



[BLOG](#)

[FOR CAREGIVERS](#)

[EVENTS](#)

[DONATE](#)



Thank You for Giving

GIVING
TUESDAY



Thank You for Supporting Positive Aging This #GivingTuesday!

Vantage Aging participated in Giving Tuesday on November 29, the global day of unity and giving. As you know, our organization promotes a positive perspective on aging through programs that provide

home-delivered meals, job training and volunteer opportunities for older adults, and peace of mind to caregivers.

Thank you for helping us continue this critical work ensuring our senior neighbors are not forgotten now or in the years to come - We couldn't do this without you!

If you didn't have time to give on November 29, your support still matters! Help us continue providing vital services to local seniors in need.

[Donate Today](#)



Subaru Share The Love Event

For the 15th year running, the Meals on Wheels network is participating in the 2022 Subaru Share the Love Event. Over the past fourteen years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.3 million meals nationwide to seniors in need.

This November 17, 2022, through January 3, 2023, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, Meals On Wheels NEO will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends.

[Learn More](#)



December 13
2:00-3:30



Caregiver Solutions

A VANTAGE AGING INITIATIVE

The holidays can be stressful, especially if you are someone who cares for an aging loved one. Join us for some stress-less topics to make this holiday season easier.

- Tai Ji Quan: Moving for Better Balance (Direction Home)
- Meditation at Home
- Nutrition and Managing Healthy Eating Habits During the Holidays
- DIY Stress Management for Family Caregivers

Follow us on Facebook Live @VantageAging to join us. Or, sign up for the link at: www.vantageaging.org/events/caregiver-event/



Register for December 13



In The Season of Giving, Give Back

The holiday season is here! As we gather with friends and family, it's also a great time to think about those we don't know in our communities. There are so many ways to give, but one of the most valuable things you can offer is your time.

Have you considered volunteering? Now is a great time to get involved with volunteer activities in your community! If you are 55 or older, contact [Vantage's AmeriCorps Seniors](#) program to find a way to serve in your neighborhood.

[Learn More About Giving Back](#)



Learning Digital Skills as a Seasoned Dietitian: Pamela's Story

Meet Digital Inclusion Learner Pamela. She has maintained professional credentials in dietetics and food service management for more than 20 years.

Pamela's position administering a food service program at a local ministry was temporary and she was having a hard time finding other employment. SCSEP seemed to be a good fit, and once enrolled she was working on her technological skills in Vantage's Digital Inclusion Program.

"I think that I truly embody being a new stage for opportunity and development," said Pamela. "Vantage has exceeded my expectations of how this program would help me and how much I would grow. It allowed me to be useful to my community and has made my return to my hometown more meaningful than I ever thought."

[Learn More](#)



NOVEMBER
NATIONAL
NATIVE
AMERICAN
HERITAGE MONTH

National Native American and Indigenous Peoples Heritage Month

November is National Native American Heritage Month, which includes Alaska Native Heritage as well.

From shore to shore, every piece of our land in North America has been touched by the hands, love, and care of Native Indigenous peoples, and in November, we honor, celebrate, and show respect for the many contributions that those individuals have made to our culture and country.

[Learn More](#)



Celebrating Our Veterans This November

This November, we had the honor of celebrating our veterans with Western Reserve Hospital. Thank you to all who have served and sacrificed, and current members of our armed forces and their families.

Get Involved with Vantage

For more information on how to get involved with Vantage, click below.

[Get Involved](#)

Vantage Aging

388 S Main St. Suite 325 | Akron, Ohio 44311

3302534597 | info@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](#) or [Manage Your Preferences](#)