

January–March 2018

# Senior Scribe



Jewish Family Services at The Albert & Sara Reuben Senior and Community Resource Center • 6905 Hoover Road • Indianapolis, IN 46260

Happy New Year! We find ourselves asking how another year has already passed. When time flies by, we know that good things have happened and we have been busy and active.

This year we want to enhance the activities that we offer. We will start with a new experience, relaxing in our chairs and traveling the world. On January 9, Elizabeth—a tour guide from Boston—will share with us a travelogue of the landmarks of Boston. We would like to ask you to share your travel experiences with us.

We have had challenges with the food, temperature and quantity and are working closely with Christine Woodward, Katherine Matutes and Lori Moss to find the system that works best for all. Please know that we are always here for you and want our program to be successful.

Christy and Ruthie

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## Senior Resources 317.259.6822

### **Wheels to Wellness—Ext. #8**

Jack takes people to their medical appointments. **Because this service is in such demand, please call to reserve your ride as soon as you have scheduled an appointment.** Have your doctor's address and phone number available. Rides are provided on a first-come, first-served basis. Hours are 7:30 am to 3:30 pm.

### **Grocery Shopping—Ext. #5**

Sugar takes people by van to various stores on Mondays. Call for additional information.

### **Homemaker Service—Ext. #5**

To arrange for assistance with light housekeeping, call Christy.

### **Libby & David Fogle Lunch Bunch—Ext. #5**

These lunches and special programs for seniors are available twice weekly to anyone over the age of 60. There is some one-time paperwork, but please don't let that stop you from joining us!

### **Popsie's Pantry—Ext. #6**

This service provides dry and canned goods, produce and household items to those who qualify. To use this service or to donate, please call Julie.

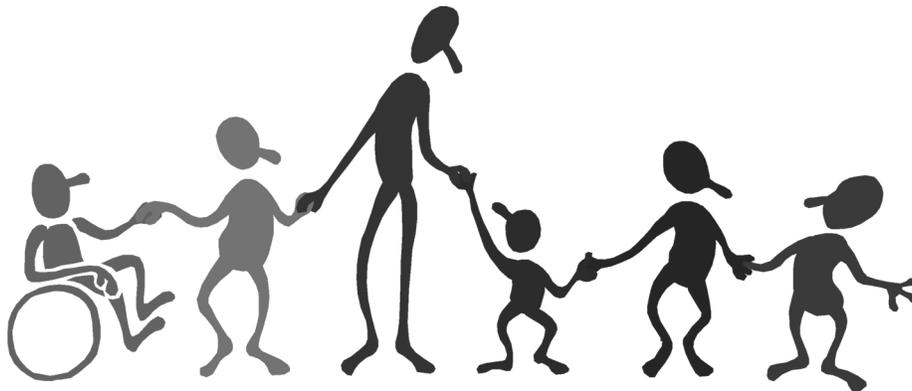


317.259.6822  
[www.jewishindianapolis.org](http://www.jewishindianapolis.org)

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Social Services Corner



December, January and February are typically the coldest months of the year. Because of the cold weather, we find our utility bills on the rise. Being on a fixed income can sometimes make it difficult to manage an unexpectedly high bill.

Should you have difficulty paying your utility bill, please do not hesitate to speak with me, Christy Morris, Geriatric Social Worker with Jewish Family Services at The Albert and Sara Reuben Center. I am available to speak with you about different community resources that might be available if you are in crisis with your utility bill.

