

## Explore Community Topics

[Community Based Services](#)

[Recreation and Learning](#)

[Community Best Practices and State Plans](#)

## Explore Community Resources

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

## Recent Community Articles

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.

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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](#)

Article

## **Hurricanes: Preparedness and Evacuation**

Important information about hurricane preparedness and evacuation guidance.

Source

[Virginia Department of Emergency Management](#)

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](#)
- [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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