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**FOR IMMEDIATE RELEASE**

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**Local Nonprofit, Store to Door, Addresses Growing Issues of Senior Hunger and Isolation**

You're 85 years old. You live alone. Your family has moved away and no one visits anymore. You want to remain in the same home where you raised your children but the everyday chores - like shopping for food and medications - are getting more and more difficult. So, like hundreds of others in the Portland metro area, you call [Store to Door](#), Oregon's only volunteer-based grocery shopping and delivery service for seniors and people with disabilities.

"I used to go a couple of days without eating and was too ashamed to ask for help. Store to Door has changed my life." – Store to Door client

- **1 in 6 senior citizens will experience hunger** – Store to Door provides an affordable weekly grocery service. Clients can utilize their SNAP/Oregon Trail card benefits.
- **Social isolation has been linked to higher rates of mortality, depression, and cognitive decline** – Volunteers with Store to Door are matched with the same clients each week so that strong, trusting relationships, even friendships, can develop.
- **Higher cost, internet-driven grocery services can be challenging for seniors** – Store to Door volunteers take orders over the phone, making it an easily-accessible service for those who may be less computer literate or don't have access to the internet.
- **By 2030, the number of Portland-area seniors (ages 65+) is expected to double** – The reliance on service like Store to Door will rapidly increase with the growing senior population.

For more than 25 years, Store to Door has supported independent living for Portland area seniors and people with disabilities by providing a low-cost, volunteer-based grocery shopping and delivery service. Over 500 Store to Door clients are supported by hundreds of volunteers, donors, and community partners who make over 8,000 grocery deliveries possible annually.

- 100% of our clients are low income or unemployed and have one disability or more.
- Clients pay an average delivery fee of just \$3-6 per delivery.
- 99% of our clients say that Store to Door's service helps them maintain independence.
- We make referrals for other supportive services, such as housekeeping and medication management.

Recently, a Store to Door client had been in the hospital with shingles. She was released with a prescription for pain medicine, but couldn't afford to fill her prescription. When we called to take her grocery order, she was in so much pain she said she couldn't even make a grocery list. We connected her with a resource to get her prescription filled for free and called her emergency contact so she wouldn't have to be alone.

**The future: After a 17% increase in deliveries in 2015, Store to Door is continuing its plan for significant growth in the coming years.** The priority for 2016 is to serve even more low income, homebound seniors and people with disabilities. "We're honored to support and connect with so many seniors each week," says Executive Director Kiersten Ware. **"We know, however, that thousands more could benefit from our service. We are positioning ourselves to be there for them."**

