

THE HOEKELMAN CENTER

(PLC/CARE Program) www.plccare.org



SCHOOL OF
**MEDICINE &
DENTISTRY**
UNIVERSITY of ROCHESTER
MEDICAL CENTER

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. Cars 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**, and try traveling through one of the poorer areas of the city (eg. Hudson Ave., Portland Ave., North St., Goodman St. between Main and Norton). This will be disorienting and is meant to get you out of your comfort zone. It also should allow you to see where many of your patients live, shop, play, etc. and to reflect on what you experience.
- **Corner stores and convenience stores are hubs of community life.** As such, show respect to those you encounter. Although you may feel like an outsider, say 'hi', talk about why you're visiting their store, and buy a little something.
- **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.

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 40 hours full-time at a fast food chain earning the newly increased New York State minimum wage of \$10.75/hour (this puts you in the %15 federal tax bracket). You have already paid \$300 for rent, and \$150 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. You do not have a car.

- Is everything you need available at your chosen store?
- How much could you buy with the amount of money you have left?
- What other expenses, other than food, diapers and formula, do you need to worry about?
- What *specific* community resources would be helpful/assist with some of the health-related social problems for the single parent above? (*i.e. lack of car/bike; food expenses; breastfeeding support services; lack of health insurance; affordable high-quality daycare*)
- Where can you find a 2-bedroom apartment (assuming you don't want to sleep in the same room with your kids) for \$300 (or \$400, \$500, \$600) per month in Rochester? What online or in-person resources are available?