



Open Your Heart to a Senior

Enriching lives and supporting seniors by volunteering.

WHY OPEN YOUR HEART?

- For seniors, remaining independent in their own homes is often the best way to remain safe and healthy.
- Our volunteers provide care and companionship that help seniors remain independent, manage their own health, live safely and avoid isolation.
- Living at home costs far less than living in a nursing home, so the **benefits are felt throughout the community.**

OUR VOLUNTEERS HELP WITH:

- Home safety checks
- Rides to the doctor
- Other transportation & appointment escort
- Errands and shopping
- Supportive visits & phone calls

LEARN MORE:

Open Your Heart to a Senior in Westmoreland County: Visit unitedway4u.org/OYHS.

Open Your Heart to a Senior across our region: Visit uwsdpa.org/OYHS.

MEASURABLE IMPACT:

 2,700

seniors received help in Westmoreland County since the program started over 10 years ago.

 102,000

hours of service donated by Open Your Heart to a Senior volunteers.

 7,500

seniors served through United Way's Open Your Heart to a Senior regional network.

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Formerly Faith In Action