

## Editor's Picks

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### **Solo Aging with Confidence ~ You Don't Need to Go it Alone**

Aging solo can be liberating but it can also feel daunting. By taking proactive steps and surrounding yourself with proper professional guidance, you can create your own safety net.

[Image](#)



## **Extreme Heat and Your Health**

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. There can be health effects so it's important to know the signs and symptoms of heat-related illnesses.

[Image](#)



## [Virginia Senior Housing Finder](#)

Need help understanding and simplifying senior housing? Use the Virginia Senior Housing Finder to explore senior housing options and supports including independent living, assisted living, memory care, veteran homes, and nursing facilities.

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## **SUN Bucks Grocery Benefits for Kids**

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can get \$120 per child to buy groceries during the summer. SUN Bucks may have a different name depending on your location.

[Image](#)



## **10 Ways to Love Your Brain**

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline. Incorporate these habits into your life to help maintain a healthy brain. Take charge of your brain health today — it's never too early or too late to start.

[Image](#)

[ask an expert question](#)

## **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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## [Helping Family and Friends Understand Alzheimer's Disease](#)

When you learn someone has Alzheimer's you may wonder how to tell family and friends. There's no single right way, so when the time seems right, be honest and use this as a chance to educate them about Alzheimer's.

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## **About**

## **We're Here to Help You Navigate Your Journey**

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

## **Senior Resources**

## **Find Resources for You**

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

## Find Resources for You

- [Aging Well](#)
- [Caregiving](#)
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If we've helped you connect with helpful resources and support, please share your story.

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Explore the Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder provides a curated list of the best apps, websites, wearables and other tech tools for caregivers.

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