

---

Domains

- Virginia Navigator
- Senior Navigator
- disAbility Navigator
- VeteransNavigator

Apply

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](#)

Article

## **Connecting Hungry Seniors with SNAP**

The Supplemental Nutrition Assistance Program (SNAP) helps people stretch their food budgets and puts healthy foods within reach.

Source

[Copyright © 2025 VirginiaNavigator; ALL RIGHTS RESERVED](#)

Article

## **Virginia Breeze Bus Lines Achieves Record-Breaking Ridership, Connecting More Virginians in 2024**

Virginia Breeze Bus Lines, operated by the Virginia Department of Rail and Public Transportation (DRPT), reached a milestone in 2024 by transporting nearly 65,000 passengers.

Source

[Virginia Department of Rail and Public Transportation](#)

Article

## **How to Age Successfully with Spinal Cord Injury**

Learn what to expect when aging with a Spinal Cord Injury (SCI) and learn important strategies and steps to help you stay healthy and active.

Source

[Model Systems Knowledge Translation Center \(MSKTC\)](#)

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

## [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.

### **Pagination**

- [Page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Next page >](#)
- [Last page >>](#)

Showing **1 - 12** of 36 results

[View PDF](#)