### **Find Resources for You**

Explore helpful resources including articles, books and guides, links, and videos.



#### **Disability Resources**

#### **Disability Resources**

- Advocacy
- Community
- Family
- <u>Health</u>
- Home
- Planning
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#### **Senior Resources**

#### **Senior Resources**

- Aging Well
- Caregiving
- Community
- Financial
- Housing
- <u>Legal</u>
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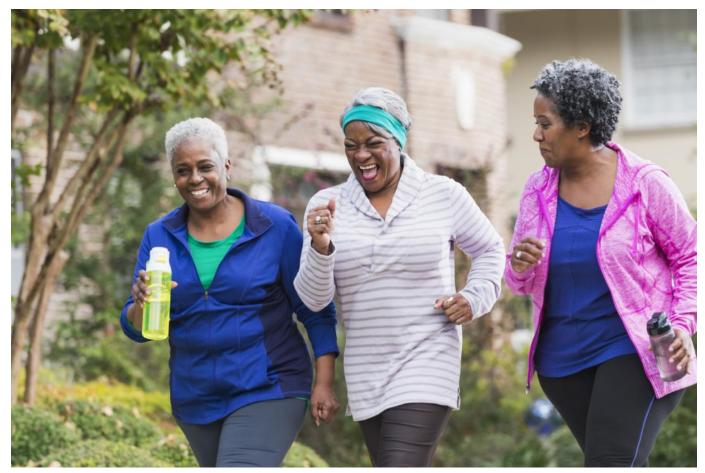
Featured Article

#### **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 - <u>Bryant.Wilson@jll.com</u>

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## **Community Calendar**

Find events near you



Apr 7

## Richmond/Philadelphia PADRECC Virtual Parkinson's Disease Support Group

1:00 - 2:00pm Statewide Apr 8

## **Senior Law Day**

All day Richmond Area Apr 8

# <u>The Empowered Caregiver ~ Virtual, Alzheimer's</u> Association

1:00 - 2:00pm Statewide Apr 8

# Free Virtual Richmond Brain Tumor Support Group

6:30 - 8:00pm Statewide View PDF