

user. Do not click links or open attachments unless you recognize the sender and know the content is safe.



[BLOG](#)

[FOR CAREGIVERS](#)

[EVENTS](#)

[DONATE](#)



## **Take 5 To Talk About Healthy Aging This September**

September is Healthy Aging Month and Hunger Action month! In the coming weeks, we're inviting you to join us in celebrating positive aging and working towards a healthier community during our Take 5 Campaign.

Healthy Aging Month focuses national attention on the positive aspects of growing older. It's never too late to find a new career, a new sport, passion, hobby, or work on improving your health.

Hunger Action Month is a time when people all over America stand against hunger. Sharing, volunteering, pledging to advocate, fundraising, and donating are all ways to take action throughout the month.

This September, we want to work with our community partners to provide inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social, and financial well-being.

Take 5 minutes to share why you think healthy aging is important. Follow us on Facebook for updates and use the hashtags #HealthyVANTAGE and #HealthyAgingMonth.

[Follow Us on Facebook](#)



## **Volunteering for Meals on Wheels – We Need Your Help!**

We need your help more than ever! Meals On Wheels NEO has implemented social distancing and sanitizing practices to keep volunteers and the seniors they serve safe.



If you find yourself with extra time on your hands or a more flexible work schedule, now might be a good time to explore volunteer opportunities.

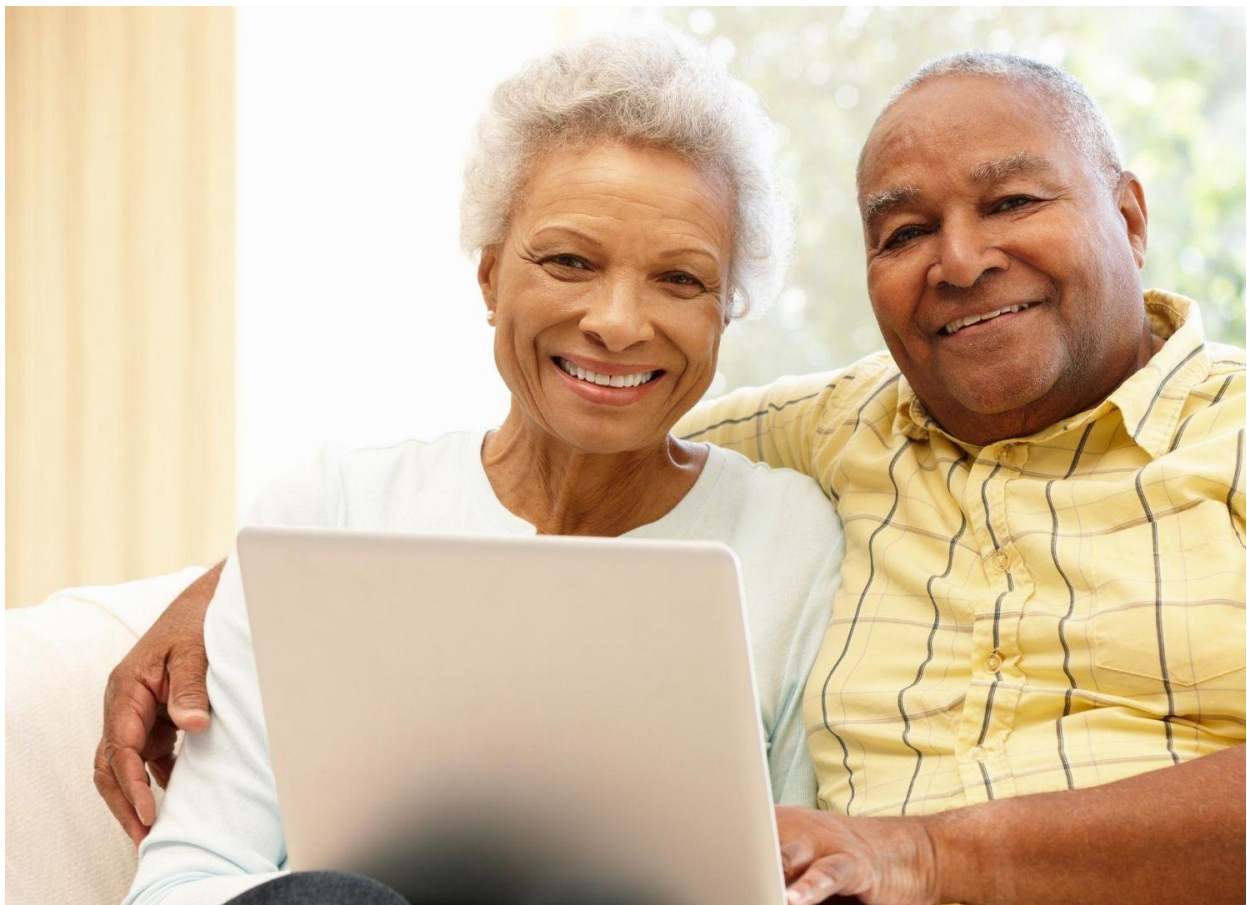
[Learn More](#)



