



LIVE UNITED

United Way of the
Greater Lehigh Valley

HEALTH 

**A HEALTHY
LIFE FOR
ALL**



UNITED WAY HEALTHY AGING NEWS

Understanding the AARP Care Act

Join speakers Vanessa Cambria-Mengel and Deb Levengood on Thursday, Sept. 21, when they will be speaking on the [AARP Care Act](#) and its impact on caregiving in Pennsylvania.

The talk will take place 11 a.m.-noon at Fellowship Community (Zentz Community Center), 3020 Fellowship Drive, Whitehall.

Light refreshments will be served.

Fall Prevention Awareness Day

Did you know that 1 in 3 older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people ages 65 and older. Falls can result in hip fractures, broken bones, and head injuries. Additionally, falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

The good news about falls is that most of them can be prevented. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. Learn more [HERE](#).

[Fall Prevention Awareness Day](#) is Sept. 22. The United Way Alliance on Aging, along with United Way partners, is "Standing Together to Prevent Falls." Starting in late August, free balance screenings will be held in Northampton and Lehigh counties.

10:30 a.m.-1 p.m. Aug. 29, Sept. 5, Sept. 12	Allentown Public Library, 1210 Hamilton St., Allentown
10:30 a.m.-1 p.m. Aug. 29, Sept. 5, Sept. 12	Bethlehem Public Library, 11 W. Church St., Bethlehem
10:30 a.m.-1 p.m. Aug. 29, Sept. 5, Sept. 12	Lower Macungie Community Center, 3450 Brookside Road, Macungie
Noon-2 p.m. Aug. 30, Sept. 6	Whitehall Township Senior Lifestyle Center (West Catasauqua Park), 2301 Pine St., Whitehall

Resource Guides Available

If you are looking for a helpful resource for seniors and information about local organizations that provide services for older adults in Lehigh and Northampton counties, then you need a [United Way Alliance on Aging](#) Resource Guide. Please call Priscilla Rosado at 610.807.5731 to arrange for pick-up.

Upcoming Events



[United Way of the Greater Lehigh Valley](#) is excited to announce Grammy Award-winning country music superstar [Vince Gill](#) will help UWGLV celebrate [100 years of community service](#) with an intimate solo acoustic performance during our black-tie

100th Anniversary Gala on Sept. 16 at the Sands Bethlehem Event Center. UWGLV's 100th Anniversary Gala will celebrate a century of impact, while looking forward to the next 100 years. Dan and Lucinda McCarthy are chairing the host committee. [PURCHASE TICKETS](#) today!

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.