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## **Extreme Heat and Your Health**

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

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

Article

## **AARP Fraud Watch Network Helpline**

AARP's Fraud Watch Network™ Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment.

Source

[AARP](#)

Article

## **SUN Bucks (Summer EBT)**

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](#)

Article

## **Disability and Health Healthy Living**

People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community.

Source

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

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.

Source

[National Institutes of Health](#)

Article

## **The DICE Approach Online Training Program**

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

Article

## **What is Ask an Expert?**

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

Source

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Article

## **How Family Caregivers Can Get the Tax Breaks They Deserve**

If you are a family caregiving you could be eligible for certain tax deductions and credits.

Source

[AARP](#)

Article

## **Are You Getting Enough Sleep?**

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

Source

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

Article

## **Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents**

Estate plans and wills need to be reviewed periodically to ensure that it still reflects your wishes through the many twists and turns of life.

Source

[Today's Caregiver](#)

Article

## **Tips for Organizing a Medical History**

It's important for caregivers to organize health information in case of medical emergencies. Learn about easy tips for ensuring you have the information you need.

Source

[Today's Caregiver](#)

Article

## **The Sandwich Generation**

Sandwich Generation Caregivers find themselves squeezed in between caring for younger loved ones such as children, and their elder parents or other elder family members.

Source

[Today's Caregiver](#)

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