

## Editor's Picks

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### [Virginia Fresh Match](#)

Virginia Fresh Match helps you buy more fruits and vegetables when you spend your SNAP dollars at participating farmers markets. Learn more and find a location near you.

[Image](#)

[ask an expert question](#)

### [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.

[Image](#)

# OLDER AMERICANS MONTH



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POWERED BY CONNECTION: MAY 2024

## **Celebrate Older Americans Month!**

Older Americans Month (OAM) is a time to highlight aging trends, and this year's theme, *Powered by Connection*, focuses on the impact that meaningful connections have on the well-being and health of older adults.

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## **Solo Aging with Confidence ~ You Don't Need to Go it Alone**

Aging solo can be liberating but it can also feel daunting. By taking proactive steps and surrounding yourself with proper professional guidance, you can create your own safety net.

Image



## **Virginia Senior Housing Finder**

Need help understanding and simplifying senior housing? Use the Virginia Senior Housing Finder to explore senior housing options and supports including independent living, assisted living, memory care, veteran homes, and nursing facilities.

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## **6 Tips for Talking with Your Doctor About Falls**

More than one in four older adults falls each year, but only half tell their doctor. It is important for your doctor to know about any health problems, including concerns about balance and falls. Get the most out of your conversations with these six tips.

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## **About**

## **We're Here to Help You Navigate Your Journey**

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

# Senior Resources

## Find Resources for You

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

## Find Resources for You

- [Aging Well](#)
- [Caregiving](#)
- [Community](#)
- [Financial](#)
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## Stay Connected

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### [Share Your Story](#)

If we've helped you connect with helpful resources and support, please share your story.

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### [Caregiver Tech Tool Finder](#)

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Explore the Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder provides a curated list of the best apps, websites, wearables and other tech tools for caregivers.

### [Learn More](#)

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# Current and Past Partners

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