

# together



three square™

together, we can feed everyone

MEMBER OF  
FEEDING AMERICA

## The Heart of a Survivor

The only thing bigger than Anita's smile is her heart. This outgoing senior loves helping others, volunteering at her local food pantry for the last five years. She made friends with all the Three Square volunteers and drivers, often sending them thank you cards, but never expected she would need help herself.

*"I'm a breast cancer survivor, going into my 7<sup>th</sup> year. The chemo and radiation messed with my back and hip so I'm on disability. I live by myself and use a walker. I have to be extra careful and really quarantine. Since the virus started, Three Square helps me so I don't have to go to the store."*

Anita uses our Golden Groceries program, where she selects the fresh and shelf-stable foods she wants and a box is delivered right to her door each month. She has even told all her neighbors about it.

*"I passed the word around to the residents in my complex. Three Square has been very helpful in trying to get what they could for me or certain residents who need a special diet. I love the fresh fruits and veggies. It's really a blessing."*

During this difficult time, being able to rely on food and a friendly face makes all the difference to Anita and other seniors. **And it's all thanks to your incredible generosity!**

*"Three Square goes out of their way to help seniors, and I appreciate what you do. To see a volunteer knock on your door really helps seniors. So many of us want to go out but we can't, or we're scared. Just to see smiling faces helps."*

*Anita didn't let breast cancer defeat her ... and she won't let a pandemic, either!*

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together, we can feed everyone



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### OUR MISSION

The mission of Three Square Food Bank is to provide wholesome food to hungry people, while passionately pursuing a hunger-free community. Our vision is simple: No one in our community should be hungry. By bringing together the resources, experience and passion of the people and businesses of Southern Nevada, we can make sure no one has to. Together, we can feed everyone.

*Three Square Food Bank is registered with the Secretary of State and qualified by the Internal Revenue Service as a 501 (c)(3) nonprofit organization, and a member of Feeding America. Established in 2007, Three Square is Southern Nevada's only food bank and the area's largest hunger-relief organization. Your charitable contribution to Three Square is tax deductible to the extent allowed by law.*



## Food for Thought

“Back when this first started, no one could have imagined the impact it would have ...

Like you, I'm sad we are still in the midst of this devastating pandemic. Back when this first started, no one could have imagined the impact it would have in our homes ... neighborhoods ... state ... country ... and world.

One of the hardest hit populations in Southern Nevada is seniors. These men and women face challenges such as health and mobility issues, limited income, lack of transportation and social isolation. And that's before you factor in the disruption caused by COVID-19 and social distancing.

**But thanks to you, local seniors are not alone.** Your incredible generosity provides home delivery of food to seniors like Anita (cover story) and Shirley (page 3) through our Golden Groceries program. You're helping Nevada HAND, one of our partner agencies, reach more of your elderly neighbors with the resources they need (back page).

As we look forward to the future and how our aging population will continue to increase in our state, friends like you are helping us meet the growing challenge of senior hunger. You help us continually develop innovative, strategic ways to get food into the hands of this vulnerable population.

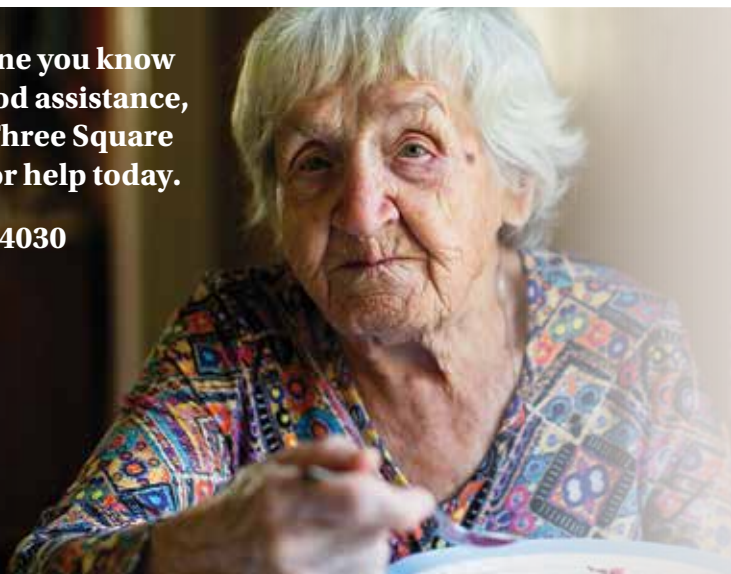
Jodi Tyson, our Vice President of Strategic Initiatives, has a dedicated team working on how to best reach seniors, who are often reluctant to raise their hands and admit they need help. You can read below about how we are expanding into a new building, with improved call center capabilities, to be a lifeline of support during this time of crisis and beyond.

