



United for Seniors: From Isolation to Connection

Margarita's vibrant personality shines today after overcoming significant hurdles. She admits that her physical, mental, social and emotional well-being suffered in the past caused by social isolation.

One in three seniors in our region lack companionship while one in four report loneliness—and with many of her family members spread across the country, Margarita was one of them. Her doctor encouraged her to become more active, and that's when the 66-year-old Allentown resident found Casa Guadalupe Center.

Casa Guadalupe Center in Allentown is one of five United Way Community Hubs that offers easily accessible gathering spaces with programming tailored to older adults. United Way Community Hubs offer connections to healthy food, health care and other resources that can increase quality of life. Participants delay the onset of chronic illnesses and improve their physical and mental health as well as their economic well-being.

Casa Guadalupe offers social activities for older adults including bingo, exercise classes and health resources like blood sugar monitoring, fall prevention tips and more. Together with Casa Guadalupe, United Way of the Greater Lehigh Valley is here for individuals like Margarita, connecting them to resources to **improve their health and quality of life.**

Margarita's favorite activities are playing dominoes and participating in Zumba classes because she loves to dance. She encourages everyone to seek out a place like Casa Guadalupe because when you're socially isolated, your mental health declines.

Thanks to supporters like you, United Way can continue to provide vital services and programs that ensure seniors like Margarita can thrive. [Give today.](#)