

Explore Aging Well Topics

[Health Care Settings and Providers](#)

[Healthy Living and Prevention](#)

[Medical Concerns](#)

[Mind and Body](#)

Explore Aging Well Resources

Articles

[**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](#)

Recent Aging Well Articles

Recent Aging Well Articles

Article

[**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

Article

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](#)

Article

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

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](#)

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!

More for You

Features

- [Ask an Expert](#)
- [Caregiver Tech Tool Finder](#)
- [Lindsay Institute for Innovations in Caregiving](#)
- [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving](#)

Healthy Living Resources

- [Mind Your Meds: Safe Opioid Medication Use and Disposal](#)
- [Oral Health Resources](#)
- [Pain Management and Opioids Resources](#)
- [Social Engagement Tools and Resources](#)

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