

# Food stamps reductions take effect

By **Annette McGee Rasch**  
*IVN Contributing Writer*

Food benefits for all Supplemental Nutrition Assistance Program (SNAP) participants were reduced November 1. The amount of reduction depends on individual household sizes.

Households comprised of one single person, with zero income, currently receiving a benefit amount of \$200, will see an \$11 reduction. Households with four people, also in the zero income category and currently receiving a benefit amount of \$668, will see their food benefits reduced by \$36 a month.

Others with some monthly income but still receiving SNAP benefits will also experience slight reductions. People can contact the Illinois Valley Family Coalition with questions or concerns.

The reason for this reduction in benefits is because the American Recovery and Reinvestment Act (ARRA) expired in October. The ARRA was adopted in 2009 to help people get through the worst of the economic recession experienced nation-wide.

The law was designed to provide a temporary increase in food benefits as part of a "stimulus package" that had been designed to encourage economic activity during the recession.

SNAP, a federal program, offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities across the nation. The program is designed as a "supplement" and is intended to meet all of the food needs of an individual or household.

Out of a population of 18,000 in the Valley, about 3,300 individuals are enrolled in the SNAP program, though this number does not reflect family size and the actual number of Valley residents receiving benefits is much higher.

Oregon's population is about 3.9 million people. Currently, 808,244 Oregonians in 443,501 households receive food benefits. The average monthly benefit is around \$235 per household.

The total population of the United States

is about 314 million people. In 2012, according to federal statistics, about \$74.6 billion in food assistance was distributed to 47.7 million Americans who received an average of \$134.29 in SNAP benefits per month.

On a local level, in addition to the SNAP program, there are other private resources to help folks tackle tough times on a full belly. Anyone going hungry should call or stop by the IV Family Coalition to get a list of local food banks that serve the area.

"There are people out there who are new to needing assistance as a result of these rough economic times and we can guide them through the process," said Carol Ronan, the Family Coalition's executive director. "Hopefully people will take advantage of available programs to help get them through what might be a difficult period in their lives."

"If people are in need and don't know where to go, we really want them to contact the coalition," Ronan added. "We match folks up with any number of available resources and also have access to programs across the state to help people find solutions for their particular situations. We're here to help."

The Family Coalition also offers programs to help those who've found themselves unemployed get back on their feet, including help with resumes, job searching skills and computer access to employment centers that feature lists of open jobs. Those who lack computers — or computer skills — should not be put off, as the coalition provides computers to help people with job hunting and also helps folks beef up their computer skills.

"The Illinois Valley Safe House Alliance is also now housed in our building, so anyone experiencing domestic abuse can get help here for that as well," Ronan added. "We also offer mental health counseling for children and adults as well as drug and alcohol recovery services. We're located in a complex with Head Start next-door and we're right across from the Senior Center."

The IV Family Coalition is located at 535 East River Street. Call the coalition at 541-592-6139.



(Photo by Dale Sandberg, IVFD Media Dept)

A single vehicle roll-over occurred early Monday Nov. 11 near Selma. One person was transported to Three Rivers Hospital by A.M.R.

## PUBLIC NOTICE

The Illinois Valley Fire District Board of Directors will hold a regular meeting at 7:00 pm at the Administration Building, 681 Caves Hwy., Cave Junction, OR, on November 14, 2013. The Board meeting agenda will include updates on the Annual Audit in progress, banquet committee and a brief presentation from the proposed company regarding District collections. Additionally, there may be other matters that may be presented to the Board for review or determination. The public is encouraged to attend this meeting. (The meeting location is accessible to persons with disabilities.) (The Board reserves the right to hold an executive session at this meeting under the authority of ORS 192.660.) (Any comments or concerns must be submitted in writing.) Publish: November 6 & 13, 2013

## PUBLIC NOTICE

Kerby Water District will hold its monthly board meeting Wednesday, November 20, 2013 6 p.m. at the Kerby Belt Building, 24353 RWH in Kerby. The agenda will include, but is not limited to, general business and monthly financial reports. General public is welcome.

## Free Medicare Seminar

At IV Senior Center, 520 E. River Road  
 On Friday, November 15<sup>th</sup> at 10 am

We will be addressing  
**Medicare Reform, how will this change your health care requirements for HOSPITAL, DOCTOR, PRESCRIPTION needs**

The following topics will be discussed:

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| <ul style="list-style-type: none"> <li>■ HOME HEALTH CARE (CAN YOU STAY AT HOME?)</li> <li>■ MEDICARE (WHAT IT DOES AND DOES NOT COVER)</li> <li>■ WHAT HAPPENS IF YOUR COVERAGE STOPS</li> </ul> | <ul style="list-style-type: none"> <li>■ AFFORDABLE CARE ACT</li> <li>■ WHAT WILL YOU NEED TO PLAN AHEAD?</li> <li>■ WHAT ARE YOUR INSURANCE OPTIONS?</li> </ul> |
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The seminar will start at 10 am.  
 Any questions, please contact Kent Chidester 541.415.2770.

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# Shop Smart

## Holiday Gathering

SALES DATES: NOVEMBER 13-19, 2013

<p><b>USDA Select</b>  <b>Bone-In Beef Prime Rib Roast</b>  <b>5<sup>98</sup></b>                  Lb.</p>	
<p><b>Sunnyvalley</b>  <b>Shank Portion Ham</b>  <b>1<sup>38</sup></b>                  LB.</p>	<p><b>Sunnyvalley</b>  <b>Premium Thick Sliced Bacon</b>  <b>9<sup>88</sup></b>                  3 Lb.</p>
<p><b>Country Harvest</b>  <b>Shredded Cheese</b>  <b>5<sup>88</sup></b>                  Selected, 2 Lb.</p>	<p><b>Lay's</b>  <b>wavy</b>  <b>1<sup>98</sup></b>                  Selected, 8.75-10.5 Oz. <b>First 2</b></p>
<p><b>Welch's</b>  <b>Red or Green Seedless Grapes</b>  <b>1<sup>98</sup></b>                  LB.</p>	<p><b>Texas Rio</b>  <b>Pink Grapefruit</b>  <b>2 for 1</b></p>
<p><b>Gala Apples</b>  <b>3<sup>98</sup></b>                  5 Lb. Bag</p>	<p><b>18 Pk. Coors or Miller</b>  <b>12<sup>98</sup></b>                  Selected, 12 Oz. Cans or Bottles +CRV or Deposit</p>
<p><b>Satsuma Mandarins</b>  <b>5<sup>98</sup></b>                  5 Lb. Box</p>	

### STUFF the TRUCK

Help us collect 5,096 bags of groceries, enough donated food to stuff a 48 foot semi-truck completely full! Purchase a pre-filled bag of food with your All Access card and as a big thank-you for your generous donation you'll be automatically entered to win a Fisher Price Power Wheels® Truck. Let's bring in a big haul for our local food banks this Holiday season!

**Join us in the FIGHT AGAINST HUNGER**

Good at All **Shop Smart.** Stores