I wholeheartedly believe there will be an end in sight to this pandemic, when we can resume our "normal" lives again. In the meantime, I draw immense strength and sustenance knowing that we can count on friends like you to navigate this crisis, and emerge from this **more resilient together**. Thank you.

Gratefully,  
*Brian Burton*  
Brian Burton  
President and CEO

**If someone you know needs food assistance, call the Three Square Center for help today.**

**702-765-4030**



*As the older population continues to increase, we must come up with creative new ways to reach these hungry seniors. Jodi Tyson, Vice President of Strategic Initiatives here at Three Square is on the case. She says:*

“Three Square's Senior Hunger Programs are creating a framework to target seniors who are hidden through isolation or don't know where to turn for help. Over the last couple of years we've

# Staying Safe, Staying Fed

When the pandemic hit, Shirley\* was afraid to leave the house. She and her husband are in their eighties, and both suffer from serious health issues.

*“I had open heart surgery and a lot of underlying conditions. My husband has had cancer. We didn’t know what was going to happen. It was scary.”*

Thankfully, Shirley was able to use her smartphone to look up her options. **When she heard that Three Square offered home delivery as well as drive-thru distributions, it was a huge weight lifted.** They had food boxes delivered to their home a few times until their son was able to pick up food at a nearby school.

*“We got a lot of canned soup, which is great, bread and milk, cereal, fresh fruits and vegetables, and a flat of eggs ... it was wonderful,”* she said.

This is the first time Shirley has needed help from Three Square or any other food bank, and it was a new experience. She is so thankful for the kindness of friends like you who made it possible for her to get nourishing food while remaining safely at home.

*“I never thought I would need anything like that. But when they don’t want you risking your life, it’s not worth going out. A lot of people are in that situation now that never were before — especially if you’re older.”*

Shirley is thankful for the many volunteers who have been working hard to help our hungry neighbors. She said, *“They’re so wonderful to help*

grown by leaps and bounds in terms of what we’ve learned and we are actively engaged in new programs like Golden Groceries.

We recently moved into a new building with an expanded call center, the Three Square Center. **The first two days after the governor declared his shelter-in-place order Three Square received about 7,000 calls.** Many were seniors who suddenly were thrust into food insecurity. We spent a lot of time with seniors and our agency partners, trying to

make sure we provided the best fit in terms of home delivery or drive-thru distribution.

People understand the value of our seniors and making sure that they don’t feel alone and isolated. One of the biggest eye-opening things for me during the pandemic was how great it was to be able to experience that sense of community and support for our treasured seniors.



*other people. Three Square is out on the front lines, actually taking a chance coming to other people’s homes to bring that food or put the food in your car. Thank you and stay safe!”*

**Thank you for caring about this vulnerable population and giving generously to ensure they don’t go hungry!**

*\*Her name has been changed and no photo has been used to protect her privacy during this difficult time.*

*Thanks to you, Shirley, her husband, and seniors throughout southern Nevada can get the food they need during the COVID-19 crisis.*





# Lending a *Helping Hand to Seniors*



Greta is on staff at Nevada HAND, the largest provider of affordable rental housing for lower income families and seniors in the state. One of the ways they work to help their residents is by partnering with Three Square to provide food pantries at their properties.

*"We currently have three food pantries. We are building more but, with the pandemic situation, we temporarily put those on hold.*

*All three operate at about 100% resident participation. We have social distancing guidelines for folks who aren't comfortable leaving their home, and we do grocery deliveries. We've expanded our hours so there's not as many people coming at once. It's important to us to keep pantries operational for our seniors — keep them*

*healthy with that steady supply of fresh food."*

Though the food is important, having that social connection is just as important for seniors to ensure they aren't isolated during social distancing.

*"One of our senior communities put posters on their balconies that said, 'Thank you so much for the groceries! We can't wait to give you a hug in person.' They are still finding ways to connect with each other," she said, smiling. "They'll leave notes for one another. Call out from across hallways. Even though we can't be together physically, people are still maintaining that place of togetherness and solidarity."*

**Greta is grateful for the partnership with Three Square Food Bank and dedicated friends like you!**

*"For some of our seniors, you're creating a real sense of hope for them. It really does create so much more than what you see. Thank you!"*

*-greta*

## Food ... *The Perfect Gift!*

Before you know it, the holidays will be here. But many of your neighbors in Southern Nevada can't afford everyday food items, let alone prepare a holiday feast this year ... especially after the hardships caused by the pandemic.

We have already served more people than ever before, and that will only increase as people are looking for holiday treats like turkey dinners with all the trimmings to give thanks for family and friends surviving a year that has been so stressful.

Your generous support is critical to help prepare for the busy holiday season at Three Square Food Bank. **Helping is easy! Donate today or host a Virtual Food Drive so your friends, co-workers and family members can join the fight against hunger. Thank you for giving generously to provide the gift of food and hope this holiday. Food really is the perfect gift!**