## **What We Know About How Ageism Affects the Workplace**

Sometimes, employers have negative attitudes towards older workers. While employers may think that their business doesn't engage in any kind of age discrimination, statistics and a growing number of claims reveal that ageism is a prevalent issue in today's workforce.

[Learn More](#)



## **5 Ways to Promote Independence While Staying Safe**

Seniors can stay connected through the duration of the pandemic. Here are five steps older adults can take to promote independence and engage with others.

[Learn More](#)



## **10 People Who Found Big Success Later in Life**

While success is defined in many ways, it really boils down to doing what you love, engaging with your community, and being a positive light for those around you. Individuals who are finding success as seniors and older adults are proving that it's never too late to follow your dreams and make your mark.



[Learn More](#)



## **7 Ways to Help Seniors Beat the Heat**

The summer months have brought warm temperatures and longer days. While many of us are enjoying the hot weather and catching rays outside, it's important to remember to check in on our senior neighbors and loved ones.

[Learn More](#)

## **Welcome to Our New Board Members!**



**Bruce Inzetta**

The Will-Burt  
Company



**Elizabeth England**

LegalShield



**Gina Major**

Red Oak  
Behavioral Health



**Judith Banks**

Senior level  
Human Resources  
Professional



**Julie Abiecunas**

Koinonia Homes



**Krista Dobronos**

Westfield Bank



**Tim Gallagher**

ReliabilityFirst



**Ron Van Horn**

Schauer Group



**Thank You, GAR Foundation!**

**GAR Foundation donated masks to help keep Meals On Wheels clients safe.**



Thank you to the GAR Foundation for donating over 200 masks to our Meals On Wheels clients! Your support helps vulnerable seniors in our community stay safe through the pandemic.

We appreciate your generosity and concern for the needs of older adults during these difficult times!



**VANTAGE Aging**

2279 Romig Road | Akron, Ohio 44320  
330-253-4597 | [giving@vantageaging.org](mailto:giving@vantageaging.org)

Follow Us



Having trouble viewing this email? [View it in your web browser](#)

Was this email forwarded to you by a friend? If so, why not sign up to receive your own newsletter direct to your mailbox? [Newsletter Signup](#)

You were sent this email because you have previously signed up to receive our newsletter. If you would prefer not to receive VANTAGE Points, please update your preferences below. View VANTAGE Aging's [privacy policy](#).

Please do not reply to this email. It is an automated mailbox.

VANTAGE Aging is a nonprofit 501 (c)3 charity organization. Your donation is tax-deductible as provided in IRC 1702.01 of the U.S. Tax Code. EIN#51-0148544. Please consult your tax advisor regarding your donation.

Shop at [AMAZONSMILE](#) to find the exact same convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

View our [Sponsorship Page](#).

[Unsubscribe](#)