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.

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.

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 uwswpa.org/OYHS.