



# *The Story:*

*Solving hunger  
today for a hunger  
free tomorrow.*

*Spring 2023*



***THANK YOU!***  
***Your Compassion is  
Reaching Seniors in  
our Community!***

***Page 3*** HELP AND HOPE — DELIVERED!

***Page 3*** THANK YOU G SQUARED WEALTH FOR YOUR  
GIFT OF TIME

***Page 4*** YOU MAKE THE DIFFERENCE FOR BRAZOS  
VALLEY SENIORS



**Theresa Mangapora**

EXECUTIVE DIRECTOR

## **Board of Directors**

### **EXECUTIVE COMMITTEE:**

#### **President**

Allan Clayton, Retired  
Community Volunteer

#### **Vice President**

Marcus Alsop, Wells Fargo

#### **Treasurer**

Deborah Wright, Texas A&M  
University, Budget & Planning

#### **Secretary**

Joni Cook, Retired Community  
Volunteer, Burlson County

#### **Immediate Past President**

John Cowan, Simmons Bank

### **MEMBERS AT LARGE:**

Jimmy Byrd, Blinn College, Bryan  
Campus

Stacy Colvin, KBTX-TV3

Jason Cornelius, Frost Bank

Scott Delucia, Bryan  
Broadcasting

Dr. Theodore George, Texas  
A&M, Philosophy Department

David Gilbert, Store Director,  
Brookshire Brothers, Caldwell

Ann Gilmore, H-E-B, Bryan

Pat Patrick, Bryan Coca Cola

Carl Pihoda, Citizens State  
Bank, Brenham

Philip Rodriguez V, Attorney,  
Doss & Rodriguez, P.L.L.C.

Gus Roman, City of College  
Station Community Services

Byron Sommerlatte, Retired  
Community Volunteer,

Burlson County

Tammi Warford, Brazos Valley  
Fair & Rodeo

# Dear Friend,

Inflation this past year has been challenging for all of us. But, what happens when inflation and a fixed income co-exist? Hardship for older adults already struggling to cover basic expenses like food, fuel, utilities, and housing.

According to the National Council on Aging (NCOA), approximately 40% of older Americans rely solely on their Social Security income to get by. As grocery store prices remain higher than normal, the issue of food insecurity among seniors will only get worse.

All of our partners throughout the Brazos Valley have seniors who rely on their services. And to reach people who have difficulty getting to food pantries, Brazos Valley Food Bank (BVFB) offers additional programs to help. Our Senior Outreach Program (SOP) provides supplemental, easy-to-prepare nutritious food to seniors at, or with other programs like assisted living centers, home delivered meals like Meals on Wheels, and more.

In the following pages, you will read local stories from seniors living on fixed incomes who are facing hunger. Their access to BVFB supported services and programs is especially important in times of higher than normal prices.

While we all have felt the reality of inflation in our pocketbooks, know that our most vulnerable neighbors, like seniors on fixed incomes, are feeling it greatly. Giving of funds, food, and time, if possible, is needed now more than ever.

Sincerely,

Theresa Mangapora  
Executive Director





Seniors receive fresh fruit, vegetables and other staples each month at the Brazos Mobile Pantry.

A self-described “very proud grandpa,” Andy and his wife moved from California to Bryan just to be closer to their three grandkids, who range in age from almost 2 to 9. They were delighted when Andy’s son moved into the house next door so they can see the little ones more often.

Andy is a retired minister and his wife works locally as a special education teacher. He receives

## Help and Hope — Delivered!

some social security and disability benefits, but even with his and his wife’s combined income, it’s difficult for the household to make ends meet.

So once a month Andy visits the Brazos Mobile Pantry to pick up fresh fruit and healthy produce.

Andy appreciates the kindness and generosity of everyone who gives to make the Brazos Mobile Pantry possible for himself and for his neighbors who need extra help, too, these days.

**“I appreciate all the hard work you do,”**

Andy says. “You can look out at the long line of cars and see all the people that need your help and the good work that you are doing.”

*\*Photo changed for privacy.*

## Thank You G Squared Wealth for Your Gift of Time

BVFB recently welcomed a team of volunteers from G Squared Wealth Management. They worked for two hours, boxing enough food to help 350 families!

Victoria “Vicky” Greene, Chief Investment Officer, felt so strongly about the importance of her entire team volunteering that she gave staff paid time off to participate.

“This really reminds you how lucky you are. We don’t have to worry at the grocery store and there are people in our community that do. Maybe we don’t see it, but it’s there. **And it’s important that we give back,**” Vicky says.

Vicky’s colleague, Tanner, agrees wholeheartedly. He says, “I think giving time is one of the most valuable things you can do.

“It only took two hours of our time. That’s a small sacrifice on our end but [it’s going to make] a huge difference for 350 plus people.”



Volunteers were thrilled that two hours of boxing food helps 350 families!

Volunteering is something every company should consider, Vicky says. “[We] want our company to be looking out for the community and not just looking inward. Our clients were extremely happy to hear that we were providing this opportunity for our staff.”

**To join G Squared Wealth in giving back through BVFB, please visit [www.bvfb.org/volunteering](http://www.bvfb.org/volunteering).**



Robert with his beloved blue heeler, Prince, at a Washington County Mobile Pantry distribution in Burton.

## There Are So Many Ways to Volunteer with BVFB!

### In BVFB's Volunteer Center:

- Sorting Food into Like Categories
- Assembling food into Children's BackPacks, Senior Bags, Mobile Pantry, Home Delivery and/or Chronic Disease Prevention Boxes

### At BVFB's Facility (but not in the Volunteer Center):

- Loading, Unloading and Pulling Warehouse Orders
- Maintenance of the Together We Grow Garden

### Other:

- Weekly Local Grocery Story Food Donation Pick Up
- Direct food distribution at the Madison County Mobile Food Pantry (Madison County Fairgrounds)
- Spanish Translation for our Home Delivery Program, Project GotEM

To provide vital programs for neighbors who face hunger in the Brazos Valley, BVFB relies heavily on the time and talents of volunteers.

Each activity has different time and ability requirements. Visit our website to learn more AND to sign up for a shift. [www.bvfb.org/volunteering](http://www.bvfb.org/volunteering)

1501 Independence Avenue  
Bryan, TX 77803  
(979) 779-3663  
[www.bvfb.org](http://www.bvfb.org)



## You Make the Difference for Brazos Valley Seniors

Robert and his dog, Prince, are familiar faces at the Washington County Mobile Pantry distribution in Burton. Neighbors and volunteers all have a friendly wave or handshake to offer.

Currently overseeing a nearby ranch, Robert describes himself as a farm hand though his skill set is extensive. "I do a little bit of everything. A little carpentry, a little plumbing. Whatever needs to be fixed, I fix it."

Housing is part of his wage, but he still has to pay for electricity, gas, and other living expenses, which means there's not much left over for food.

So, when Robert needs extra help, he knows he can turn to the Washington County Mobile Food

Pantry to access the healthy fruit, vegetables and other staples he needs.

***"I really appreciate the work that the volunteers do,"***

Robert says. "They don't have to be here but they come out in the cold and the rain to help the community. It has been really helpful."

His appreciation for donors and volunteers who support important food distributions like the one reaching his community is why Robert also volunteers at the Washington County Mobile Food Pantry.

He says, "I am happy to help in any way that I can."

