Solving hunger today for a hunger-free tomorrow.

Thank You for Making Sure Your Neighbors Have Enough to Eat

Page 3  YOU’RE A LIFELINE TO CHARLES
Page 3  OUR SINCERE THANKS TO TERRY!
Page 4  THANK YOU FOR SHARING HOPE WITH SENIORS
Dear Friend,

When I joined the Brazos Valley Food Bank (BVFB) team 15 years ago, I was stunned by the rate of senior poverty throughout the Brazos Valley. Texas has the sixth highest rate of senior food insecurity in the nation at 10.5 percent.

This crisis is what drove us, with help from the Beaumont Foundation of America, to launch a Senior Bag/Senior Outreach Program in 2007, which has nourished numerous low-income, homebound seniors with shelf-stable food for the weekend when hot meals aren't being delivered.

Without our Senior Bags, hunger for some seniors in the Brazos Valley would mean:

- Increased risk of frailty, leading to potential physical limitations, such as mobility;
- Risk of additional health issues including depression from isolation, heart disease and diabetes.

The absence of food can hinder, even deteriorate our senior neighbors' well-being. Older adults facing hunger also face the stress of impossible trade-offs, like whether to purchase food or fill an important prescription.

What a dishonor that is. Seniors have raised families and worked hard to make the Brazos Valley a better place. Because of their many experiences, they have so much wisdom to share and their benevolence and insight can be stifled because of their poverty.

Please help BVFB share healthy food so that every resident of the Brazos Valley is able to contribute deeply and richly to this life and this community.

Gratefully,

Theresa Mangapora
Executive Director

Our Sincere Thanks to Terry!

Terry was introduced to BVFB in a novel way: His son began volunteering to pay off a couple speeding tickets, and Terry tagged along!

Terry’s no stranger to service — his was actually the second number drawn for his age group in the Vietnam draft. He received an educational deferment to get a commission and served in the military for 25 years before retiring as a Colonel. After over six years of active service, Terry continued giving time through his local Lion’s Club and Wells Fargo, where he worked for more than 30 years. Unfortunately, he’s also familiar with hunger.

“I’ve experienced some hunger in my life,” Terry says. “I know how important it is to have nutritious food.”

Growing up, his family often struggled to keep food on the table. Terry was grateful for the leftover food he took home from the drive-in theater where he worked, but he will never forget the effects unwholesome food had on his body and energy level.

Nowadays Terry gives back through BVFB’s Volunteer Leadership Program. He also volunteers with the Mobile Food Pantry that distributes food at the fairgrounds in Madisonville. “You get to see the people who are served, and they’re so grateful,” he says.

Thank you, Terry, for your leadership in fighting hunger here in the Brazos Valley!
“At this stage in my life, I never thought I’d be on food stamps [now known as the Supplemental Nutrition Assistance Program or SNAP],” Sissy says of her current situation.

But that’s been the reality since she retired. Sissy enjoys spending time with her family — she has nine grandchildren and one great grandchild, with another on the way! She supported her children both as a school bus driver and home healthcare worker. Sissy actually used to care for older adults at LULAC Apartment Homes, the senior housing complex where she now lives.

LULAC partners with BVFB to make sure seniors like Sissy have enough to eat through a onsite Client Food Pantry and with the Senior Bags. Older adults can choose food items like eggs, produce and healthy canned goods from the pantry each week and/or receive a weekly bag of food filled with nutritionally balanced, easy-to-prepare items that supplement their meals.

Sissy signed up for Senior Bags in October of 2018 and appreciates the healthy items she receives.

“You never know when it’s going to be you who’s needing the bags,” she says.

Always the caregiver, Sissy still checks in on fellow residents who are facing health problems. She’s truly grateful to have your help putting balanced meals on the table — for herself and others.

Thank You for Sharing Hope With Local Seniors

Contact Us:
(979) 779-3663
www.bvfb.org

Physical:
1501 Independence Avenue
Bryan, TX 77803

Mailing:
PO Box 74
Bryan, TX 77806