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Disability Resources

Disability Resources

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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.

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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

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

Celebrate Earth Day 2024: Climate Change Tips

April 22nd is Earth Day. This annual celebration honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

Source

[Virginia Geriatric Education Center](#)

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

The Hope Fund for Critical Financial Assistance

The Elizabeth Dole Foundation has teamed with the Bob & Dolores Hope Foundation to provide military caregivers with financial relief grants to get them back on track.

Source

[Elizabeth Dole Foundation](#)

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 \(CDC\)](#)

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Community Calendar

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May
15

[Rockingham-Harrisonburg TRIAD Senior Fair](#)

8:30am - 12:30pm
Harrisonburg/Staunton/Lexington
May
15

A Matter of Balance

9:00 - 11:00am

Roanoke Valley

May

15

Hearing Health

10:00 - 11:00am

Charlottesville Area

May

15

George Mason University Wellness Event

10:00am - 2:00pm

Northern Virginia

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