



# food *for* thought

Wichita Falls Area Food Bank

Winter 2023

*You Give Hope to  
Older Adults*



David O'Neil, Interim CEO

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# Dear Friend

With a new year well underway, it's an exciting time to reflect on the things for which we're thankful while looking forward with positive anticipation to what lies ahead for the rest of 2023.

We at the Food Bank continue to be thankful for you, our passionate volunteers, food donors, and generous financial partners. Our dedicated Food Bank team couldn't effectively partner with our more than 180 agencies to provide healthy food for our neighbors in need if not for you.

I wish our work was done, but the fight to end hunger continues. An increasing number of our seniors are struggling now more than ever. The overall cost of living continues to rise for everyone, but it's particularly impacting people with fixed incomes. We've heard from some seniors that they're having to make difficult choices between paying for prescriptions or purchasing food... choices no one ever imagines having to make in retirement.

Hunger doesn't discriminate and we believe that the first step in solving hunger is to look for and see it, the second step is to embrace the reality that it exists, and lastly sprint into action.

Our resolve to fight hunger by uniting our communities with food education and advocacy is as clear today as it was over 40 years ago. We're counting on your generosity to help us continue to feed children, families, and seniors in our communities because no one deserves to be hungry.

Gratefully,

David O'Neil  
Interim CEO



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## Fran Appreciates *You*

Fran, 80, may be retired from her work as a dietary supervisor but when it comes to caring for the community around her, she hasn't even come close to slowing down.

Three days each week, Fran helps a senior neighbor with his household chores, and runs errands for him. On top of that, she does everything she can to help her daughter who she lives with.

Since retirement, Fran relies on a fixed monthly Social Security income. When she's able, Fran tries to help her daughter pay her bills. But some months, just affording basic groceries is a struggle.

Thankfully, Fran has somewhere to turn for a little extra help when she needs it. She visits the food pantry at Trinity United Methodist Church where she says with a smile that her favorite foods to receive are "everything!"

***"I really appreciate it."***



Fran

Fran has diabetes and heart problems, so she's grateful that the food pantry provides healthy food options that can bolster her health. She also enjoys the socialization every visit provides.

"Thank you," she says to donors like you.

We echo Fran and thank you for making sure our neighbors of all ages have nutritious food on the table this winter and all year long.

## Singing Robert's Praises



Robert

"It has been such a positive experience, not just helping the Wichita Falls area but the 12 counties we also work with," says Robert.

Robert was born in Lubbock, Texas and raised in Henrietta, but moved to the Wichita Falls area in 2006 and has remained here ever since. He worked as a custodian for local schools before accepting the position at the Food Bank.

Robert began working at the Wichita Falls Area Food Bank less than a year ago, but he has already won the hearts of his coworkers — and made an impact on his community.

***"I work with the best, greatest people in the area."***

Robert lights up the lives of the people around him. He likes to sing a "positive song" as he works.

"I work with the best, greatest people in the area, and it lights up my world to see my friends I work with," he says.

We are so grateful for the joy Robert brings to his job each day and the light he pours into the lives of the people around him. He, like you, is a valuable partner in our work to end hunger!

# You Support Amelia's Health

For Amelia, the people of Jacksboro aren't just neighbors — they are family. It's a family she gladly helps care for as she is able, and one that in turn has helped care for her.

Amelia, 74, made the community her home after first moving to help take care of her son and her mother when they both became very ill. Amelia's husband passed away in 2000.

Amelia's mother has since passed away, and she currently rents a home with her son and his girlfriend, and helps care for her two grandchildren, ages 11 and 12.

***"You're a lifesaver."***

When Amelia's family needs food, she's grateful she can turn to the Jacksboro Community Food Pantry, a partner agency of the Food Bank. When possible, Amelia likes to share any extra food she receives with people in their rural community.

"It's hard to live in a rural area," Amelia says sympathetically.



Amelia

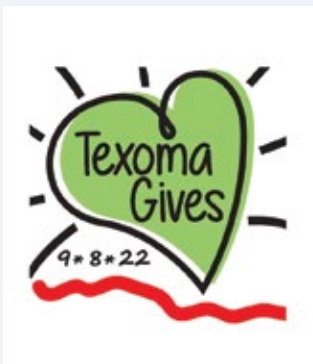
Amelia is retired, and she relies on her Social Security retirement benefits to get by. She has congestive heart failure, so healthy food has become even more essential for her health.

That's why Amelia has special words of thanks for friends like you who help make nutritious

food accessible for her and her family.

"You're a lifesaver," she says to donors like you.

Thank you for joining with the Food Bank to make sure our neighbors of all ages have vital access to healthy meals and groceries!



## Texoma Gives 2022

The Wichita Falls Area Food Bank is proud to be a part of the annual Texoma Gives event. Each year Texoma Gives rallies the community to donate to their favorite local charities and organizations. For 2022, our incredible donors raised over \$45,000 to help us fight hunger in our 12-county service area. Donors like YOU, with a commitment to helping neighbors in our area, are what keep the Wichita Falls Area Food Bank going strong. We thank you from the bottom of our hearts for your continued support and look forward to what we can accomplish together in 2023.



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