

A Cryin' Shame

By Suzy Hopkins

According to the website 'Feeding America' in 2013, 1.1 million seniors living alone suffered food insecurity. That term means they were *without* reliable access to a sufficient quantity of affordable nutritious food. Every day they could not count on being able to eat three wholesome meals. I've been thinking about it. How can this be, in our great country?

It makes me appreciate the life I have. I take it for granted. I've been thinking about that, too.