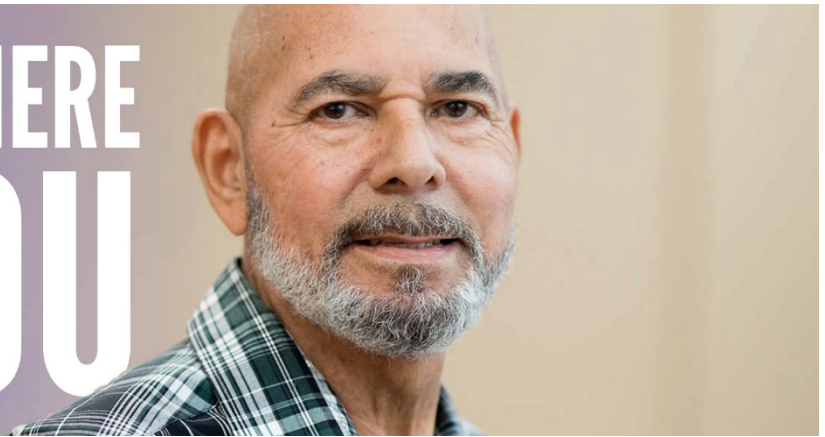


WE'RE STILL HERE FOR YOU



Age-Friendly Lehigh Valley: Wilfredo's Story

Prior to the COVID-19 pandemic, Wilfredo would regularly visit Casa Guadalupe Center in East Allentown to attend fitness programs supported by United Way of the Greater Lehigh Valley. Through this program and others offered throughout Allentown, Bethlehem and Easton, United Way invests in keeping seniors healthy by preventing falls and diabetes, which can both prove fatal.

But when the health crisis forced Casa Guadalupe and similar senior centers to close their doors to the public, many seniors like Wilfredo not only lost their exercise and nutrition classes, they also lost the fellowship they provide.

The recent pandemic exacerbated a growing issue among the region's older adults. A new survey of Lehigh Valley seniors reveals that one in four respondents report that they lack companionship and one in six report feeling isolated from others. Older adults who are chronically lonely live shorter lives and are more likely to have problems with memory, mental health and physical health.

To keep seniors healthy, connected and engaged, organizations like Casa Guadalupe quickly pivoted to bring seniors like Wilfredo food and essential supplies right to their doors. Through these deliveries, they could monitor their participants' health and provide the critical connections we all need.

With your support, we can continue to keep our older adults safe, healthy and connected as we build an Age-Friendly Lehigh Valley. Give today to the Community Building Fund to help your neighbors access the resources they need to rebuild and recover.

