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As a partially disabled white identified woman, I was raised to believe the myth of American independence. I was raised to believe that failing to succeed in life was a personal failure and not the cause of systemic obstacles or challenges. I was taught to pull myself up by my bootstraps And my privilege mostly allowed me to do that through various traumatic experiences that left me unable to maintain full-time work and put me at risk of housing instability multiple times. In 2010, after I ended an abusive relationship with a law-enforcement officer, I experienced a debilitating trauma response. I was unable to work or to support myself and not for the first time, I found myself unable to afford food. A friend convinced me to apply for SNAP benefits. I felt ashamed, my internalized ableism and classism on full display. Receiving SNAP benefits were a godsend that allowed me to feed myself as I labored to recover my mental and physical health. In the years since then I have had to rely on SNAP benefits more than once to get me through a rough patch of underemployment; the myth that social benefit recipients don't want to work must be laid to rest. Thousands of Oregonians are unable to work ENOUGH to thrive, due to disability or other barriers to living-wage employment. I have long since updated those harmful and erroneous beliefs that falling into poverty is a personal failing. And I know that my white privilege affords me greater access to resources than my Black, Brown, and Indigenous neighbors! So I feel it's my responsibility to bust the myth of Black and Brown "freeloaders milking the system". Poverty and disability can come for anyone, of any color, creed, or circumstance, at any time. SNAP benefits are a LIFELINE for folks who deserve the chance to thrive. Please ensure this vital public service remains freely available for those in need, particularly in areas where systemic racism and injustice continue to uphold social abled economic inequity.