

SPRING

2016

harvest gatherings

Shared Harvest

FOODBANK

HUNGER IS NOT A CHOICE.
GIVING IS.

www.sharedharvest.org
800-352-3663

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OUR MISSION:

To find, rescue and
distribute food to people
living in poverty through an
efficient network, uniting the
public and private sectors;
To raise awareness of the
impact of poverty.

FEEDING
AMERICA



United
Way



OHIO
ASSOCIATION OF
FOODBANKS

Richard O Jones
Editor

A Generation in Crisis? Baby Boomers are making America old

Senior Citizens are the fastest growing segment of the United States population. Between 2012 and 2050, the number of Americans 65 and older will nearly double from 43.1 million to 83.7 million.

Blame it on the Baby Boomers, the post-World War II generation now retiring in droves. By 2050, the surviving Baby Boomers will be over 65 years old.

By all accounts, this will have profound effects and will present enormous challenges to policy makers and programs, such as Social Security and Medicare. It will also affect families, businesses, and health care providers.

The enormity of this growth will make our job much more difficult and important.

The most recent statistics show that 15.8 percent of seniors face the threat of hunger. For the first time, there is now over 10 million seniors facing food insecurity.

"Among the senior population, food insecurity is associated with increased risk of developing negative health conditions, such as diabetes, high blood pressure, and asthma,"

writes the National Foundation to End Senior Hunger.

"Compared to food secure seniors, food insecure seniors are 53 percent more likely to report a heart attack,



52 percent more likely to develop asthma, and 40 percent more likely to report an experience of congestive heart failure."

And the impact of the aging population will be especially profound here in Ohio, which already has one of the top ten highest threats of hunger among the states, is an "aging state." According to the U.S. Census Bureau, the Ohio's "working-age" population (age 20 to 65) grew by only 224,000 from 2005 to 2015, while the population of individuals age 55 and older grew by more than 540,000.

As a nation, we need to start preparing for this now. At Shared Harvest, we help thousands of senior citizens in our five-county area by offering SNAP counseling as well

as literally taking boxes of foods to the doors of self-sufficient senior citizens through our Commodities Supplemental Food Program.

It is heartbreaking to listen to the stories told by the people we serve

through these programs, and this newsletter focuses on some of the faces of our local senior citizens in need.

Their hardship now is a grim reminder of how much work we

**Sometimes you had to decide
whether you were going to pay for
transportation back and forth to
the grocery and that would take
away from what you had to spend.**

- Melvin



Notes from our director...

On walkers, canes or in wheel chairs they came. Lines of people, with papers in hand, some embarrassed to be there, others angry that they have to ask for help... at their age. Waiting patiently for their turn, there was quiet conversation, like old friends catching up, some brought books to read, while others just stared at the floor, waiting for their name to be called.

We recently renewed applications for our Commodity Supplemental Food Program which provides about 30 pounds of food each month to people who are 60 years or older and qualify based on their income. We can serve 1,570 seniors per month but are limited to that number because of the limits placed on us by the federal budget. There are actually about 6,000 seniors who would qualify and need this food to help make ends meet – just in the five counties we serve.

The average income for the people who get this box of food is \$1,041 per month. Think about that for a moment: Rent, utilities, prescriptions, transportation... doesn't leave much for food does it? The average age is 70.5 years, with the oldest being 101 years old. I can't imagine what it must feel like to be 101 and still struggling to put food on the table.

While most of the people we serve are one or two person families, we have many who are trying to support not only themselves but their adult

children and grandchildren. We have one family whose income is \$3,300 per month, which seems like a lot, till you realize they are trying to support 10 people.

They were Vietnam vets, teachers, factory workers, waitresses, beauticians, widows... they came from all walks of life, with one thing in common: Hunger. Hunger for enough food to eat, hunger for conversation, hunger for recognition. While completing an application should only take about 10 minutes, many took longer as these strangers poured out their stories to me.

How do you comfort someone who has lost their child and is struggling with the infirmities of old age while trying to raise their grandchildren? What do you say to the veteran who put their life on the line only to be in this position during what is supposed to be their golden years? How do you counsel someone who has lost all their friends and feels isolated from the world around them?

