



Digital Alumni Association: Have Your Winning Season with Online Supportive Services



**September means the start of America's
most popular sport—football!**

Use Digital Mental Health Resources This Fall Season

You can't have fall without football, but the game can sometimes test all of our emotions. Whether you're a player, coach, or fan, a bad call or mistake on the field can take a toll on our mental health.

Emotional intelligence - being aware of your emotions and knowing how to express them empathetically - helps people make informed decisions in all areas of life. Taking advantage of online mental health supportive services can help you better regulate your emotions on and off the field.

For a champion emotional health season, check out these resources.

[The Ohio Care Line](#)

[National Alliance on Mental Health Resources - NAMI Ohio](#)



Let's Review the Play - Get Your Analysis and Career Options with O*NET

A great supportive service for the world of work is O*NET. If you're interested in a certain job or industry? Every occupation requires certain knowledge, skills, and abilities.

O*NET breaks down each occupation according to these traits. Based on your goals, interests, and needs, O*NET suggests various occupations that you can explore. You can also view a list of requirements, characteristics, and open opportunities.

Fill out a short interest assessment to get a list of jobs suited to your interests.

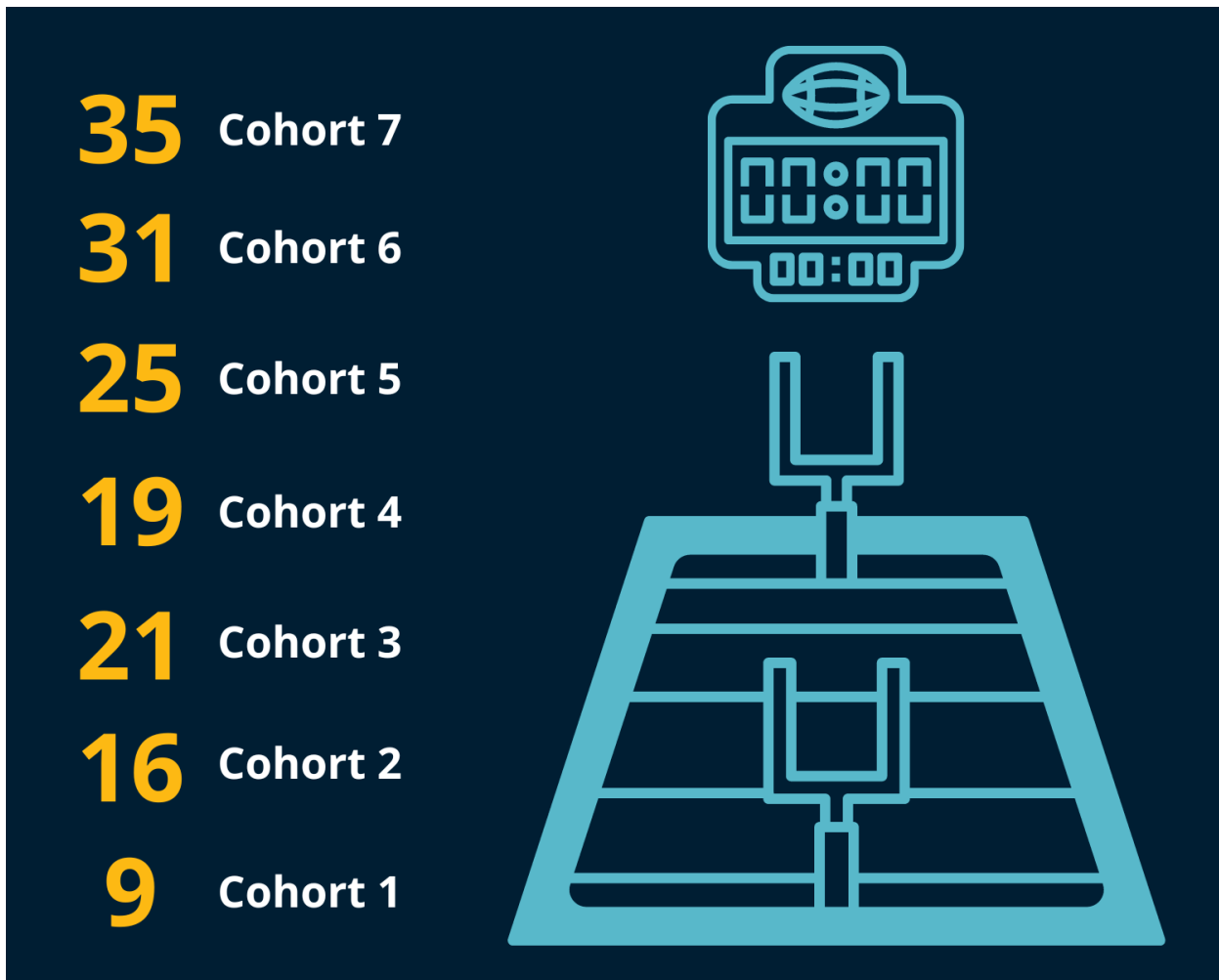
[O*NET Training and Certifications](#)

We're Cheering for You All Season Long!