Christy Morris, MSW, LCSW  
317.536.1475

**SENIOR**

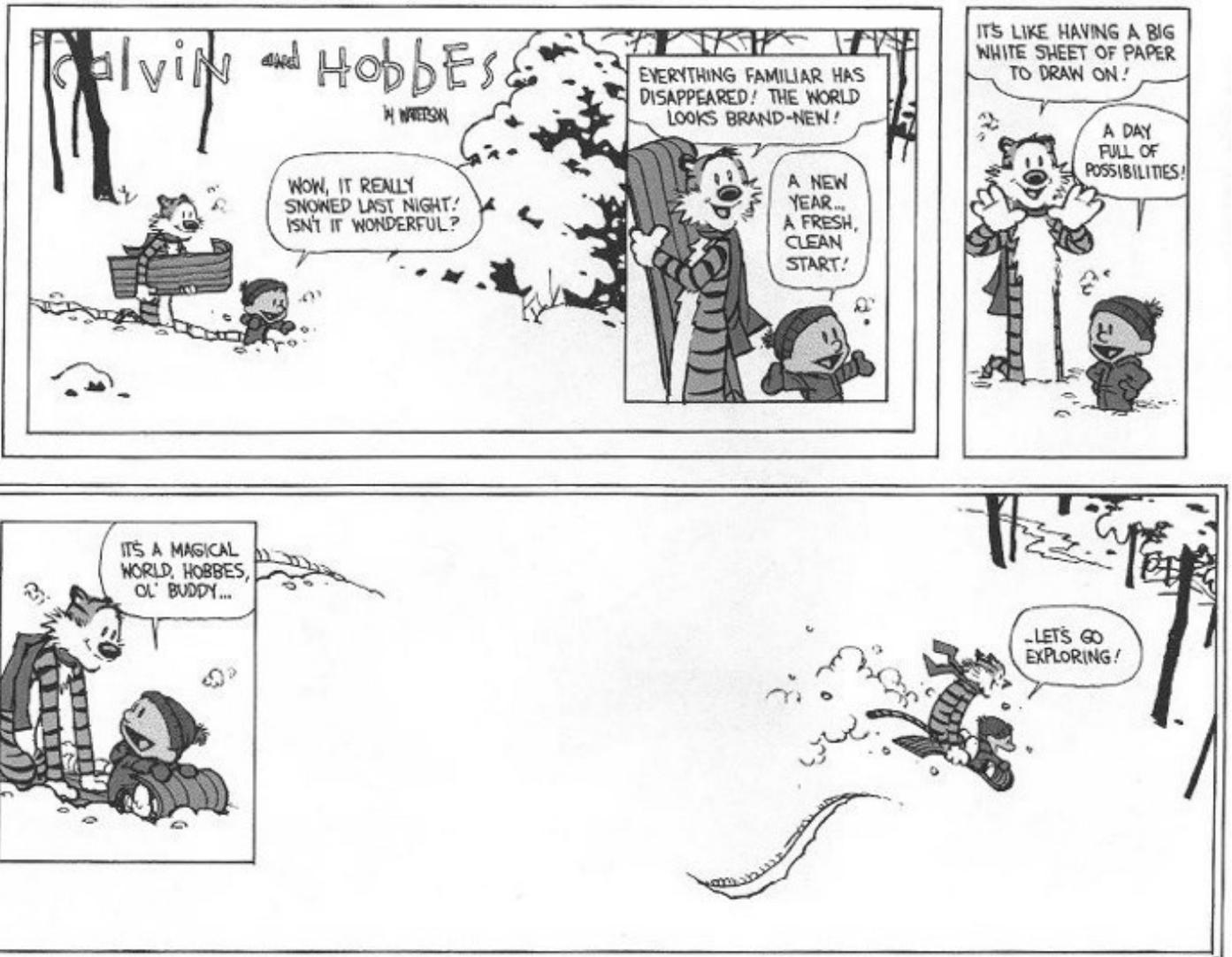


**HUMOR**



## How Do You Spend Your Snow Days?

by Jim Borden



Today was my first snow day of the semester, and like many snow days it reminds me of the many classic Calvin and Hobbes comic strips devoted to Calvin's adventures in the snow.

One strip, the one depicted above, has always stuck with me and not just because it was the final one. I often use it on the first day of the semester when I am teaching freshmen. College is like a fresh, clean start; like having a big, white sheet of paper to draw on. It can be a magical world, full of possibilities, and, just like Calvin, I encourage the students to go exploring.