We cannot ignore the fact that there are about 10,000 baby boomers turning 65 years old each day... for the next 15 years or so. How many of them will find themselves standing in line for a box of food each month; and just how many will we be able to help?



Tina Osso
Executive Director

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UPCOMING EVENTS

Older Americans Month
May

Fight Hunger. Spark Change.

Walmart joins forces with customers and suppliers to raise 100 million meals for Feeding America® and its nationwide network of member food banks.

Red Nose Day

Red Nose Day is a special day to have fun, come together and make a difference for kids who need our help the most - here at home and around the world.

Thursday, May 25

IKEA

During the month of June 2017, IKEA will donate \$1 per purchase of select restaurant kids meals sold.

June

www.sharedharvest.org

Thank you for a successful Flocking Season!!!



Hunger In Real Life

True Stories From Shared Harvest SNAP Outreach

Then, The Unexpected...

When you get married, you think you both will live a long life and grow old together. Lois was hoping that would happen for her and her husband. Unfortunately he died five years ago. He did not prepare for this to happen to him and left Lois with financial problems.

When she walked into the pantry in Franklin, I knew she was confused and was about to run out. I caught her attention and asked if I could help her. The intake desk was busy and I wanted to calm her

down. She started to explain she needed food, help with her electric and anything else we could help her with.

Lois explains to me that her husband died five years ago and she was still trying to get through the mess he left her. She had cut back on as much as she could with electric, cable, phone and trying to find a job she could do sitting down. She also has back problems and arthritis in her knees.

I got her to sign in at the intake desk for food and then she came back to me to sign up for SNAP. I

got her an application for Senior Box which will also help her with putting food on her table. The Director of FACS Pantry gave her a paper for help with her electric and explains how this may help her. She also needed help with some trees in her yard. I gave her the United Way information booklet and showed her who to call, People Working Cooperatively.

Lois was over whelmed with all of the help we were able to give her that day. I'm so glad she came in and helped her to distress.

- Gloria

FACES

of seniors in need

Signing up for the
Commodities Supplemental Food Program



You have to be very, very creative. I make the best macaroni and cheese, but I'm at the point where I feel like I'm turning to cheese. When you can't afford milk, you just eat the dry cereal.

- Virginia



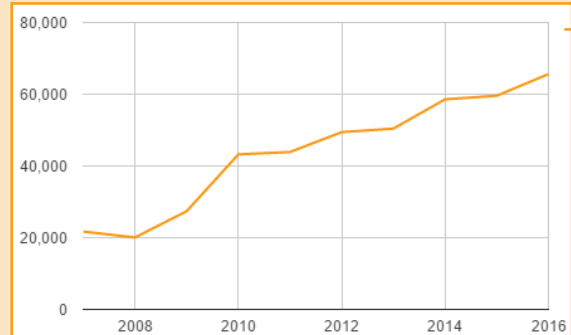


Without these programs, we just couldn't make it. This is not a luxury for us. This is survival.

- Marilyn

Advocate: **RAISE Your Voice**

Ohio's 12 Foodbank affiliated with Feeding America report a 20% increase in providing food to people 60 or older in the past four years. That tracks pretty closely with our own increase over the past four years of a 23% increase, serving 50,421 seniors in 2013, compared to 65,616 in 2016.



Much more telling is the increase in providing groceries to this age group since the recession... in 2007, our network in southwest Ohio served 21,709 people aged 60 or older compared to 65,616 in 2016.

It is of note that these are duplicated numbers, meaning each time a person received food, they were counted. However, we know that people visit our food pantries at least nine times per year, so we estimate that in 2007 we were serving 2,412 unique people in this demographic, compared to 7,290 unique people in 2016.

This trend can only continue as reports show that nearly half of all baby boomers are not on track to be able to afford basic expenses in retirement according to AARP. Older adults experiencing hunger suffer from higher rates of chronic disease, including diabetes, heart disease, and depression while also enduring a lower quality of life, with limitations on activities of daily living. Many find themselves faced with hospitalization and/or nursing home admission, denying them the ability to age in place at home with dignity.

We can reduce hunger among older adults by adopting common sense policy and process changes in programs like SNAP and cultivating cross sector partnerships.

Help us raise our voice!

