

BRAZOS VALLEY FOOD BANK

The Story:

Solving hunger today for a hunger free tomorrow.

WINTER 2022

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Your Investment in Seniors Brings Nourishment and Hope



Theresa Mangapora
EXECUTIVE DIRECTOR

Dear Friend,

Over 16% of the American population is made up of individuals 65 years and older. As we all know, seniors contribute greatly to our society. Shopping, using services (which employ people), and paying taxes are just a few of the ways older adults support our community. Seniors are community members with rich experience, talents and histories.

Seniors volunteer, too. In fact, many nonprofits, like the [Brazos Valley Food Bank \(BVFB\)](#), would be hard-pressed to function without our older volunteers. In addition, the majority of BVFB's food distribution partners and sites are overseen by senior volunteers.

They also provide care for spouses or friends. Think of the spouse who takes on more and more responsibilities in and outside the home as the other spouse becomes frail. Without her, what would happen to her partner?

For isolated seniors – especially those who are homebound – hunger, however, can be devastating. According to Feeding America, food insecure seniors are more likely to have depression (262%), asthma (78%), diabetes (74%) and congestive heart failure (71%) compared with seniors who don't have to worry about having enough food.

This edition of The Story is dedicated to seniors – those facing hunger, our senior donors and senior volunteers. This is a tale of seniors helping seniors, as well as individuals of all ages who face hunger. Please read on.

Sincerely,

Theresa Mangapora
Executive Director

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You're a Source of Strength for Kimberly

Kimberly moved to Brenham three years ago to be closer to her family and now happily calls the Brazos Valley home. She cares deeply for the health of her community, and the community cares just as deeply for hers.

As a retired older adult on a fixed income, Kimberly often has difficulty making ends meet month to month. And now that the prices of everyday things, like groceries, continue to grow, thousands of individuals like Kimberly will struggle to keep up with the cost of living every week.

Thankfully, Kimberly was referred to BVFB's Washington County Mobile Food Pantry at St. Peter's Episcopal Church in Brenham. There, she and her neighbors, who also experience hunger, can pick up boxes of nourishing food for themselves. Her favorite thing about the pantry is the volunteers.



Kimberly at BVFB's
Washington County Mobile
Food Pantry located at
St. Peter's Episcopal Church
in Brenham.

"I think the people here are absolutely fabulous," Kimberly says. "They give so much of their time and energy."

She's so grateful for this community support that wouldn't be possible without friends like you, people committed to fighting hunger. Thank you for being such a reliable source of strength for neighbors like Kimberly.

Liz Advocates for Neighbors Facing Hardship



Liz gives you a big thumbs up.

Liz Shimshack has been a cornerstone of our community since 1989 after graduating from Texas A&M University.

Liz noticed how 'strong' BVFB was while working on charitable trusts at Wells Fargo. She quickly became a

member of the Board of Directors at BVFB.

"I truly believe in [BVFB]." Liz says. "One thing that shocked me was the number of people

