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## **Caregiving documentary with Bradley Cooper**

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

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[PBS](#)

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## **Public Comment Period for Draft Amendments to the DARS State Plan for Aging Services**

The Virginia Department for Aging and Rehabilitative Services has released draft amendments to the State Plan for Aging Services to align it with updated federal Older Americans Act regulations. There is a Public Comment Period from March 24 to April 23, 2025. Comments can be submitted online, via email, mail, or fax.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

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## **Genworth Cost of Care Survey Tool**

Using the Cost of Care Survey tool, you and your family can calculate the cost of long-term care now and in the future. The cost of care varies based on care setting, geographic location of care, and the level of care required.

Source  
Genworth  
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## **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](#)  
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## **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](#)

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## **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](#)

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## **Connecting Virginians with SNAP**

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

Source

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## **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](#)

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## **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!

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