

At the Senior Center

Ashly Stone: This is Ashly Stone interviewing, um, talking with Marie Elliot on the 25 of July at 3:30 in the afternoon.

AS: Um, ok, Marie, I'm going to start with a really simple question, what is one of your favorite foods?

Marie Elliot: I like salads.

AS: Um, how often do you eat salads?

ME: Try to every day.

AS: Every day? Ok. How ready available is it to you, is it pretty easy for you to get or?

ME: Mm-hm.

AS: Yeah? Ok. You never have any trouble getting the food you need for?

ME: Oh no.

AS: Ok. And then what is your least favorite food?

ME: I don't know. I don't eat an extreme amount of meat. I like meat, but just small portions.

AS: Ok, all right. Um, what did you eat for your evening meal yesterday?

ME: Um, I had the salad, and then I had, uh, I had some canned chicken that I made into, for a sandwich. And then I had some blueberries for dessert.

AS: Oh that sounds good. Fresh blueberries?

ME: Yeah.

AS: I like fresh blueberries. Um, so how did you get that meal, did you make it yourself?

ME: Mm-hm.

AS: And you bought the ingredients... at the grocery store?

ME: Yeah.

AS: Um, do you ever share food with anybody else, do you have people over for dinner?

ME: Not much. My family doesn't live here.

AS: Ok, ok, are you here alone .

ME: Yes, well I have a brother and a sister-in-law here but we don't, we meet here sometimes.

AS: Ok, ok, you eat at the Senior Center?

ME: Yes, three times a week.

AS: Ok, um, and then do you ever receive food from like family or friends, do get invited to dinner or get food any other kind of way?

ME: No, the only time I do that is when some people from church go out to dinner and I go along.

AS: Ok, ok, and then you come to the Senior Center also.

ME: Mm-hm.

AS: All right. Can you think of three things that you appreciate about the food system in Lakeview, in this community? Things that you like to eat that are available, anything that you find is a good thing about food in Lakeview?

ME: Could you give me an example?

AS: Well, for example somebody might say fresh fruit is very easy to find here, or they have the farmer's market during the summer. Anything come to mind as something that you really appreciate?

ME: Well I always like fruits and vegetables.

AS: Ok, and do find that you're able to find.

ME: Yeah.

AS: Ok, and then, um, I mean even, if you appreciate the SR Cntr meals, is that something that you find is a good thing about Lakeview?

ME: Mm-hm, yeah.

AS: Ok, anything you don't like? Anything that you wish there was more of, um, wish that it was easier to find, pears, or anything like that.

ME: No, not really.

AS: Pretty happy with it?

ME: Pretty, pretty, yeah.

AS: Ok. Ok, and then how do you get your food?

ME: Uh, from Safeway or Stewarts.

AS: Ok, do you grow any kind of a garden or?

ME: I have two tomato plants.

AS: Ok, do you eat the tomatoes?

ME: Yeah, they're just beginning to get ripe.

AS: Oh ok, I love fresh tomatoes.

ME: Yeah, yeah.

AS: Do you face any challenges in getting the food that you want to eat?

ME: No, not really.

AS: Ok, um, and then, would you say that you always have enough to eat, and the kinds of food you want to eat?

ME: Mm-hm.

AS: Ok. Um, talking about the past, has your family been involved at all with food in the past, have you had ranchers, or farmers, or hunters, anything like that in your family? Gardeners?

ME: No. You mean to come and see me?

AS: No, no, just in your family in the past, maybe when you were growing up.

ME: Oh yeah, uh-huh.

AS: What, what kind of.

ME: Well, when I was pretty small we lived on farm, uh, just when I was small, growing up.

AS: Ok, what kind of things did you raise.

ME: I think we had a cow, we had milk, and butter.

AS: Ok. Um, are there any recipes from your family that you still use?

ME: No, I don't cook much any more, not much.

AS: Ok, is there anybody in your family who is currently involved in any kind of food, anybody who works in a restaurant or sells any kind of food?

ME: No.

