Jewish Value connected to this project:

**Hiddur Pnei Zaken** - הידור פּני 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.” | “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.” |
| – Leviticus 19:32 | – 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?

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¹ [www.mealsonwheelsamerica.org/factsheets](http://www.mealsonwheelsamerica.org/factsheets)
² [https://spotlightonpoverty.org/states/maryland/](https://spotlightonpoverty.org/states/maryland/)
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/](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/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2756979/)
⁷ [https://www.aplaceformom.com/blog/10-17-14-facts-about-senior-isolation/](https://www.aplaceformom.com/blog/10-17-14-facts-about-senior-isolation/)