

# Find Resources for You

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## Disability Resources

## Disability Resources

- [Advocacy](#)
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## Senior Resources

## Senior Resources

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## Veterans Resources

## 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.

[Learn More](#)

## 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](mailto:contactus@leadingagevirginia.org)

804-365-5500

Article

# JLL Project Management

## **Project Management Services:**

Brenton Barefoot - [Brenton.Barefoot@jll.com](mailto:Brenton.Barefoot@jll.com)

Bryant Wilson - [Bryant.Wilson@jll.com](mailto:Bryant.Wilson@jll.com)

## **Sign Up for E-News**

Stay informed through our e-newsletters - timely and relevant information delivered right to your inbox.

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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

## **The Empowered Caregiver ~ Virtual, Alzheimer's Association**

1:00 - 2:00pm

Statewide

Apr

8

## **Free Virtual Richmond Brain Tumor Support Group**

6:30 - 8:00pm

Statewide

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