

**HUNGER (Continued)** The reasons seniors are hungry are myriad and complex.

In a hard-time economy, people on fixed incomes have extreme difficulty paying for ever more costly food, especially when they must lay out precious dollars for medication and other vital expenses, said Sandy Fryer, director of a Meals on Wheels program in Conshohocken.

Seniors also forget to eat, or are disabled, Ziliak said. Pat Smith, 84, of Doylestown, said her \$744 monthly Social Security check runs out several days before the month does. **“So I just eat cereal for dinner on those nights,”** said Smith, who is divorced and lives alone.

Food stamps would help seniors tremendously, but people born in 1952 and before simply have a hard time accepting that kind of help, noted Ginger Zielinskie, executive director of Benefits Data Trust, a Center City nonprofit that helps low-income people access benefits.

**“First and foremost, low-income seniors don’t know they’re eligible,”** Zielinskie said. “And there’s a stigma among seniors regarding food stamps” - called the Supplemental Nutrition Assistance Program, or SNAP. Only 30 percent of eligible seniors access SNAP nationwide, Ziliak said.

Making things still harder for seniors is that SNAP can be difficult to apply for, noted Enid Borden, president of Meals on Wheels. “I proposed to the government to simplify this onerous system,” Borden said.

Ultimately, being old and hungry is a hard way to live, Boss will tell you. “I never thought anything like this would happen to me,” she said. “I have a daughter and grandchildren and great-grandchildren in Connecticut. They call me and try to make me happy, but they don’t know I’m hungry. It’s nothing I’m bragging about. But if I can help even one senior lady get food stamps and find peace in her life, it would make me happy.”



**Note:** **“Miss Miriam”** (women and men) is everywhere in America! Please visit [www.AARP.org](http://www.AARP.org) for additional information/links about **AARP’s Drive To End Hunger** program/campaign! **ggd**

# Choice

May 2012  
Volume 16 - 5  
Monthly

The Newsletter Of AARP Chapter 1952  
Warner Robins, Georgia  
“To Serve – Not To Be Served”  
[www.Choice1952.com](http://www.Choice1952.com)

Meeting Dates/Time: **Wednesday, May 23<sup>rd</sup>** (10:00 A.M.) and **Wednesday, June 27<sup>th</sup>** (10:00 A.M.)  
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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**Birthdays For May**

Walter Huckeba 20<sup>th</sup> Carl Willingham 22<sup>nd</sup> Jeanine Frey 27<sup>th</sup> John Echols 28<sup>th</sup>

**Birthdays For June**

Thaina L. Brown-Brake 3<sup>rd</sup> Nettie Mathe 20<sup>th</sup> Palmer Craig 21<sup>st</sup>

**WE CARE**

We all wish health/wellness for **Suzanne Burgess** and **Jim Speer** (Jim’s Quick Lube). **For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. Ralph Waldo Emerson (1803-1882) “Blessed are those who mourn, For they shall be comforted.” Matthew 5:4 NKJV**

**Highlights From March’s Meeting:** A **“Bread Of Life”** presentation was given by **Bill Milby** (Father) and **David Milby** (Son) - owners of **Visiting Angels**; a local/non-medical, living assistance service for seniors. Health/nutrition issues - especially among seniors can be DIRECTLY traced/linked to one’s overall wellness. It’s not just WHAT we eat but HOW it is prepared that makes a difference. Hence ... **“The Bread Of Life!”** Fresh ground wheat, it’s freshness, flavor and fiber are part of the fun in baking one’s bread! The Milby’s shared their “family recipe,” some recently baked bread and an overview of the “senior care” industry along with some of Visiting Angels services/products. Four core principles: The **client is in charge** of everything. Visiting Angels does not dictate schedules (i.e. what time to get up, when to bathe, meal schedules etc.) ...ensuring comfort in the home. **The agency is bonded, insured, and licensed to permit “hands-on” care.** The agency is trained to continuously monitor their caregivers through a unique system of continued personalized contacts through telephone check-in and home visits. No two people are the same with different needs. Whether you need respite care, in home care, part time or full time care or care at an assisted living facility, Visiting Angels can **provide an experienced caregiver that is right for the client** with tailored programs based on the client’s needs and being flexible to change the program as different needs arise. Call **478/971-1606** for



Fresh Ground Wheat

additional information. Following the presentation everyone enjoyed a variety of delicious (covered dish) foods including more of **“The Bread Of Life!”** Welcome back **Mary Lappano** and **Ivis Bedrick!**