AS: Ok. Do you belong to any kind of groups, you, I mean you're involved with the Senior Center but other than that, do you belong to any church groups or.

ME: No, I, I, I don't go out much at night at all. I go to church Sunday morning but that's about it.

AS: Ok, do you ever eat as a group with the church?

ME: Yeah, we have what they call a potluck once a month.

AS: Once a month, ok, that's good.

AS: And a potluck, everybody always brings something to offer?

ME: Mm-hm, and it's always good.

AS: Ok. And does the church also provide food, or is it all based on what people

ME: Well, what people from the church bring. I'm sure the minister's wife brings something every time.

AS: Ok. And what church are you involved in?

ME: in the Church of the Open Door.

AS: Ok, all right. Um, and then, what kind of assistance programs are you familiar with in Lakeview?

ME: I don't get any assistance.

AS: Ok, are you familiar with what is available, I mean are you aware of what other people get?

ME: I really don't need any assistance because my Social Security check is enough to take care of my needs.

AS: Ok, ok. And have you heard of other people who are using any kind of assistance at all?

ME: I live over in those apartments and over there they get assistance.

AS: OK, and what kind of assistance is that?

ME: I don't know. There's a food place where they get food. I don't know if they get so much a month or what. They get assistance.

AS: And then you said you don't get any kind of assistance at all.

ME: No, I don't need it really.

AS: Ok. Um, are you familiar with where the food comes from that you eat? Do you know if any of it's local or.

ME: Well if you go to that farmer's market it's local. It's there I think most of it is, all of it is probably.

AS: Yeah. But otherwise, just the grocery store.

AS: And then, do you ever go to the farmer's market, do you eat local foods?

ME: I don't go too much because I don't have a way to get around just walk, and I can walk to Safeway or walk.

ME: Course it's over in that direction but I have to bring home.

AS: Right, yeah, exactly.

AS: Is that something you'd be interested in buying more of, if there was local food available in Safeway would you buy it rather than buying food that's from another state?

ME: Well I think I would prefer local, when they're having it.

AS: Ok. Is there anything you would like to see in the foods in the community?

ME: No, unless it's the price.

AS: Ok.

ME: The price is quite high.

AS: Ok. And there's nothing you'd like to see that's not available?

ME: No.

AS: Ok, anything else that you think is important for us to know about Lakeview? That you'd tell somebody's who's moving here, that's important to know?

ME: I don't think so.

AS: Well, what brought you here, cause you said you moved here about seven years ago?

ME: Mm-hm. Well, um, I worked until I was seventy-five, and then when I stopped working, my brother and sister-in-law that live here told me about it, and they asked me if I'd like to move here. So they, they helped me to get an apartment over there.

AS: Ok great. And so how's your experience been so far.

ME: Good, I like Lakeview.

AS: Ok, anything special that sticks out that you really enjoy about it? People or.

ME: It's a small town and I like that.

AS: Ok, where did you move from?

ME: Uh, I lived in Arizona.

AS: Ok, in a bigger town?

ME: Well, when I moved up here I had moved north, but I used to live in Phoenix.

AS: Oh ok, wow, ok.

ME: I had to get out of there. And so I moved up north near a friend of mind and lived there for three year, and then when I couldn't work anymore I decided to come up here.

AS: Um, any challenges that you face here in Lakeview, anything that you've kind of not liked about it since you've moved here?

ME: No, not really.

AS: Ok, that's great. And then um, are you planning on staying here?

ME: As far as I know.

AS: Ok. And then what, what would be your idea of what Lakeview will be like in about twenty years?

ME: I think it'll grow, I really do.

ME: Little things are happening now, like they're building new places out, out of town. There's some stores that are closing though, which makes you wonder, but I think it will grow.

AS: Do you think it'll grow to a fairly large city or do you think it'll stay pretty small?

ME: I don't think, I don't think large, I don't know. It's hard to say.

AS: Everybody says that they hope not.

ME: Yeah, yeah, I hope it doesn't grow too much.

AS: Ok, ok, great. Is there anything else that you wanted to, that you think is important for us to know.

ME: I can't think of anything.