

# Find Resources for You

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## Disability Resources

## Disability Resources

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## Senior Resources

## Senior Resources

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## Veterans Resources

## 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.

[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

## [Caregiving Youth Shine](#)

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

Article

## [Frequently Asked Questions About Palliative Care](#)

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Article

## **Make a Plan ~ Emergency Preparedness for Your Family**

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

Source

[Ready.gov](https://www.ready.gov)

Article

## **Extreme Heat and Your Health**

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](https://www.cdc.gov)

Article

## **AARP Fraud Watch Network Helpline**

AARP's Fraud Watch Network™ Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment.

Source

[AARP](https://www.aarp.org)

Article

## **SUN Bucks (Summer EBT)**

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](https://www.dhs.gov)



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## Community Calendar

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Jul  
29

### [Fitness Class: Strengthen Your Bones](#)

6:00 - 7:00pm

Statewide

Jul  
30

## **The Secret Map of Surviving Loss ~ Adult Grief Support Group**

10:00 - 11:00am

Petersburg/Hopewell Area

Jul

30

## **Bingocize ~ Manassas**

11:00am - 12:00pm

Prince William/Fauquier Area

Jul

30

## **Families Anonymous**

6:45 - 8:00pm

Charlottesville Area

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