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Article

Extreme Heat and Your Health

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](#)

Article

AARP Fraud Watch Network Helpline

AARP's Fraud Watch Network™ Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment.

Source

[AARP](#)

Article

SUN Bucks (Summer EBT)

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](#)

Article

Your Healthiest Self ~ Social Wellness Toolkit

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Article

AARP Livability Fact Sheets: The Complete Collection

The AARP Livability Fact Sheets provide information about what factors make a city, town or neighborhood a great place to live.

Source

[AARP](#)

Article

The DICE Approach Online Training Program

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

Article

Virginia Academy of Elder Law Attorneys (VAELA) Resources

Learn about the resources and information offered from the Virginia Academy of Elder Law Attorneys (VAELA).

Article

What is Ask an Expert?

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

Source

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Article

Virginia Assisted Living Finder

Need help understanding and simplifying assisted living options? There's an array of senior living options across Virginia that cater to different needs. The Virginia Assisted Living Finder includes housing resources and FAQs on housing topics to help guide you and your family.

Source

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Article

How Family Caregivers Can Get the Tax Breaks They Deserve

If you are a family caregiving you could be eligible for certain tax deductions and credits.

Source

[AARP](#)

Article

Are You Getting Enough Sleep?

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents

Estate plans and wills need to be reviewed periodically to ensure that it still reflects your wishes through the many twists and turns of life.

Source

[Today's Caregiver](#)

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