

FOR UKRAINE...FOR DIGNITY...

FOR SURVIVAL

In the Ukraine, too many of the generation that won World War II and survived Stalin's famine—and worked hard all their lives—are spending their last years hungry and cold.

The collapse of the Soviet Union wiped out savings overnight, turning many hard-working people into paupers, and destroying any social safety net they may have had. Ukraine's economy has since grown, but the highest inflation rates in Europe have taken a huge toll on elderly people living on fixed incomes.

A contribution of \$20 monthly (\$240 annually) allows a Ukrainian senior citizen to buy lifesaving medicines, replace a worn-out winter coat, or pay a heating bill. ***Because this charity is run entirely by volunteers, there are no administrative costs. When you contribute to For Survival, every penny of your tax deductible gift goes to a pensioner.***

AMERICAN FRIENDS OF FOR SURVIVAL

Surviving Old Age in Ukraine. The Kyiv elderly who benefit from For Survival live on small government pensions that have not kept pace with soaring costs, as Kyiv becomes a modern, high priced European city. Many spend most of their monthly income on food, leaving little for housing and utilities, clothing, and medical care. Although health care is nominally free, the central government has little to spend on it. Ukrainians are routinely expected to buy all medicines, and even surgical supplies and food for hospital stays. A \$20 monthly supplement to a pensioner, administered by For Survival, narrows the gap between pension and expenses, making possible the purchase of potentially lifesaving medicine, food, or fuel.

Why and How We Help. We are a group of Americans who have lived in Kyiv and all left a bit of our hearts there. In 1996, we teamed up with For Survival, a Kyiv-based volunteer-run charity, to try to ease the burden on Kyiv's warm and inspiring elderly—their “greatest generation.” In addition to providing direct monetary assistance, For Survival organizes classes in basic first aid for a population with limited access to medical services, delivers meals and reads to the homebound, sponsors low-cost social and cultural activities for isolated elderly, and partners with youth organizations to help create intergenerational bridges.

In Kyiv, volunteers verify eligibility for the program by visiting the homes of applicants and confirming the level of their pensions. Priority is given to those without family to help them. For Survival keeps a waiting list of applicants for this program. The American partner organization, American Friends of For Survival, meets at least monthly with the charity's director to review all operating procedures, income, and expenses.

How Pensioners Give Back. Part of For Survival's programs emphasizes re-engagement with isolated seniors, so elderly beneficiaries take part in visit to orphanages as “surrogate grandparents,” creating an ever-multiplying legacy of support funded by donor dollars.

How You Can Help. Please visit our web site to donate directly (www.forsurvival.org). You may also send a donation by check to: American Friends of For Survival c/o Katie Fox 5333 42nd St. N.W. Washington D.C. 20015. All gifts are tax deductible.

Would you like to know more, or become involved on a deeper level? Please email info@forsurvival.org, or call Katie Fox, President of American Friends of For Survival, at 240-423-8845.