As I thought about that strip today, it made me think about snow days. For many of us, a snow day represents an unexpected change in our routine, often opening up a world of possibilities. But it's only an opportunity if we take advantage of it.

So how do you spend your snow days—binge-watching episodes of *Buffy the Vampire Slayer* while eating junk food, or do you channel your inner Calvin and go exploring?

## SNAP and Senior Hunger Facts

National Council on Aging

In the U.S., over 4.8 million low-income adults over age 60 rely on the Supplemental Nutrition Assistance Program (SNAP) to stay healthy and make ends meet. On average, they receive \$108 per month to help put food on the table.

Here are some key facts about SNAP and senior hunger.

### Too Many Seniors Are Going Hungry

- Millions of older Americans are at risk for hunger. In 2014, 10.2 million older Americans faced the threat of hunger, representing 15.8% of adults aged 60+ in the U.S.
- Food insecurity is growing among older adults. The food insecurity rate for all senior households was 8.3% in 2015, down slightly from the year before but up from 5.5% in 2001. At the same time, the percentage of seniors facing the threat of hunger has more than doubled.

### Too Few Seniors Are Enrolled in SNAP

- 3 out of 5 seniors who qualify for SNAP do not participate. This means that 5.2 million seniors miss out on benefits. Older Americans who qualify for SNAP are significantly less likely to participate in the program than other demographic groups.
- Several factors contribute to the low participation rate. Many seniors face barriers related to mobility, technology and stigma and are discouraged by widespread myths about how the program works and who can qualify.

### Some Groups of Seniors Are More Affected

Seniors are more likely to be food-insecure if they:

- Live in a southern state—9 of the 10 states with the highest rates of senior food insecurity are in the South (Arkansas, Louisiana, Mississippi, Tennessee, North Carolina, Texas, South Carolina, Alabama and Georgia).
- Have a disability—Almost one-third of food-insecure seniors are disabled.
- Are younger—Nearly 65% of food-insecure seniors are younger than age 69.
- Live with a grandchild—Nearly one in every five seniors living with grandchildren is food-insecure.
- Are African-American or Hispanic—17% of African-American seniors and 18% of Hispanic seniors are food-insecure compared to 7% of Caucasian seniors.

### SNAP Is a Good Investment

- SNAP improves health outcomes—Food-insecure seniors are worse off for a wide array of health outcomes. They have lower nutrient intakes and are more likely to suffer from diabetes, depression, limitations in activities of daily living (ADLs), high blood pressure, congestive heart failure, heart attacks, gum disease and asthma.
- SNAP stimulates the economy—Every \$1 in additional SNAP benefits generates \$1.73 in local economic activity.
- SNAP supports jobs—\$1 billion in SNAP benefits would generate 8,900 full-time jobs.

### NCOA's Role

The National Council on Aging (NCOA) provides several resources that help eligible individuals find and apply for benefits that pay for food.

### Senior SNAP Initiative

With generous support from the Walmart Foundation, NCOA has awarded over \$2 million in grant funding to community-based organizations to assist older adults (i.e., age 60 and over) in applying for and enrolling in SNAP. NCOA supports their and other organizations' efforts through outreach and enrollment tools that can be found on their website at [ncoa.org](http://ncoa.org).

### BenefitsCheckUp<sup>®</sup>

NCOA's BenefitsCheckUp<sup>®</sup> is the nation's most comprehensive, free, online service to screen seniors with limited income for benefits. It includes more than 2,000 public and private benefits programs from all 50 states and the District of Columbia. Over 5 million people have used BenefitsCheckUp<sup>®</sup> to identify benefits valued at over \$17 billion to help them pay for food, medicine, health care, rent, utilities and other daily needs. Download your state's SNAP application at [BenefitsCheckUp.org/getsnap](http://BenefitsCheckUp.org/getsnap) or complete a full screening at [BenefitsCheckUp.org](http://BenefitsCheckUp.org).