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Disability Resources

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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.

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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 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.

Source

[PBS](#)

Article

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](#)

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

LeadingAge Virginia

Contact LeadingAge Virginia:

contactus@leadingagevirginia.org

804-365-5500

Article

JLL Project Management

Project Management Services:

Brenton Barefoot - Brenton.Barefoot@jll.com

Bryant Wilson - Bryant.Wilson@jll.com

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Community Calendar

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Mar
28

Welcome Home Vietnam Era Veterans

9:00 - 10:15am
Roanoke Valley
Apr
1

Complimentary Pain and Injury Screenings

9:00 - 10:00am
Charlottesville Area
Apr
1

The Good Life Series

11:00am - 12:00pm
Charlottesville Area

Apr

1

TRIAD Meetings, Augusta County

2:30 - 3:30pm

Harrisonburg/Staunton/Lexington

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