

THE HOEKELMAN CENTER

(PLC/CARE Program) www.hoekelmancenter.org



Bus Transportation & Grocery Exercise

Many of your patients and families rely on public transportation, walking and/or biking to travel to and from work, school, the grocery store, and the doctor's office. Reliable access to a car may not be an option. During this exercise, travel by bus to a grocery store/convenience store/corner grocer/farmers' market to get an idea of what life might be like without the convenience of a car. Please write up your answers to the questions below for discussion at the closing.

THINGS TO KEEP IN MIND

- **Go to a store that you do not frequent for your own shopping:** try to focus on the marginalized communities in the city. This will be disorienting and is meant to get you out of your comfort zone. It also should allow you to experience where many of your patients and families live, shop, play, etc. and to reflect on your experience.
- **Buy something** – go with a short grocery list for yourself so that you can support our community during this exercise.
- **Use this exercise as an opportunity to explore the city and its people** – wander, explore, observe, ask, listen, discover, marvel, enjoy.
- Rides cost \$1 each way, all day passes for \$3

COMPLETE THE FOLLOWING EXERCISE AS PART OF YOUR BUS TRANSPORTATION/GROCERY EXERCISE

You are a 35 year-old single parent with 2 children aged 2 years and 6 months. You are working 60 hours total, part-time at a fast-food restaurant and part-time as a home health aide, earning the New York State minimum wage of \$12.50/hour (this puts you in the %12 federal tax bracket). You have already paid \$600/mo for rent, and \$200/mo for utilities/cell phone. On your day off, you need to do your grocery shopping for the next month (days off are in short supply) for your kids and yourself for the next month. And both children need diapers. And the youngest needs formula. And you do not have a car.

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