

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 פני זקן - honoring the elderly

Facts about Hunger and Food Insecurity:

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

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?

¹ www.mealsonwheelsamerica.org/factsheets

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

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

⁴ 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/>