



LIVE UNITED

United Way of the
Greater Lehigh Valley



UNITED WAY HEALTHY AGING NEWS

Healthy at Home 2017 Update

On Thursday, Oct. 5, from 11 a.m.-12:30 p.m., United Way will release its latest research showing 32 percent of Lehigh Valley seniors are experiencing difficulties with activities of daily living (ADLs), instrumental activities of daily living (IADLs), chronic disease and falls. This information is vital to grant writers, community members, and partner agencies developing programs for seniors. Professor Lanethea Matthews-Schultz, of the Lehigh Valley Research Consortium, will present the report. Registration is required. For more information, email [Priscilla Rosado](mailto:Priscilla.Rosado@unitedway.org) or call 610.807.5731.

Dining with Diabetes

The [Penn State Extension](#) "Dining with Diabetes" program helps people with type 2 diabetes identify and understand important information about managing and preventing this disease. Classes are offered weekly for four weeks, with a three-month follow-up class. Each class offers: food demonstrations and tasting, physical activity and ideas to take home, and discussions regarding important information to help you manage your diabetes. Registration is required to attend. The program series for the

fall will begin on October 6-November 3. To Register by phone or if you have questions, please call Tina Weidele at 610.391.9840.

Thank You for Helping UWGLV Celebrate 100 Years of Service

On Sept. 16, [United Way of the Greater Lehigh Valley](#) celebrated its [100th Anniversary](#) in front of a sold-out crowd at the Sands Bethlehem Event Center. The event was highlighted by a special acoustic performance by Grammy Award-winning country music artist Vince Gill.



As a United Way supporter, you played a big part in our success. Your generosity translates into real impact throughout our community --- it means more children are able to succeed in school, more families are able to put healthy food on their tables, more seniors are able to live independently, and more of our neighbors are able to access emergency services in times of crisis. In short, it means our community is a stronger, healthier place to live and work. Thank you for making all of this possible.

[CLICK HERE TO VIEW PHOTOS FROM THE EVENT](#)

Save the Date: Diabetes Awareness and Prevention

Save the date for our upcoming vendor fair to be held on Tuesday, November 14th, on [World Diabetes Day](#). The goal is to raise awareness about diabetes and advocate for patients suffering from this chronic disorder. The event will be from 10:00am - 1:00pm at East Side Youth Center, Allentown. No registration is required to attend this FREE event.

Register today for the 2017 Gerontology Conference

Learn about the important role that understanding and caring for the mind, body, and spirit plays in achieving a healthy life at St. Luke's University Health Network's Gerontology Conference on Wednesday, Nov. 5, from 8 am.-2:30 p.m. Get the latest research regarding keystone behaviors to healthy aging and identify what truly motivates older adults to adopt new behaviors. Admission is free for St. Luke's

employees and credentialed medical staff; \$15 for external participants and non-credentialed providers. [Register now!](#)

Upcoming Events

On Saturday, October 7th, starting at 10 a.m., author Marilyn Garziona will be speaking about her award-winning book, "Released to the Angels," and her experiences as a caregiver. This event is free and open to all community members who are interested in learning more about healthy aging.

The event will be held at Fellowship Community--Zentz Community Center, 3000 Fellowship Drive, Whitehall.

For additional information or to RSVP, contact Kim Infante at 484.862.3095.

Join our Facebook Group

Don't forget to [LIKE us on Facebook!](#) We keep our Facebook fans up to date with news, articles and events happening in the Lehigh Valley regarding Healthy Aging.
#UWSeniorsMatter

About United Way's Alliance on Aging

Membership to [United Way's Alliance on Aging](#) is free and member benefits include access to conferences, research, information and referral services, benefit acquisition services, public policy advocacy and learning sessions throughout the year. [Invest in United Way of the Greater Lehigh Valley](#) today to keep services like these available to the community.