

# Find Resources for You

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



## Disability Resources

## Disability Resources

- [Advocacy](#)
- [Community](#)
- [Family](#)
- [Health](#)
- [Home](#)
- [Planning](#)
- [Transportation](#)



## Senior Resources

## Senior Resources

- [Aging Well](#)
- [Caregiving](#)
- [Community](#)
- [Financial](#)
- [Housing](#)
- [Legal](#)
- [Transportation](#)



## Veterans Resources

## Veterans Resources

- [Benefits](#)
- [Community](#)
- [Employment](#)
- [Health](#)
- [Housing](#)
- [Quality of Life](#)
- [Transportation](#)



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

## [Article Source Test](#)

Source

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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](#)

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## Community Calendar

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Jan  
9

## [Digital Mammograms ~ Tri-Area Community Health, Troutdale](#)

9:00am - 4:00pm  
Southwest Virginia  
Jan

9

## **Memory Partners**

10:00 - 11:30am

Roanoke Valley

Jan

9

## **World War II Discussion Group**

12:00 - 1:30pm

Charlottesville Area

Jan

9

## **African American Authors Book Club**

6:00 - 7:00pm

Charlottesville Area

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