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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.

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[Virginia Department of Social Services](#)

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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

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 \(MSKTC\)](#)

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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](#)

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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](#)

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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.

Source

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

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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](#)

Article

How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate

grandparents – and other kin caregivers – all year long.

Source

[Generations United](#)

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6 Great Things About Kinship/Grandfamilies

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents – and other kin caregivers – all year long.

Source

[Generations United](#)

Article

Job Accommodation Network (JAN) Situations and Solutions Finder

The Situations and Solutions Finder draws on information collected from JAN customers who choose to provide feedback about workplace accommodations.

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