Visit www.sharedharvest.org and click on the Raise Your Voice icon to learn how you can become an advocate in the fight against hunger, or contact:

Sarah Ormbrek
800-352-3663

sarah@sharedharvest.org



IN MEMORY OF...

Elizabeth Marie Succo
by Anonymous
Joe Naylor
by Sam & Judith Arminio
Nan Williams
by P. & L. Asher
Phyllis Garrison
by Mike & Pat Barger
Robert Barger
by Lois Barger
Helen Murphy
by Jeanne Beck
Melissa Bonamassa
by Sandra Bonamassa
Paul & Pauline Bonner Sr.
by Paul Bonner
SPC Christopher Brinkmeyer
by Arvilla Brinkmeyer
William, Lillian & David Rucker
by Sharon Campbell
Maynard & Iva Bryant
by Jeffrey & Carla Clark
Paul & Charlotte Cole
by Anthony Cole
Sally Kershbaum Pearson
by Mary Ellen Cole
Coach Jack Gordon
by Ronald & Carol Couch
Sally Kershbaum Pearson
by Deloras Covalt
Helen Moody
by Mark Cox
Harold & Pat Craig
by Joseph & Veronica Craig
Nana Mae Williams
by L.O. & Betty Cros
by Ora L. Day
by Iva Day
Nana Mae Williams
by Ryan, Logan & Kristen,
Shane, Nicole Vincent &
Nicholas Deaton

Ayodele Jegede
by Susan Ewing & Paul Decou
Herman Dickenscheid
by Rhonda Dickenscheid
Sally Pearson
by James & Lila Dodds
R.M Prince
by Fred & Karen Eck
Joseph Elam
by Virginia Elam
Patricia Nagel
by Diane Elasser
John & Barbara Fabelo
by Jerome Kearns
Linda Haddix
by Linda Frey
Sally Kershbaum Pearson
by The Whitenack Family
Glenn & Sarah Loveless
by Ray & Darlene Gabbard
Grandma Voula
by Niki Galiatsatos
Duane & Helen Gambrell,
Frances Kirby, and George
Kirby
by Michael & Carol Gambrell
Tom Geiger
by Louis & Cheryl Geiger
Howard & Bette Green
by Patrick Green
Thos. & Dorothy Cappella &
Thos. Cappella Jr
by Todd & Carolyn Groeber
Brittany Hammel
by Marian Grove
Marty L. Lewis
by Truda Hapner
Sally Kershbaum Pearson
by James & Jacqueline Hartzell
Sue Mowry
by Kathleen Hegenberger

Charles Heiger
by Marilyn Heiger
Linda Haddix
by Elaine Hemmelgarn
Fred Herschenhahn
by Sandra Herchenhahn
Donald Hingsbergen
by Rosemary Hingsbergen
Sally Kershbaum Pearson
by Brian & Marjorie Homan
Sally Kershbaum Pearson
by David and Becky Hughes
Frieda H. Bernhardt
by Robert & Carol Jensen
Robert R. Joseph
by Tina Sefton & Susan Joseph
Colleen Kellert
by Michael & Faye Kelley, for
the Backpack program
Celia & John Thyen
by Carl & Charlotte Kettman
Mary Knollman
by Leonard Knollman
Denis Pandl
by Diane Landi
Leona Landi
by Patrick Landi
Josephine Loving
by Edward Loving
Sally Kershbaum Pearson
by Hildegard Luff
John Hoffmann
by Susan Marvin
SSG. Robert A. Massarelli
by Pat & Mary Massarelli
Sally Kershbaum Pearson
by John & Sara McAlister
Donald McCormick & Debbie
McCormick
by Marylou McCormick
Bobby Hatton
by Sandy Hatton McDaniel

