



## Digital Alumni Association: Independence Online



We hope everyone had a Happy 4<sup>th</sup> of July, which brings us to this Month's Topic of Independence. Let's explore together how we can become more independent with our computers and online activities.

### Helpful Links

- [How Technology can give Seniors more independence](#)
- Gaining Independence through online learning with this article titled: [Remote Learning Isn't Just for Kids](#)

## CVS Job Virtual Employment and Training Opportunity

CVS has a great opportunity to learn more about their routine job openings. You don't want to miss out! CVS is offering free online informational sessions to anyone interested. This is a remote session that gives you the change to learn more about careers at CVS and how to apply!

- This virtual training will be **JULY 11th, 10:00am to 11:00am**
- To register, please send your name and email to [James.Farren@CVSHealth.com](mailto:James.Farren@CVSHealth.com).
- Talk with your Project Director for Training hour questions. If you need help using your email to register, please reach out to your Digital Navigator.

### More Helpful Links

Speaking of independence, let's take a look at some of these helpful links that can help us use digital resources to gain more independence!

- AARP online banking: [Are you ready to embrace online banking?](#)
- [Finding Connection and Fun on Social Media](#)
- [Free Senior Citizen Education Resources](#)

### Continued Learning

- [Gale Online Courses](#) gives you the opportunity to expand your skills with online certifications. [View Gale Online Learning here.](#)

- [GCF Learn Free](#) allows you to build your future with online learning while developing skills for both work and life.

## Learner Spotlight: Shelle Peterson



Many older adults must step out of the workforce for a number of reasons. But when it's time to step back in, it doesn't mean that their options must be limited. By building new skills on their experiences, they can open new doors on their career path.

This month, we're highlighting Vantage's Digital Inclusion learner Shelle Peterson. Shelle moved from Washington State to Akron four years ago and found finding employment difficult. Although she earned a college degree, most of her work experience was in labor settings.

Since arriving in Akron, Shelle has participated in Vantage's SCSEP job training program, completed an additional Digital Inclusion program, and found unsubsidized employment.

[Learn More](#)



## Digital Navigator Spotlight: The Digital Navigator Team!

### Now a few independence examples from your Digital Inclusion Team!

**Ann:** As a lifetime Girl Scout and single mom, I love living life as a strong, independent woman! I enjoy learning new things and try to take care of projects myself when I can. Independence is so empowering! After moving into a new (to me) home a few years ago, I called a professional to install a few new light fixtures. But when I learned what they were going to charge and how many weeks I would have to wait, I decided it was time for a change of plans! I used my digital resources to search online for how-to videos and taught myself how to install my own light fixtures. Not only did I save money and time doing it myself, but I also learned a new skill that I've used several times since then. Every time I look at that first light fixture I installed, I feel strong and smart and independent. We love hearing your stories about using digital tools to learn new skills – please keep sharing them with us! Happy Independence Day!

**Laura:** As a single mom at one point in my life, Independence was important to adapt to. I used my computer skills to look up free entertainment like websites for parks which have concerts, movie nights, and beautiful walking trails and scenery all without a cost; free days at

museums and zoos; and libraries which had great special events and free classes. I also updated my skills and interests with these free classes through the library by earning certifications in Google Applied Digital Skills, Human Resources Management, Conflict Resolution, Event Planning, and a few others. The new digital skills you are learning can allow you independence also in finding free entertainment and classes that you may be interested in.

**Hannah:** Telehealth is a way to communicate with your doctor all online. You can set up virtual appointments to meet with your doctor online, send them a message, or request a prescription refill—all independently! It's also a great way to access any past record of appointments, whether it was through telehealth or in-person. I've used telehealth often to stay on top of my health and stay in touch with my doctor. If you are interested in learning more about telehealth, check out the elective module called Telehealth in Northstar. You can learn how to independently navigate your online health information, too!

**Delaine:** A few years ago, I wanted to install a garden at home. I had grown up with a garden and I have found joy in growing my own fruit and vegetables to use when cooking. I wanted to actually learn to build above ground boxes for my plants, but I did not know how or where to start, so using my computer skills I started looking into options online. Using Google I found a free online master class on starting a garden, along with informational videos from YouTube on how to build a garden structure. With this help I was able to independently set up the vegetable garden of my dreams. All the skills that you have learned through Digital Inclusion can help build independence in many areas, such as finding knowledge of new activities or finding help on how to do things around your home.

**Julie:** Hi everyone! Wishing you all the very best for this July 4 Holiday weekend as we celebrate "Independence" in our own meaningful ways. Really, for me, this is an opportunity to reflect on the many ways I have gained independence in my own life, and helped others to do so in theirs, as a result of gaining computer and digital literacy skills. My own

experience with this over the years has been returning to College to complete make-up courses totally online, continuing to type my life story to leave as a legacy for my children and grandchildren who live in other countries, and using [YouTube to learn how to unclog my kitchen sink](#).

