YOU'RE A SOURCE OF STRENGTH FOR KIMBERLY

LIZ ADVOCATES FOR NEIGHBORS FACING HARDSHIP

YOU HELP SENIORS THRIVE!

Your Investment in Seniors Brings Nourishment and Hope
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
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.

**You Help Seniors Thrive!**

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