

# Find Resources for You

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## Disability Resources

## Disability Resources

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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

## **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](#)

Article

## **How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care**

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

Source

[Generations United](#)

### **Sign Up for E-News**

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### **Community Calendar**

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Dec  
24

## **Brain Injury Association of Virginia ~ Virtual Support Group**

6:00 - 7:00pm  
Statewide  
Dec  
24

## **Families Anonymous**

6:45 - 8:00pm  
Charlottesville Area  
Dec  
25

## **Drop In Bereavement Support Groups, 4th Wednesday**

9:00 - 10:00am

Charlottesville Area

Dec

31

## **Families Anonymous**

6:45 - 8:00pm

Charlottesville Area

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