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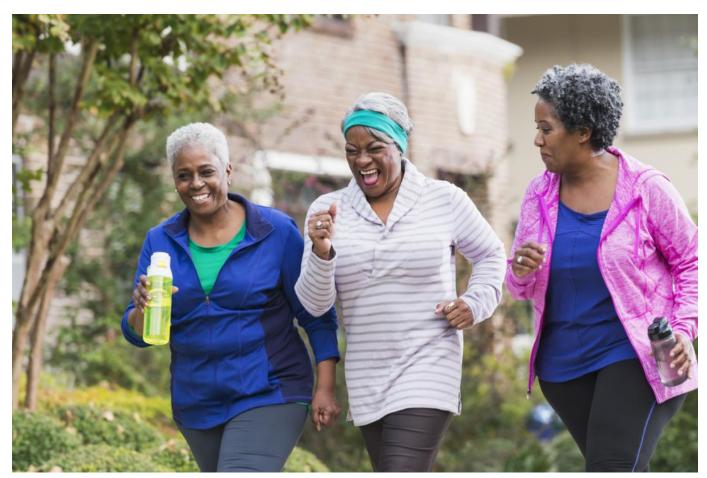
Featured Article

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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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

<u>Program of General Caregiver Support Services</u> (PGCSS)

Program of General Caregiver Support 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

Veterans Food Assistance Program

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry.

Article

Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

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Community Calendar

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Nov 22

SwimRVA Wellness Open House

10:00am - 1:00pm Richmond Area Nov 26

Brain Injury Association of Virginia ~ Virtual Support Group

6:00 - 7:00pm Statewide Nov 26

Families Anonymous

6:45 - 8:00pm Charlottesville Area Nov 27

Drop In Bereavement Support Groups, 4th Wednesday

9:00 - 10:00am Charlottesville Area View PDF