

**TESTIMONY BEFORE THE HUMAN SERVICES COMMITTEE**  
**SB 277 (Raised) An Act Requiring Able-Bodied Adults without Dependents to Meet Work**  
**Requirements to Receive Benefits From the Supplemental Nutrition Assistance Program (SNAP)**  
**March 3, 2016**  
**DAN RYAN**

Good afternoon Senator Moore, Representative Abercrombie and members of the committee:

My name is Dan Ryan and I am here today to discuss the issue of SNAP.

In my case, and I am sure a lot of other people's cases able body means different things. In my case it is a mental health issue. My psychiatrist thinks I can't work even 20 hours a week. I am diagnosed with bipolar depression. I get anxiety attacks and I don't know when they are coming. He doesn't want me in a stressful environment. That is not good for anybody.

That being said, my \$219 a monthly check is my only source of income for that month. With this income, I am able to purchase my general hygiene products and pay for the Laundromat . Then there is the issue of buying clothes—just the basic necessities—tee shirts, underwear, socks; spring is coming and I will need a windbreaker, raincoat, sneakers and shorts.

I am able bodied but my mind is not right. I have worked 45 years paying taxes. I have only collected unemployment once in my lifetime. I think cutting my only source of income will do more harm to me than good to you. I would like to know your definition of able bodied and I don't see the reasoning behind taking what little income people have to live a clean healthy life. You're hurting the people who need I the most. I could see if we were getting \$500 a month that might be extravagant, but \$200 a month that comes down to under \$50 a week. Nobody I know is saving any of this money. So that means it is going right back into the system. We are paying taxes on everything we buy with this money.

In conclusion, I beg you not to deny me my only source of income, so that I can stay a viable, clean and at least averagely dressed human being. Thank you for your patience and attention.

Dan Ryan, Hartford CT