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Explore helpful resources including articles, books and guides, links, and videos.



Disability Resources

Disability Resources

- Advocacy
- Community
- Family
- <u>Health</u>
- Home
- Planning
- Transportation



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Senior Resources

- Aging Well
- Caregiving
- Community
- Financial
- Housing
- <u>Legal</u>
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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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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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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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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

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

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AARP

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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.

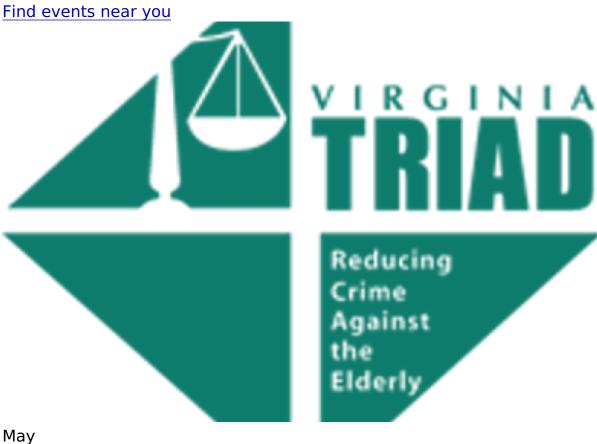
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Community Calendar



мау 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 View PDF