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- [Planning](#)
- [Transportation](#)



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- [Aging Well](#)
- [Caregiving](#)
- [Community](#)
- [Financial](#)
- [Housing](#)
- [Legal](#)
- [Transportation](#)



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Veterans Resources

- [Benefits](#)
- [Community](#)
- [Employment](#)
- [Health](#)
- [Housing](#)
- [Quality of Life](#)
- [Transportation](#)



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.

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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.

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Image



Article

[Article Source Test](#)

Source

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Article

[Reduce Your Risk from Respiratory Viruses This Holiday Season](#)

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

Article

VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

Road Scholar Program

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We have guided generations of lifelong learners on transformative learning adventures.

Article

Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

[Social Security Administration](#)

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Jan
20

[Virtual PADRECC Support Group for Caregivers](#)

10:00 - 11:00am

Statewide

Jan
20

Securing Your Future: Expert Tips on Maximizing Social Security Benefits

10:00 - 11:00am

Statewide

Jan

20

Brain Injury Association of Virginia ~ In-Person Support Group

6:00 - 7:00pm

Richmond Area

Jan

21

Elder Law with Doris Gelbman

10:00 - 11:30am

Charlottesville Area

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