

Explore Community Topics

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Articles

[12 Ways for Older Adults to Stay Socially Connected](#)

Learn more about the importance of maintaining social and community connections as you get older... and how you can strengthen your social connections using 12 strategies such as volunteering, learning, exercising, connecting via tech, and stepping outside your comfort zone.

Source

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Recent Community Articles

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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](#)

Article

Hurricanes: Preparedness and Evacuation

Important information about hurricane preparedness and evacuation guidance.

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[Virginia Department of Emergency Management](#)

Article

Winter Storm Safety

Learn about winter storm safety and preparedness.

Source

[American Red Cross](#)

Article

Community Assessment Survey for Older Adults (CASOA)

Community members ages 60 and up! The Virginia Department for Aging and Rehabilitative Services (DARS) invites you to take this important survey.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Article

5 Secret Health Benefits of Gardening

Gardening boosts mood, lowers dementia risk, and offers opportunities for physical activity and, in the case of community gardens, socialization.

Source

[AARP](#)

Article

NIH Research Matters: Leisure activities may improve longevity for older adults

NIH Research results highlight the importance of finding ways to stay active that are enjoyable and can be sustained over time.

Source

[National Institutes of Health](#)

More for You

Features

- [Ask an Expert](#)
- [Senior Navigator: Guide for Aging Well and Caregiving](#)
- [Senior Resources Near Me](#)

Staying Connected

- [engAGED: The National Resource Center for Engaging Older Adults](#)
- [Social Engagement Tools and Resources](#)
- [Transitions in Care Resources](#)

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