offered practical suggestions for the retiree's current and future care. Their final plan included ordering a lift chair, exploring companion support, and contacting the local Alzheimer's Association. SLF maintained communication with the family to monitor their progress and to provide further assistance, if needed.



An 83-year-old widow of a Foreign Service Officer lived alone in her condominium. She demonstrated the need for medical and financial assistance.

▶ SLF provided a monthly grant to pay for basic living expenses. The Foundation has paid for medically necessary dental treatments, resulting from side effects of chemo therapy.



A widow of a retired Foreign Service specialist lived independently in a rented apartment. She volunteered at a local senior center and was visited periodically by her children, who lived out-of-state. Her pension income was based on her late husband's limited career with the State Department. She had never worked, as she had cared for her ill husband for years before his death. The couple had no money saved.

▶ SLF provided a monthly grant for basic living expenses. The Foundation also paid for uncovered medical and dental expenses, ongoing dental insurance, and money management services.



An 85-year-old widow of an FS employee has been living in a memory care facility since her husband died three years ago. Her son contacted SLF to request financial assistance, as his mother's savings had been depleted.

▶ SLF established an ongoing monthly grant to help with the shortfall between the widow's income and her care facility's fees.



Foreign Affairs Day

The State Department celebrated Foreign Affairs Day on May 4, 2018. This annual homecoming recognizes active and 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. The Senior Living Foundation (SLF) proudly joined AFSA and DACOR in cosponsoring the 2018 Foreign Affairs Day. The Foundation also hosted an information table, along with other organizations that serve the Foreign Service community. It was a great opportunity to educate attendees on SLF's work and let them know the Foundation is available to assist.



8th Planning for Change Seminar

On September 27, 2018, the Senior Living Foundation (SLF) held its biennial Planning for Change Seminar. The goal of the event is to provide attendees with information and resources to help them prepare for various challenges they may face as they age. SLF Chairman Marc Grossman welcomed attendees and introduced a diverse group of speakers before turning the program over to moderator Jim Eden, Chairman of the Eden Group.



THE PRESENTERS INCLUDED:

- From the Department of State

Dr. Charles Rosenfarb, Medical Director, Bureau of Medical Services
Sonja K. Rix, Director, Office of Retirement
Edward Capers, Deputy Director, Office of Retirement
Jeffrey Mounts, Managing Director for Global Compensation in the Office of the Comptroller/Global Financial Services



- From the law firm Bean, Kinney & Korman

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Lauren K. Rote, Shareholder

- From other organizations

Irene Paplos, Director, Clinical Health Services, Aetna Inc.
Monica Micklos, Director, Care Management, Seabury Resources for Aging
Ted Borgstadt, CEO, Trestle Tree, Inc.



- From the Senior Living Foundation

Paula Jakub, Executive Director
Kate Aubert, Social Work Consultant



Topics included inpatient and outpatient care management, senior mental health challenges, estate planning and the new tax laws, and available retirement resources, just to name a few. The workshops were captured in online recordings available at www.slfoundation.org. Please listen to the tapings to gain valuable knowledge and to experience the information shared at the 2018 Planning for Change seminar.

SLF plans to hold its next Planning for Change Seminar in 2020. If you are in the DC area, please plan to attend.



RET Lunchtime Presentation

On July 12, 2018, the leadership of the Senior Living Foundation (SLF) visited the State Department's Retirement Office (RET). The RET team heard about SLF's accomplishments as well as our most impactful cases. The information shared served as an introduction for newer RET staff and as a refresher for others. SLF's leadership also learned about RET's daily work and how SLF can assist. In October 2018, Ms. Jakub visited the HRSC customer service team. The Foundation values the ongoing relationship with the Retirement Offices in DC and in Charleston, SC. The teams at both locations actively refer seniors for SLF's services. The periodic meetings between the Foundation and State's Retirement offices helps to strengthen the ongoing collaboration and service to our retirees.



State Department Elder Care Group

On April 3, 2018, the State Department's Elder Care Support Group invited the Senior Living Foundation (SLF) to present at their monthly meeting. SLF Deputy Director, Kyle Longton, spoke about the Foundation's services – for both active duty and retired employees. Participants asked questions and received SLF materials. The open format allowed attendees to discuss their challenges surrounding elder care. This lunchtime workshop educated the State employees about SLF resources available to them and their parents.



State's Job Search/Transition Program Receptions

This past year, the Senior Living Foundation (SLF) hosted an information table at 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. The closing reception takes place at the Foreign Service Institute, at the end of each month-long JSP program – three to four times per year. SLF was invited to share the purpose of the Foundation with the graduating JSP participants. The attendees learned that SLF relies on the Foreign Service community to help identify those in need of services and to assist in "taking care of our own." SLF joined DACOR and AFSA in presenting their services. It was a great opportunity to provide information and answer questions.

Expression of Thanks

The Senior Living Foundation would like to express our thanks to the following individuals who made gifts to the Foundation in 2018:

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Loss of an SLF Board Member

We are saddened to report that SLF Board Member Alan W. Lukens passed away at his home in Chevy Chase, MD on January 5, 2019. He was a former diplomat and active member of the DC community for 68 years.



Ambassador Lukens pictured with SLF Executive Director Paula Jakub

Born in Philadelphia, PA, Ambassador Lukens served in the military and graduated from Princeton University. He joined the Foreign Service in 1951 and served for 36 years. His overseas assignments included Istanbul, Ankara, Martinique, Bangui, and Paris. In 1960, he represented the US at independence ceremonies for Chad, Central African Republic, Gabon, and Congo. He opened the US Embassy in Brazzaville and served as the US Ambassador for Brazzaville from 1984-1987.

Ambassador Lukens served as Deputy Chief of Mission in Dakar, Nairobi, and Copenhagen, and Consul General Cape Town. In Washington, he ran the Junior Officer Division in the Bureau of Personnel and worked on Western European Affairs. His complete public service career spanned four decades.

For nearly 20 years, Ambassador Lukens faithfully served on the Senior Living Foundation Board of Directors. He brought energy, wisdom, and experience to the work of our worthwhile charity. Ambassador Lukens will be remembered for his leadership and dedication to SLF's mission of, "taking care of our own."

The Senior Living Foundation is grateful to have received bequests from:

- Eugene Champagne, Jr.
- Joy Churchill
- Elaine Crooke
- William Cunningham
- Thomas McKiernan



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

These individuals believed in our mission of "taking care of our own." Their bequests will make an immense difference in the Foundation's ability to assist Foreign Service colleagues.

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