

Editor's Picks

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How to Prevent Cancer or Find it Early

You can lower your risk of getting many common kinds of cancer by making healthy choices. Screening tests can find some cancers early, when treatment works best. Learn more about how to lower your risk of getting cancer.

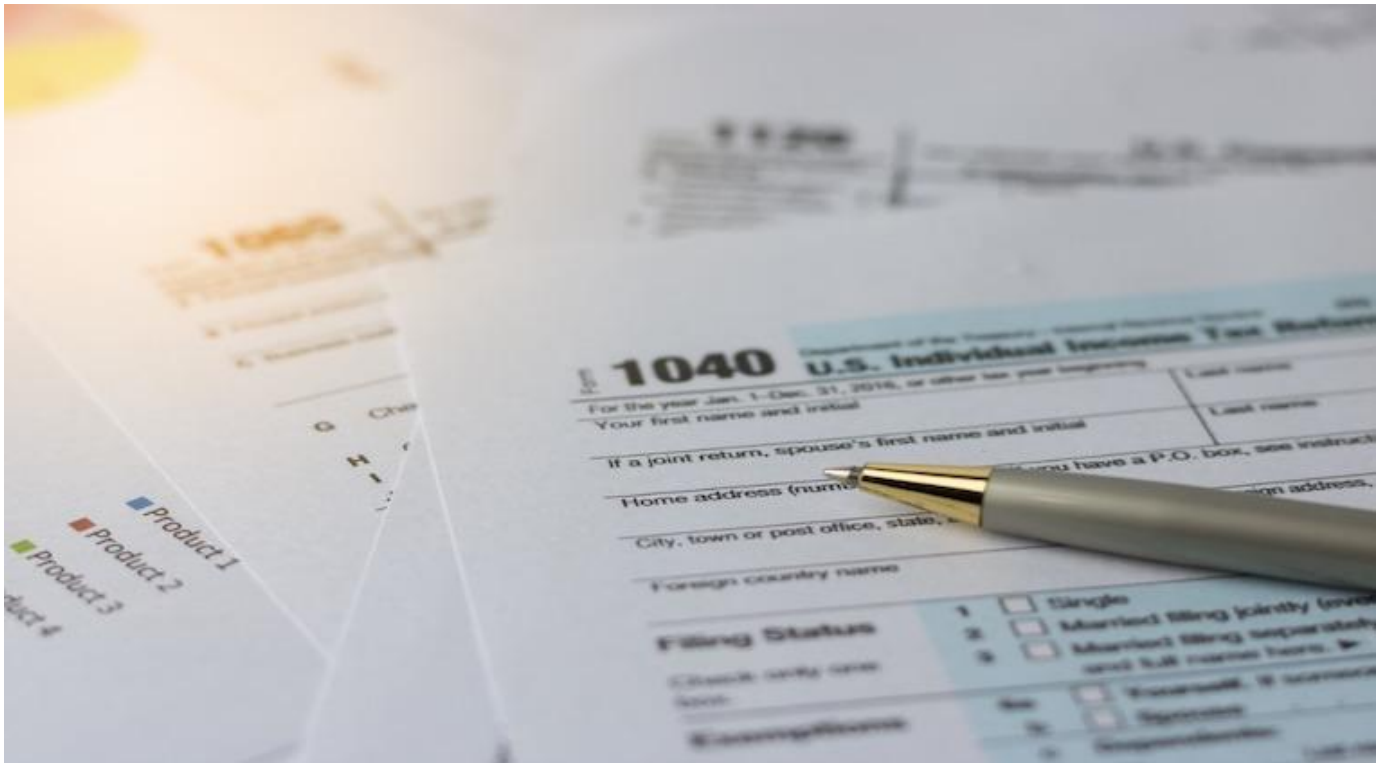
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[Sharing Your Family Story](#)

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

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[What's New as You Get Ready to File Your Taxes](#)

The Internal Revenue Service urges taxpayers to take important actions now to help them file their 2023 federal income tax return. Learn about changes and updates.

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Advanced Care Planning Resources for People Living with Dementia and Their Care Partners

This resource guide contains a range of advanced care planning tools, materials, and information including financial, housing, medical, legal, and palliative/hospice care assistance.

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How Continuing Care Retirement Communities Work

Continuing care retirement communities, also known as CCRCs or life plan communities, provide a wide range of services, activities, and care in one place so older adults can stay in the same place through different phases of the aging process.

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It's Peak Season for Respiratory Illnesses

The CDC has issued an advisory due to increased respiratory disease activity. The low vaccination rates for COVID-19, influenza, and RSV could lead to a strained healthcare system for the rest of the season. There's still time to get vaccinated!

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Mind Your Meds: Safe Opioid Medication Use and Disposal

Learn how to safely dispose of opioids and other pain medication in this guide for caregivers and older adults. Use pain medications safely and be sure to get rid of

them properly.

About

We're Here to Help You Navigate Your Journey

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

Senior Resources

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Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

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Explore the Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder provides a curated list of the best apps, websites, wearables and other tech tools for caregivers.

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