

Isolation, loss and depression all have negative health effects, while exercise, mindfulness and social connection can result in huge benefits. Find emotional wellness, fitness and nutrition resources for Virginia seniors, and explore alternative medicine and therapy options near you.



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Article

## **VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene**

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

## **Healthy, Thrifty Holiday Meals**

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

## **Road Scholar Program**

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We have guided generations of lifelong learners on transformative learning adventures.

Article

## **Your Healthiest Self ~ Social Wellness Toolkit**

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically. Explore the Social Wellness Toolkit to learn how to improve your overall health.

Source

[National Institutes of Health](#)

Videos

## **Malnutrition and Food Insecurity for Older Adults**

Explore 5 videos on malnutrition and food insecurity for older adults.

Source

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

Article

## **How Does Social Connectedness Affect Health?**

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness

can lead to longer life, better health, and improved well-being.

Source

[Centers for Disease Control \(CDC\)](#)

Links

## **Dementia Capable Virginia ~ Resources**

Source

[Dementia Capable Virginia ~ Resources](#)

Apps

## **Be My Eyes**

Connects people needing sighted support with volunteers and companies through live

Source

[Be My Eyes](#)

Article

## **Sharing Your Family Story**

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

Links

## **GetSetUp ~ Live classes for older adults, by older adults**

GetSetUp supports older adults to learn new skills, connect with others and unlock new life experiences. Older adults have incredible knowledge to share and new mountains (literally and figuratively) to climb, but until now they haven't had their

own place to pursue their passions and continue creating, growing, and giving back.

Source

[GetSetUp ~ Live classes for older adults, by older adults](#)

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