

---

Domains

- Virginia Navigator
- Senior Navigator
- disAbility Navigator
- VeteransNavigator

Apply

Article

## **Caregiving documentary with Bradley Cooper**

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

Source

[PBS](#)

Article

## **Genworth Cost of Care Survey Tool**

Using the Cost of Care Survey tool, you and your family can calculate the cost of long-term care now and in the future. The cost of care varies based on care setting, geographic location of care, and the level of care required.

Source

Genworth

Article

## **SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature**

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP)

benefits.

Source

[Virginia Department of Social Services](#)

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

## **Connecting Virginians with SNAP**

The Supplemental Nutrition Assistance Program (SNAP) helps people stretch their food budgets and puts healthy foods within reach.

Source

[Copyright © 2025 VirginiaNavigator; ALL RIGHTS RESERVED](#)

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

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

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

Source

[The Arc of the United States](#)

Article

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

Are you looking for a chance to grow in the new year? The VBPD is now recruiting for Partners in Policymaking (PIP) and Youth Leadership Academy (YLA)!

Source

[Virginia Board for People with Disabilities](#)

Article

## **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.

Source

Centers for Disease Control (CDC)

Article

## Healthy, Thrifty Holiday Meals

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

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

[Social Security Administration](#)

### **Pagination**

- [Page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Next page >](#)
- [Last page >>](#)

Showing **1 - 12** of 36 results

[View PDF](#)