

# Find Resources for You

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## Disability Resources

## Disability Resources

- [Advocacy](#)
- [Community](#)
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## Senior Resources

## Senior Resources

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## Veterans Resources

## Veterans Resources

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My Life, My Community

My Life, My Community is an online tool that helps people with developmental disabilities (DD) and their families answer basic questions about services and supports.

[Learn More](#)



## Recent VirginiaNavigator Articles

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Featured Article

### [\*\*Walk with Ease Program\*\*](#)

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

[Read More](#)

Image



Article

## **SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature**

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

Source

[Virginia Department of Social Services](#)

Article

## **LeadingAge Virginia**

**Contact LeadingAge Virginia:**

[contactus@leadingagevirginia.org](mailto:contactus@leadingagevirginia.org)

804-365-5500

Article

## **JLL Project Management**

### **Project Management Services:**

Brenton Barefoot – [Brenton.Barefoot@jll.com](mailto:Brenton.Barefoot@jll.com)

Bryant Wilson – [Bryant.Wilson@jll.com](mailto:Bryant.Wilson@jll.com)

Article

## **Cognitive Wellness in Aging: An Introduction to Normal Cognitive Aging**

It is important to understand how thinking changes with age under usual circumstances—and what might be a sign that something more is taking place.

Source

[SundayHealth](#)

Article

## **File for free with IRS Free File**

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

Source

[Internal Revenue Service](#)

Article

# [The Impact of Sleep on Brain Health During Aging: Why Sleep Matters](#)

Sleep is fundamental for maintaining and improving physical and mental health. It is especially important for older adults to prioritize good sleep habits.

Source

[SundayHealth](#)

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Mar

17

## **Virtual PADRECC Support Group for Caregivers**

10:00 - 11:00am

Statewide

Mar

17

## **Brain Injury Association of Virginia ~ In-Person Support Group**

6:00 - 7:00pm

Richmond Area

Mar

18

## **Senior Law Day**

All day

Richmond Area

Mar

18

## **Elder Law with Doris Gelbman**

10:00 - 11:30am

Charlottesville Area

[View PDF](#)