

## LEARNING RESOURCES:

# MUGS OF LOVE

These treats will be given to isolated or homebound seniors in our community who may not often get sweets or kind notes.

### Jewish Value connected to this project:

*Hiddur Pnei Zaken* - הידור פניהם זקנים - honoring the elderly

### Facts about Hunger and Food Insecurity:

- In Maryland, 267,740 seniors live alone.<sup>1</sup>
- Nearly 8% of seniors in Maryland live below the poverty line.<sup>2</sup>
  - In Baltimore City, over 17% of seniors live below the poverty line.<sup>3</sup>
- 1 in 6 seniors in Maryland struggles with hunger, this is often because they have to choose between paying for expensive medications or food.<sup>4</sup>
- Women over 65 are twice as likely as men to be poor.<sup>5</sup>
- Isolation can lead to depression, declining physical health, and dementia.<sup>6</sup>
- Research suggests that older adults who are socially active tend to live happy and healthier lives than those who do not.<sup>7</sup>

### Consider these quotes:

"You shall rise before the aged and show deference to the old."  
– Leviticus 19:32

"The moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the handicapped."  
– Hubert Humphrey

### Discussion Questions:

- In the first quote, we are asked to show respect to the elderly through the action of standing. How else can we show our respect to the elderly in our actions?
  - Do you agree with the second quote? How are we doing, as a society, to support our most vulnerable members?

<sup>1</sup> [www.mealsonwheelsamerica.org/factsheets](http://www.mealsonwheelsamerica.org/factsheets)

<sup>2</sup> <https://spotlightonpoverty.org/states/maryland/>

<sup>3</sup> <http://familyleague.org/wp-content/uploads/2016/01/Maryland-Poverty-Profiles-2016.pdf>

4 [www.mealsonwheelsamerica.org/factsheets](http://www.mealsonwheelsamerica.org/factsheets)5 <https://www.epi.org/publication/women-over-65-are-more-likely-to-in-poverty-than-men/>6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2756979/>7 <https://www.aplaceformom.com/blog/10-17-14-facts-about-senior-isolation/>