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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.

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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.

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Image



Article

[Cognitive Wellness in Aging: An Introduction to Normal Cognitive Aging](#)

It is important to understand how thinking changes with age under usual circumstances—and what might be a sign that something more is taking place.

Source

[SundayHealth](#)

Article

[File for free with IRS Free File](#)

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

Source

[Internal Revenue Service](#)

Article

The Impact of Sleep on Brain Health During Aging: Why Sleep Matters

Sleep is fundamental for maintaining and improving physical and mental health. It is especially important for older adults to prioritize good sleep habits.

Source

[SundayHealth](#)

Article

Virginia Breeze Bus Lines Achieves Record-Breaking Ridership, Connecting More Virginians in 2024

Virginia Breeze Bus Lines, operated by the Virginia Department of Rail and Public Transportation (DRPT), reached a milestone in 2024 by transporting nearly 65,000 passengers.

Source

[Virginia Department of Rail and Public Transportation](#)

Article

How to Age Successfully with Spinal Cord Injury

Learn what to expect when aging with a Spinal Cord Injury (SCI) and learn important strategies and steps to help you stay healthy and active.

Source

[Model Systems Knowledge Translation Center \(MSKTC\)](#)

Article

Feb

11

The Empowered Caregiver ~ Virtual, Alzheimer's Association

1:00 - 2:00pm

Statewide

Feb

11

Free Virtual Richmond Brain Tumor Support Group

6:00 - 7:30pm

Statewide

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Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Feb

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Money and You

10:00 - 11:30pm

Charlottesville Area

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