Jerome Kearns
by Diana Hoover Northwest
Ohio JFS Directors
Association
Sally Kershbaum Pearson
by Mary Novak
Jerome Kearns
by Ervin & Carol Oerther
Loved Ones
by Darlene Onyett
Ruth George
by Steven & Kimberly Nguyen
Shawn Ohlinger
by Tom & Linda Pate
Mary G. Paullus
by Dale Paullus
Sally Kershbaum Pearson
by Norman & Deborah Pearson
Robin Pendergest
by John & Jeri Pendergest
Jean Poulemanos
by June Pierce
Jerome Kearns
by Karen Pike
Sally Kershbaum Pearson
by Barb Powers
Sally Kershbaum Pearson
by Greg & JoAnn Praete
Betty Roane Morton
by Thomas & Berta Proffitt
Frank Puma
by Joan Puma
Edwin R. Reeves
by Marilyn Reeves
Harry & Bessie Rosensweig
by Jonathon
Rosenweig
Maxene Kiser
by Ruiz & Assoc. Inc.
Vincent Sacco
by Margaret Sacco

Del & Winnie Schanie
by Gloria Schanie
Jerome Kearns
by Christi Scheid
Louis & Doris Schellenbach
by Mary Clare Schellenbach
Vickie Schmidt
by Charles & Lois Konkler
Rudy Schwartz
by Anthony & JoAnn Schutte
Tyler Schutte
by Ronald Schutte
Rudy Schwartz
by Adrian & Rudy Schwartz
Sally Kershbaum Pearson
by Jane Scott
Melvin L. Shaw
by Nancy Shaw
"Tommy" Marler
by Edward & Judith Shelton
Sgt. Alexander Pak, USMC
by Daniel & Sheila Siefer
Norma Skidmore
by John Skidmore
Guy & Elsie Shiplet
by Bill Spadafora
Sally Kershbaum Pearson
by Rod & Anne Spearman
Andreas Traum
by Judy Stallman
Jerome Kearns
by Andrea Strikman
Vickie Curtis
by The Vickie Curtis Fund for
Students and Teaching
The Vail Family
by Florence Vail
Danny Watts Jr.
by Danny & Phyllis Watts
Mike & Charles Whaley
by Richard Whaley

IN HONOR OF...

Robert Ash
by Susan Ash
Elizabeth Curley's birthday!
by Jennifer Brinker Mardis
Siri Rawson
by James & Christina
Cartledge
Jack McAdams birthday
by Anthony Cole
Doris J. Castator
by Mark Cox
The Hospice of Cincinnati
by Mark Cox
Jeff Perkins
by Greg & Donna Ellis
Don and Lisa Gamble
by Don Gamble
Margarette Beckwith
by Lisa Groger
The Hacker Grandchildren &
Great Grandchildren
by Arnold & Virginia Hacker
Our Grandchildren
by Neil & Karen Hand
Mili Cribbs
by Jana Harmom
Elizabeth McCabe during the
holidays
by Martha Harvey
Dick & Mary Griss
by Jack Gold & Jeff Griss
Jeremy's 40th birthday!
by Lisa Hendrix
Breast Cancer Survivor Kerri
Lovelace
by Linda Lovelace

The Holidays for Tim & Jill Lynch
by Karen Lynch
Evelyn Meiner for Christmas
by Rob & Betty Meiner
Mikalea Meyer at the Holidays
by Bill & Ladonna Meyer
Sylvia Bresnan's birthday
by Dorothy Nieman
Christmas from the Page, Leeker,
Painter, Ancipink Families
by Gary & Candice Page
Neil Sackenheim
by Pam Sackenheim
Paul & Betty Thompson
by Pam Sackenheim
Mr. & Mrs. Greg Walker for the
holidays
by Steve & Phyllis Schwartz
Iris B. Setaro
by Joe Setaro
Jack Sheehan for the Holidays
by Angela Clarke & Michael
Sheehan
Sue Slouffman
by Ted Slouffman
Cora Millard
by Judy Stallman
Adrian Jones
by Phil Stubblefield
Thanksgiving
by Olivia & Jenny Wan
Booker T. Weatherall
by Booker & Beulah Weatherall
Alex on her 30th birthday!
by Kaitlyn Wessels
Pat Lienhart for the holidays
by John & Kathy Wissel

