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## [Connecting Hungry Seniors with SNAP](#)

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## [Virginia Breeze Bus Lines Achieves Record-Breaking Ridership, Connecting More Virginians in 2024](#)

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

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## **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.

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

Article

## **Spread the word: The 2025 Veterans Benefits Guide is now available**

As part of our commitment to provide world-class care and benefits to those who have served our nation, VA is pleased to present the “2025 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers.”

Source

[VA News](#)

Article

## **The Arc ~ Digital Literacy Creates Opportunities**

Check out the Arc's free digital skills training for people with intellectual and developmental disabilities.

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[The Arc of the United States](#)

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## **Four VA Virtual Care Resources for Caregivers**

Caregivers work hard to make sure Veterans receive the care they need. Whether you're a Veteran's family member or a professional caregiver, VA has virtual care tools to help you on your journey.

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[VA News](#)

Article

## **Get Involved ~ VA's Million Veteran Program**

For many people, the new year marks a chance to reevaluate priorities, schedules and hobbies. The VA's Million Veteran Program shares ways to feel involved in your community.

Source

[VA News](#)

Article

## **Partners in Policymaking and Youth Leadership Academy Training Programs**

**Virginia Board for People with Disabilities - Applications Now Open!!**

**Join Our Next Partners in Policymaking & Youth Leadership Academy Training Programs**

Are you looking for a chance to grow in the new year? Do you want to make a difference for yourself, your family and your community?

The VBPD is now recruiting for Partners in Policymaking (PIP) and Youth Leadership Academy (YLA)! Learn more about two of our flagship training programs and click to apply below.

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[Virginia Board for People with Disabilities](#)

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## **Reduce Your Risk from Respiratory Viruses This Holiday Season**

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

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Centers for Disease Control (CDC)

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## **Program of General Caregiver Support Services (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.

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