



## Letter from senior in need of food 11-2017

The Food Bank recently received this hand-written letter from a local woman, a senior, to whom a direct mail solicitation piece had been sent. We transcribed her note exactly as she wrote it, to make it easier to read.

"I cannot help you. I have not cooked a holiday meal or gone to a restaurant to eat one in many years. I and thousands of other women like me lost our jobs as medical transcriptionists over a 10 year period as all medical facilities converted to the electronic health record software by 2016.

I make \$23,434.32 gross a year. I make \$22,934.04 net a year. Monthly gross is \$1,954.86. Monthly net is \$1,913.17.

I fall below poverty level but make too much to get any help with regard to food except for \$16.00 per month in food stamps.

Because Tesla and other Industry came to town, every apt owner and home owner raised their rents way too high. My rent went up \$160.00 in Sept. 2016 and went up another \$125.00 + water, trash and sewer in Sept 2017. I now pay \$1075.00 + the W, T & S which can be as high as \$55.00 a month, plus a paper statement fee or admin fee.

I have had to ration food, electricity, and non-food items such as toothpaste & toilet paper since 2015. I have to ration how often I use my car because of high gas prices. If I read a book, I read during optimum sun in my living room so as not have to use lamps. I have tried to find a job, but as I am 70 yrs old, I am not what people are looking for. I need food."

This letter, heartbreaking as it is, reflects the struggles of so many of our retired neighbors in our community. We remain committed to fighting senior hunger in northern Nevada.