A state trooper pulled a car over and told the man driving that he was going 50 mph in a 40 mph zone. **“I was only going 40!”** the driver protested. **“Not according to my radar,”** the trooper said. **“Yes, I was!”** the man shouted back. **“No, you weren’t”** the trooper said. With that, the man’s wife leaned toward the window and said, **“Officer, I should warn you not to argue with my husband when he’s been drinking.”** **ggd ☺**  
\* Thanks IB \*



The National Moment of Remembrance, established by Congress, asks Americans wherever they are at 3:00 P.M. local time, on Memorial Day to pause (in an act of national unity) for one minute. The time (3:00 P.M.) was chosen because it is the time when most Americans are enjoying their freedoms on the national holiday.  
 Memorial Day 2012: May 28<sup>th</sup>

Meeting Date/Time: Wednesday - May 23, 2012/10:00 A.M.  
 Our Guest Speaker will be Dr. Bill Head - Historian/Robins Air Force Base



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Congratulations To Joyce Hutcherson On Her Recent Retirement As Director/Warner Robins Senior Center!  
Welcome To Melanie Lewis - Director/Warner Robins Senior Center!

**Editor's Notes:** UPDATE YOUR LOCAL (Chapter 1952) MEMBERSHIP - STILL A "BARGAIN" AT \$5.00/YEAR!

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I can be reached at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

**Greg (Formerly Known As "Da Baby") Davis** ggd ☺



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## Hunger Among Senior Citizens Continues To Rise

May 14, 2012 | By Alfred Lubrano - Philadelphia Inquirer Staff Writer

When 88-year-old **Miriam Boss** fell face-first in her home late last year, she was rushed, frightened and alone, to the Aria Health hospital in Torresdale (Northeast Philadelphia, PA), near her condo.

She told the doctors tending to her bruised forehead she had been feeling faint lately, and had fallen several times before, though the reason was a mystery to her.

Not to the doctors. Like a growing number of senior citizens in America, **Boss wasn't getting the proper amount of food, and weakness from hunger was causing the falls.**

"I hadn't realized that I wasn't eating enough," said Boss, a divorced former owner of a children's clothing store in North Philadelphia. "When the cupboard's bare, there's not much to do."

**Boss is emblematic of a harsh and troubling trend:** There was a nearly 80 percent increase in the number of seniors experiencing hunger in America between 2001 and 2010, according to new report compiled for the **Meals on Wheels Research Foundation in Alexandria, VA.** The foundation is part of the Meals on Wheels Association of America, the oldest and largest national organization devoted to senior nutrition.

According to the report, around 8.3 million seniors — **Americans 60 and older** — "**face the threat of hunger.**" That's a specific term used by researchers meaning seniors who were polled as part of the Census Bureau's Current Population Survey expressed anxiety about not having enough food, or on occasion didn't have enough food, or sometimes skipped meals because of lack of money.

Overall, the research shows, nearly 15 percent of seniors nationwide, or more than one in seven, experienced hunger in 2010. In contrast, one in nine experienced hunger in 2005, according to economist **James Ziliak**, coauthor of the Meals on Wheels report and **director of the Center for Poverty Research at the University of Kentucky.** Craig Gundersen, an economist from the University of Illinois, was the other author.

In Pennsylvania, just under 15 percent of seniors — the national average — experienced hunger in 2010. In New Jersey, it was around 12 percent.

"The surprise was that things got worse for seniors," Ziliak said. "One in seven is an astounding figure." For African Americans, a large percentage of whom live in poverty, the chances that a senior experienced hunger was 132 percent higher than for a white senior, the report showed. And the report teased out another startling fact: Seniors living with grandchildren were at least 50 percent more likely

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to experience hunger than those who didn't. Ziliak believes seniors tend to sacrifice their own food so their grandchildren can eat. In Philadelphia, about 22,000 seniors, or 8 percent of the senior population, reported cutting out meals due to lack of money, according to Allen Glicksman, director of research for the Philadelphia Corporation for Aging. Meanwhile, research

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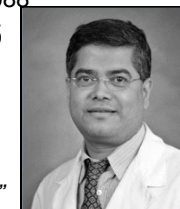
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**\*\* Senior Discounts \*\***

from the Greater Philadelphia Coalition Against Hunger shows that 48,000 seniors received food from Philadelphia food pantries in fiscal year 2011.  
**SEE HUNGER ON BACK PAGE**