

# HELPING SENIORS

Your pledge to United Way of Central New York provides care and comfort to thousands of seniors in our community, enabling them to live healthy, independent lives.



United Way of CNY

[www.unitedway-cny.org](http://www.unitedway-cny.org)

## With your support:

- **1,000** seniors participate in hot lunch programs, which provide balanced, nutritious meals as well as the opportunity to socialize with other seniors in a safe, comfortable setting.
- **100 +** elderly adults are visited by senior companions, providing them crucial support to reduce social isolation and maintain their independence.
- **150** seniors and older adults participate in programs that address mental health issues and early memory loss.
- **225** of our elderly neighbors engage in learning groups and educational programming.
- **1,000** seniors are screened for depression and psychosocial health concerns.
- **200** older adults receive assistance and referrals for home repairs, allowing them to remain in their own home and live independently.
- **500** seniors have access to reliable transportation to appointments, shopping centers, and other destinations.