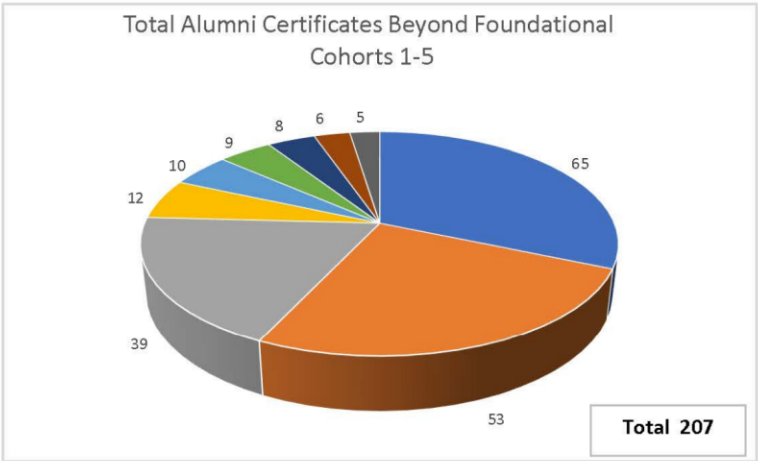
During our COVID shutdown, I explored the many Gale online courses that are available online through many of our fabulous local libraries around Ohio and gained several certifications including Introductory, Intermediate, and Advanced MS Excel 2019/365 – what a cool experience! The same instructor conducted all 3 courses and was available to answer any questions or provide guidance when needed. Most recently, of course, I use the skills I have learned to be Manager of our Digital Inclusion Program and get to pass along some tips and guidance as a Digital Navigator to Learners.









This independence has provided me with self-confidence, a sense of purpose, and a feeling of having value especially when I'm able to help others to help themselves, just as I have been helped in my own journey.

Thank you for celebrating with us this Independence Day!

## **We Want to Hear From You!**

Reach out to your Digital Navigator or Contact Delaine at [dsambenedetto@vantageaging.org](mailto:dsambenedetto@vantageaging.org) with your ideas and interests for future Newsletter Topics!



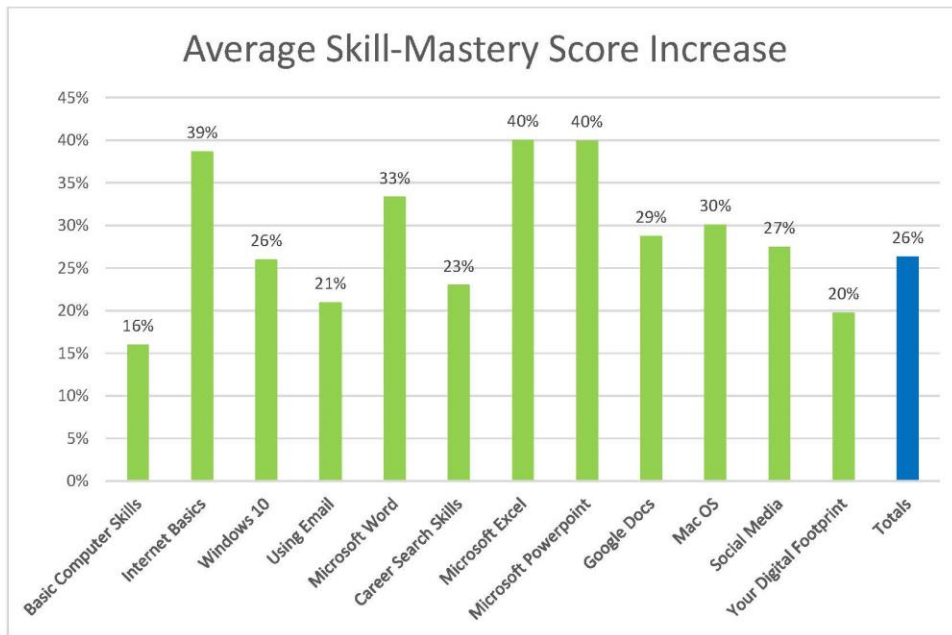
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|---|--------------|---|----------------------|
|  | Excel        |  | Digital Footprint    |
|  | PowerPoint   |  | Information Literacy |
|  | Google Docs  |  | Mac OS               |
|  | Social Media |  | K-12                 |
|  | Telehealth   |   |                      |

## LEARNERS PARTICIPATING IN THE DIGITAL INCLUSION PROGRAM



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## August Newsletter Teaser

You're not going to want to miss August Alumni Newsletter! We are going to dive into the world of employment so keep an eye out on your emails for the first week of August!

Please feel free to reach out to Delaine at [dsambenedetto@vantageaging.org](mailto:dsambenedetto@vantageaging.org) if you have any suggestions for topics for future newsletters.