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## 1 Month to Nominate for VANTAGE SOAR Awards

Have you nominated for the 2019 VANTAGE SOAR Awards? Let us know about a person or organization that has improved the lives of older adults in Ohio by January 31, 2019.

### Awards Include:

- **Joe Ruby Collaboration in Aging Service**, given to a group of people or organizations who improved services to older adults through a collaborative effort in Ohio.
- **Ed Kaufmann Leadership in Aging Award**, given to a leader in Ohio who through their leadership has improved the lives of older adults.
- **Age Friendly City Award**, given to a city in Ohio who is making efforts in making their city more age friendly.

You can nominate any person, organization, or city in Ohio that helps seniors age positively with independence and dignity. Join us in May to recognize the final nominees as we announce the winners over dinner and a special celebration of positive aging.

[Tickets Available Here](#)

[Make a Nomination](#)



## **We received a Grant From the Northern Ohio Golf Charities & Foundation**

In December, VANTAGE received a \$23,190 grant from the Northern Ohio Golf Charities & Foundation. Funds were used to buy a 2018 RAM Promaster City Tradesman Cargo Van. The vehicle is a much-needed addition to our Meals on Wheels' fleet.

[Read More](#)



## **Homebound and Hidden - The Effects of Senior Isolation**

Loneliness and isolation can lead to serious health problems for older adults. However, senior isolation is the reality for many as our aging populations grow. Knowing what puts an individual at risk for isolation can help us prevent it.

[Read More](#)



## Thanks for Sharing the Love, Subaru of America!

During the Subaru Share the Love Event, some of our Meals on Wheels clients signed cards for our local Subaru Dealership, Serra Subaru. Thank you all for sharing the love! The Subaru Share the Love Event ends January 2, 2019.

[View Pictures](#)



## Register for the next Seniors, Sandwiches & SNAP

Senior SNAP benefits offer nutrition assistance to eligible, low-income seniors. With funding from the [National Council on Aging](#), Summit County Department of Job and Family Services and VANTAGE are providing information on SNAP benefits and other senior services at Seniors, Sandwiches & SNAP. Contact VANTAGE to ask about hosting an event.

Register for Seniors, Sandwiches & SNAP to receive a FREE LUNCH.

January 23 at 12:30 at the Kenmore Community Center: [Register for Free](#)



## 8 Ways to Avoid Job Search Burnout

Looking for a job can be daunting, especially for those who want to start or change their career as an older adult. Because job searching is both physically and mentally taxing, it can be easy to get frustrated, discouraged, and drained. If you are feeling burnt out from your job search, take steps to recharge and stay positive.

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