FOOD DONORS

A Childs Hope International
ABC Trucking
Advance/Pierre Foods
Aero Fulfillment Services
Anonymous
Bradly Clark
Busken Bakery
Chiquita Brands International
CLEAResult
Cloverleaf Cold Storage
ConAgra
Continental Express
Costco Wholesale
Cross Roads Logistics
CRS Trucking
Davids Tea
DHL
Ellenbee Leggett
ERB Truck Lines
Essendant
Estes
Food Drives
Freestore Foodbank
Frisch's Restaurants, Inc.
Frito-Lay Company
Girl Scouts of Western Ohio
Good Foods Made Simple
Grainger
Grand Prairie Foods
Hillshire Brands Company
Holman Transportation Services
Innomark Packaging
Solutions
Interstate Warehousing
JAG Trucking Inc.
J-Mar Trucking
John Morrel & Co Technical
Center

K & B Trucklines
Kellogg's
Kraft Biscuit (Mondelez)
Kum & Go
Love's Transportation
Mach One Trucking
Meals of Hope
Meijer Distribution Center
Needy Baskets of Southern
Miami County
Nestle USA Inc.
Nestle Waters
Nihm Trucking/Kemps Ice Cream
Ohio Association of
Foodbanks
Ohio Dept. of Job & Family
Services
Portion Pac/Heinz
Prairie Star Farms
Prime Logistic
Procter & Gamble
Quaker-Tropicana-Gatorade
Sanderson Farms
Schwanns Food Service
Service Trucking
Smuckers
Supply Chain
Taylor Warehouse
Tropicana/Excel Logistics
United States Dept. of
Agriculture
USTS
Vendors Supply of Ohio
Victory Wholesale Grocers
Weaver Brothers, Inc.
West Ohio Food Bank
White Castle

FOOD DRIVES

AK Steel
Austin Fartes Scouts
Camp Campbell Guard
Cincinnati Bar Association
City of Hamilton
Clarke Power Services
Community Health
CSL Plasma
Delta Kappa Gamma Chi
Fairfield Senior High School
First Financial Bank
GE
Han's White Tiger Tae Kwon Do
Kroger Marketing Associates
Macy's Bag Hunger
MK Dental Excellence
Reform Your Core
ResCare Ohio
Ridgeway School
Skylove
TaeKwon Do - Nation

INDIVIDUALS

Christine Crear
Simon Fluckiger
Austin Furter, Eagle Scout
Project
Maria Ohl
Matthew Scagnells
Charles Schwartz

RETAIL PICK-UP

Aldi's
Kroger Company
Marsh's Supermarkets
Meijer Stores
Target
Walmart

FOODBANK STAFF

Gloria Bateman	SNAP Outreach
Ann Copple	Administrative Assistant
Crystal Corbin	Community Engagement Manager
Peter Engelhard	SNAP Outreach
Nick Davidson	Direct Services Associate
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Nate Hoskins	Warehouse Manager
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Richard O Jones	Communication Specialist
Heather Merritt	CSFP Administrator
Jerome D. Nelson	Resource Development Coordinator
Sarah Ormbrek	Agency Relations Director
Tina Osso	Executive Director
Terry Perdue	Chief Fiscal Officer
Darrell Sandlin	Chief Operating Officer
Mike Stamper	Retail Pickup
Taylor Wellman	Driver/Warehouse Associate
Mike Williams	Driver
Mitchell Willis	Director of Development
Robert Zohfeld	SNAP Outreach

Bob Long leaves the fold after 19 years

The staff at Shared Harvest has bid a fond farewell to Bob Long, who has managed our communications since February 1998. Bob retired at the end of 2016.

"Working at Shared Harvest was an eye-opening experience," said "Bobbo". "I learned so much about poverty from talking with senior citizens trying to survive on less than \$1,000 a month in Social Security benefits. It's hard to imagine trying to eke out a living on a three-figure income, especially given the increased health risks we run into as seniors."

Tina Osso, Shared Harvest's executive director, said, "What I loved about working with Bob was his ability to get to the meat of the story. He brought us from a newsletter that was just about Shared Harvest, to a true NEWS-letter. One that provides information about the reality of hunger and poverty from a national, regional and local perspective."

"Most importantly, Bob brought a human voice to the individuals, families and children who need our services, giving them a platform to tell their stories."

"I'll miss the opportunity to speak with the many people who had the courage to speak up about the situations that put them in poverty," Bob said. "I hope Shared Harvest can continue to educate people about the fact that poverty is a complex issue, especially when there are so many uninformed politicians who tell us there would be no poverty if people would just 'go get a job.'"



Bob Long

Fall 2016

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