SENIOR LIVING FOUNDATION
of the AMERICAN FOREIGN SERVICE

1620 L Street, NW • Suite 800
Washington, DC 20036
phone: (202) 887-8170
email: info@slfoundation.org
website: *www.slfoundation.org*

*You are invited to...*

# *Planning for* CHANGE

The Honorable Marc Grossman, SLF Chairman, invites you to participate in a special seminar dedicated to helping our Foreign Service colleagues plan for the future. "Planning for Change" will assist you in preparing for those unforeseen circumstances that affect your health and happiness.

***We look forward to seeing you there!***

## Thursday • September 15, 2016

**1:00 - 6:00 pm**

**Courtyard Marriot**
1600 Rhode Island Avenue, NW
Washington, DC 20036

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# Planning for CHANGE

## Events of the Day

### Opening Remarks & Overview

**The Honorable Marc Grossman**, *Chairman, SLF*

**Jim Eden**, *Chairman, The Eden Group, LLC*

### Prescription Medication for Seniors

A discussion on today and tomorrow – Medication safety for seniors today and exciting new research on medications for conditions affecting seniors tomorrow.

**Dr. Steve Miller**, *Senior VP & Chief Medical Officer, Express Scripts Inc.*

### Panel Discussion on Hospital Stays, Discharge & Follow-Up

A discussion with experts from the hospital industry, the insurance industry, and SLF on navigating the modern hopsital environment, planning for discharge, and managing follow-up care.

### Healthy Living for the Retired Foreign Service

A discussion of nutrition and healthy living for seniors as well as an

overview of recent changes in the Bureau of Medical Services.

**Dr. Charles Rosenfarb,** *Medical Director, Bureau of Medical Services, Department of State*

### Foreign Service Annuity Updates

A discussion on various topics affecting your Foreign Service annuity.

**Jeffrey Mounts**, *Managing Director for Global Compensation, Office of the Comptroller/Global Financial Services, Department of State*

### Wills and Trusts

A discussion of important legal documents.

**Jonathan Kinney**, *Partner, Bean, Kinney and Korman, P.C.*

### Closing Remarks

**Jim Eden**, *Chairman, The Eden Group, LLC*

**Paula Jakub**, *Executive Director, SLF*

**Please join us for continued conversation at a reception following the seminar.**

**RSVP requested by August 31, 2016**
Space is limited!
***You may RSVP***
**by e-mail** at info@SLFoundation.org
or **by phone** at (202) 887-8170.

*The Courtyard Marriott is about 3 blocks from the Dupont Circle, South exit, and 4 blocks from the Farragut North, L Street exit. Parking may be available at nearby parking garages.*