

Explore Community Topics

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[Recreation and Learning](#)

[Community Best Practices and State Plans](#)

Explore Community Resources

Articles

[**AARP Livability Fact Sheets: The Complete Collection**](#)

The Livability Fact Sheets were created in partnership by AARP Livable Communities and the Walkable and Livable Communities Institute with a shared goal of helping local communities become safer, healthier, more walkable and more livable for people of all ages.

Source

[AARP](#)

Recent Community Articles

Recent Community Articles

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](#)

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 \(CDC\)](#)

Article

AARP Livability Fact Sheets: The Complete Collection

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Source

[AARP](#)

Article

What is Ask an Expert?

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

Source

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Article

Tips for Organizing a Medical History

It's important for caregivers to organize health information in case of medical emergencies. Learn about easy tips for ensuring you have the information you need.

Source

[Today's Caregiver](#)

Article

Tornadoes

Be prepared! Tornadoes may strike quickly, with little to no warning, causing extensive damage to structures and disrupting transportation, power, water, gas, communications and other services in their direct path and in neighboring areas.

Source

[Virginia Department of Emergency Management](#)

More for You

Features

- [Ask an Expert](#)
- [Senior Navigator: Guide for Aging Well and Caregiving](#)
- [Transitions in Care Resources](#)

Staying Connected

- [engAGED: Nat'l Resource Center for Engaging Older Adults](#)
- [Senior Resources Near Me](#)
- [Social Engagement Tools and Resources](#)
- [Virginia Long Term Services and Supports \(LTSS\) Finder](#)

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