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**Help Us Deliver More Than a Meal**

Now more than ever, seniors need us to bring them nutritious meals. Can you help us make sure that our seniors don't go hungry or alone?

Volunteer opportunities with Meals on Wheels of Northeast Ohio are open in neighborhoods across Stark and Wayne Counties. A typical route takes about an hour. We provide training and offer stop-by-stop directions in a handy, compact tablet.

No-contact procedures keep you and clients safe. Choose your first route with our easy scheduling tool.

[I Want to Help!](#)



## Support Seniors During GIVE65

The Home Instead Senior Care Foundation is proud to present the GIVE65 Event, a 65-hour online fundraising event exclusively for senior-focused organizations like ours. This year, the event kicks off July 15 and runs through July 17.

Help us keep seniors in their homes and communities by prescheduling your donation for GIVE65. It will help us get a chance to receive up to \$5,000 in matching funds from the Home Instead Foundation.

[Donate Now](#)



## Staying Safe When Returning to Work

Balancing the need to go back to work and stay safe during the pandemic is tough. Here are five tips to help you return to the workplace.

[Learn More](#)



## 10 Healthy Eating Tips for Older Adults

June was National Fresh Fruit and Vegetable Month, so we put together a list of healthy eating tips for older adults. Try them out to boost your energy level, immune system, and overall health.

[Learn More](#)



## What to Do If You Suspect Elder Abuse

Did you know that June 15 was World Elder Abuse Awareness Day? Elderly individuals are often our most vulnerable community members. These points can help you speak up for seniors.

[Learn More](#)



## **5 Ways Seniors Can Improve Balance at Home**

Good balance helps to prevent harmful falls that can cause injuries. Since one in four people age 65 and older fall every year, it's important to take steps to improve balance.

[Learn More](#)

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