our future is healthy.

Empowering older adults to stay active and engaged.

Read Annette’s story at UnitedWayGLV.org
HEALTHY AGING
Increase the number of seniors whose basic needs are met at home by 50% by 2022

In 2018, through United Way-funded programs:

• 98% of participants were able to stay safe and healthy in their homes
• 76% of participants showed improvement in health indicators
• 98% of participants avoided a fall

Working together toward a common goal:

• Creating an Age-Friendly Lehigh Valley – Lehigh and Northampton counties became the first dual-county community to join the World Health Organization/AARP Network of Age-Friendly Communities, which are committed to giving their older residents the opportunity to live rewarding, productive and safe lives.
• Combatting social isolation among seniors – With programs such as Take a Senior Out and Senior Day of Action, United Way and partners offer older adults new opportunities to engage in accessible, cultural events and activities.

#TRACKTO22
In 2018–19, United Way increased investments in:

• Prevention programs for older adults starting at age 55
• Fitness activities and community service opportunities
• Inclusive programs to ensure that seniors with disabilities and dementia have support to live healthy at home

United Way invests in efforts to increase the health and wellness of a growing population.

$1.1 million invested in 2017–18
800+ seniors served