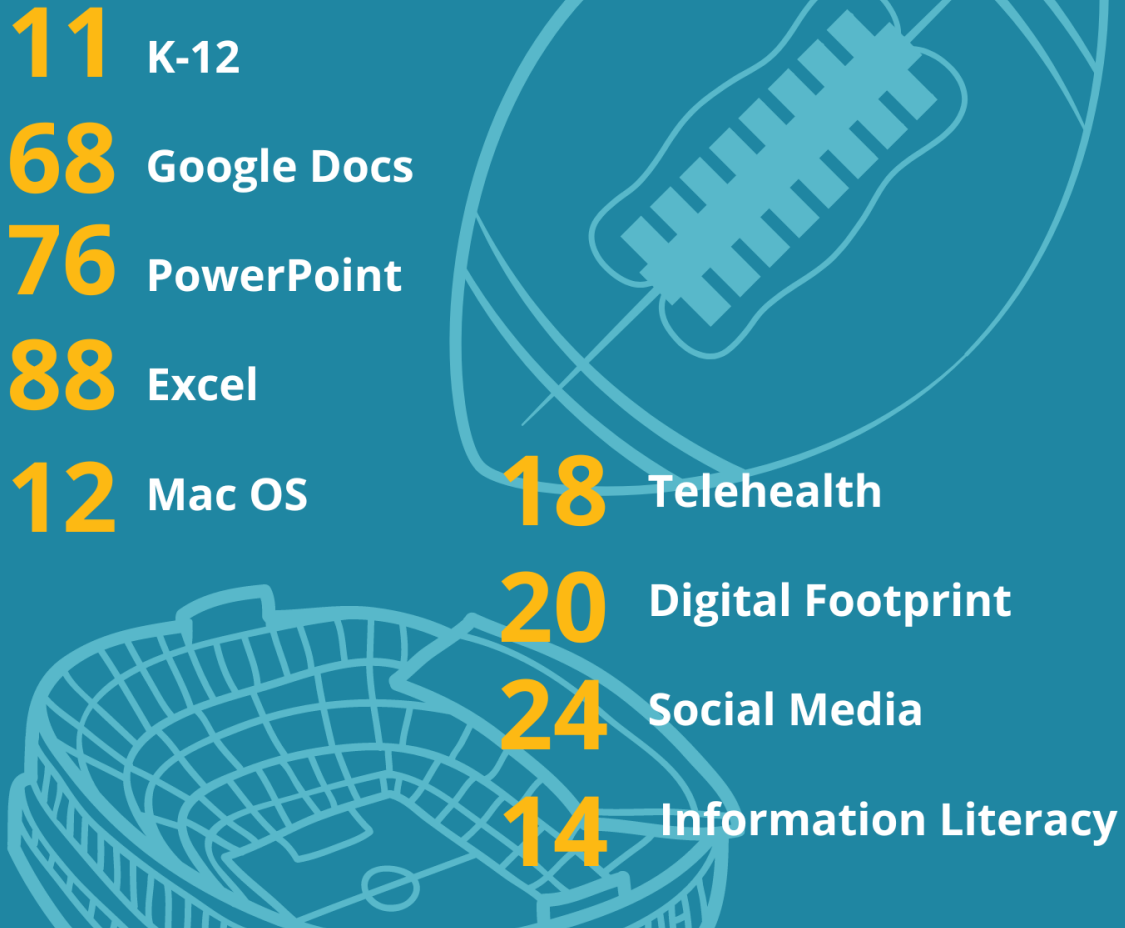
With September being the beginning of football season, we all love cheering on our favorite schools, colleges, and professional teams. **At Vantage, the digital navigators love to cheer on our team of Learners as they score a graduation touchdown.**

Check out some of our graduates' winning stats below!

Learners Participating in Vantage's Digital Inclusion Program



Total Alumni Certifications Beyond Foundational Through Cohort 6





Learner Spotlight: Anita

Anita is a lifelong learner and she is always looking for ways to continue her professional education. She has carried these skills with her in positions that help others and strengthen her community.

While Anita has faced challenges in her professional and personal life, she always finds a way to continue, learn a new skill, and remain a positive light for everyone who crosses her path. Here is how she has been involved in Vantage's Senior Community Service Employment Program and the Digital Inclusion Program, which led her to this new opportunity that she loves.

[Learn More](#)



Digital Navigator Spotlight: Tracy

My name is Tracy Virgin and I am the newest Digital Navigator on the Digital Inclusion team. I'm originally from St. Petersburg, FL (GATORS!), but I have lived in Columbus, OH for the last 15 years.

My family of 6 (blended) is now settled in Lancaster, OH. I have an associate degree in paralegal studies and a past career in non-profit legal services where I was able to assist individuals in underserved communities by informing them of their housing and civil legal needs.

During my time in legal services, I worked with a variety of clients and often worked with seniors and could visibly notice the digital divide between clients over a certain age. I knew this was a serious issue but had no idea of how to help until Vantage Aging found me and hired me as a Digital Navigator. I thank them for the opportunity and am so excited to start the upcoming Cohort and a new chapter in my career.

Looking for More Information on Vantage's Digital Inclusion Program?

During the course of your Digital Inclusion journey, we have shared a lot of great resources in the Alumni newsletters. **Now, many of those [resources are available for you anytime on our website!](#)** We also included the links again here.

Handouts

[IT Tech Handout](#)

[Human IT Hotspot Handout](#)

Resources from Ohio Department of Aging

[Staying Connected Ohio Department of Aging](#)

More Helpful Links to Supportive Services

[Permanent Supportive Housing](#)

[Volunteers of America Support for Veterans and their Families](#)

Join Our Team

Vantage Aging is hiring! Check out our [Job Opportunities page](#) to view open positions and apply.



Congratulations, Delaine and Fa

Congratulations to the Alumni Newsletter Digital Navigator, and her husband, Angelo, on the birth of their first son, Sor was born on August 21, 2022.

October Newsletter Teaser

Ghosts, goblins, and witches too, or anything scary for that matter, is usually associated with October. Keep an eye out for the October Alumni newsletter for “scary” technology issues and how to prevent them.

Reach out to your Digital Navigator or Contact Laura at lcourtwright@vantageaging.org with your ideas and interests for future Newsletter Topics!

Vantage Aging

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