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**We're Committed to the Health and  
Safety of Seniors**

This year has been hard on us all, especially for seniors trying to remain safe, healthy, and happy at home. The pandemic has forced us to social distance and give up many of the things that were once part of our daily lives.

While being at home can be comforting, it can also feel isolating and lonely. As the weather gets cooler, it's even more difficult to stay connected.

Our aging population may be feeling the strain of isolation, so we've come up with seven tips to help them be healthy and happy at home. Find out how you can help seniors in your life feel engaged, valued, and safe this fall.

[Read More](#)

## **You can help your senior neighbors!**

Having a clean home is more important than ever. But for some elderly individuals, daily cleaning tasks are difficult to do. Just \$25 can provide a house cleaning session to a vulnerable senior in your community.



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**Donate to Home Wellness Solutions for Seniors**



## **Thank you, Peoples Bank!**

Thank you to Peoples Bank of Akron for supporting our Home Wellness Solutions Program! Your support helps vulnerable seniors receive vital house cleaning and care services that keep them in their own homes and our community.



Pictured are VANTAGE's Ted Watko and Jennifer Kanney-Beebe with Peoples Bank's Alyson Lukats and Doris Floyd. We couldn't do this work without you!



## **Volunteer Program Connects Isolated Seniors in Northeast Ohio**

Seniors often face isolation, and the coronavirus crisis has made it even harder for them to stay connected. While we must stay safe during this time, it's also important to make sure that seniors feel valued, engaged, and heard.

Telecare is a program of AmeriCorps Seniors' Retired and Senior Volunteer Program. It aims to connect volunteers age 55 and older with

elderly individuals who want a friendly conversation or the reassurance of someone checking in on them.

[Learn More](#)



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## **Seniors Can Be Victims of Domestic Violence**

October is Domestic Violence Awareness Month. It is a month of unity that aims to connect individuals with resources across the country.

Domestic violence affects millions of people, including seniors. Elderly individuals face unique challenges when domestic violence happens to them, and they are often put at a greater risk of harm.

[Learn More](#)



## **7 Things to Consider When Looking for Temporary Work**

An often-overlooked job type is temporary work. A short-term position can lead to new opportunities that you might not have thought about.

If you are an older adult looking to get back into the workforce, a temporary job could help get your foot in the door.

[Learn More](#)





## **Meals On Wheels NEO Continues to Feed Seniors**

At VANTAGE, we help deliver meals to seniors through our Meals On Wheels program despite our day-to-day job duties. Thank you to our Development Specialist, Devon, for helping out this month!

Could you spare some time to help deliver meals? Routes are available! Sign up [online](#) or contact [MOWVolunteer@vantageaging.org](mailto:MOWVolunteer@vantageaging.org) with questions.

[Learn More](#)



**VANTAGE Aging**

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