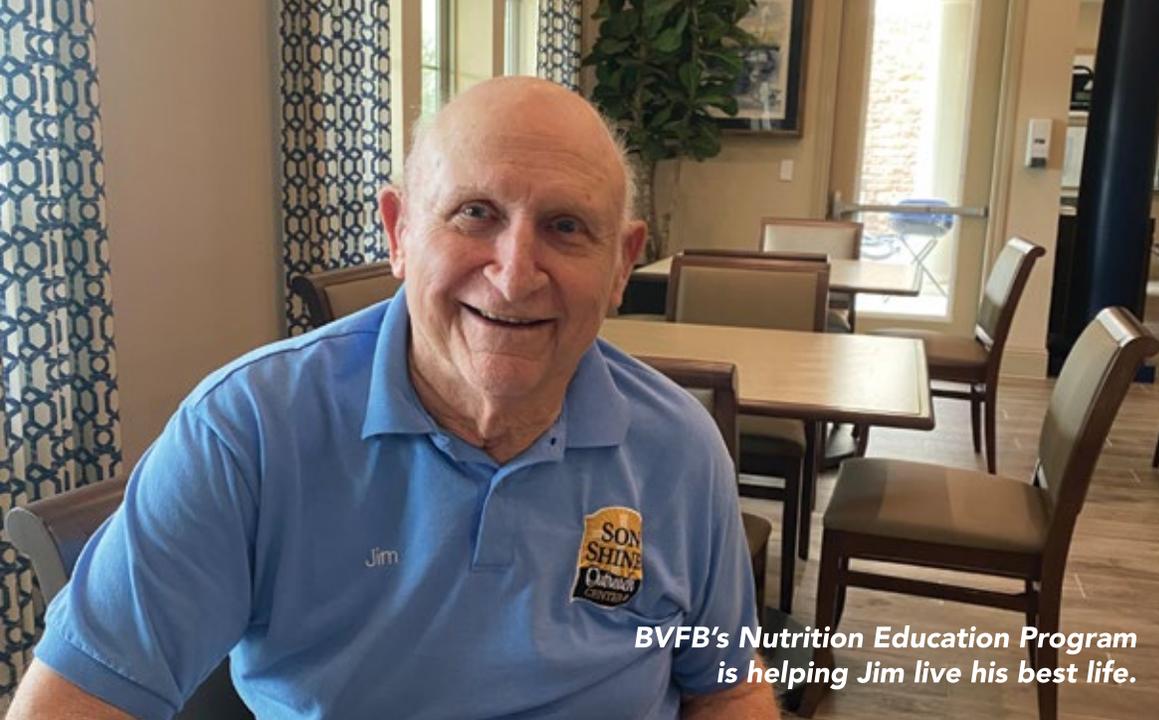
who use the food bank. It was really eye-opening for me."

As a financial professional working with individuals on their trusts, Liz has seen firsthand how easy it is for people who have always been able to support themselves to suddenly run out of money.

"It's heartbreaking to see," Liz says. "Something comes up and they can't make that little bit that they need. I can't imagine having to choose between food and medicine..."

Thank you for being such a powerful advocate for our neighbors in the Brazos Valley, Liz!

To join Liz in giving back with BVFB, please visit www.bvfb.org/volunteering.



BVFB's Nutrition Education Program is helping Jim live his best life.

**THIRD ANNUAL
KBTX-TV SUMMER
HUNGER FOOD DRIVE
JUNE 2022**

- An opportunity to support BVFB over the tough summer months.
- More information coming soon!



**MINGLE 4 MEALS
APRIL 2022**

- Join us for an event featuring talks by local leaders, focused on the impact of BVFB's services and programs.
- Keep an eye on bvfb.org/M4M for more details!

You Help Seniors Thrive!

Jim is another community member who's proud to be an Aggie. He graduated from Texas A&M University in 1959 and his career as a dairy farmer and dairy genetics researcher took him to places all over the U.S. before he finally settled down in the Brazos Valley.

Now retired, Jim enjoys attending the monthly classes taught at his independent senior living community through the BVFB's Nutrition Education Program. The classes focus on nutritious eating, movement and building healthy habits for seniors.

“[It’s] very informative. It makes you rethink,” he says. “It’s a good refresher.”

Like many older adults, Jim finds it challenging to cook for one. He gets new recipes and tips from the classes on how to put together well-balanced meals that he can try out.

Jim knew of BVFB's mission to alleviate hunger through his volunteer work at a partner food pantry, the Son-Shine Center located in Madisonville. He's happy to be involved in the community while learning ways to live a healthier life. Not only for himself, but so he can share his knowledge with others (thanks Jim!).

Feeding today is vital. But so is prevention. BVFB's outreach initiatives like our Nutrition Education Program, help us solve hunger for tomorrow.



**BRAZOS VALLEY
foodbank**

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