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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

[VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene](#)

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

[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.

Article

Veterans Food Assistance Program

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry.

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](#)

Article

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.

Article

Protecting Yourself and Others with Vaccinations

The best way to protect ourselves from respiratory illness is with vaccinations. Vaccines can help protect from flu, RSV, COVID-19 and pneumococcal pneumonia. These vaccines are available free of charge to Veterans receiving care at VA.

Source

[VA News](#)

Article

VA Leads the Way in Exposure-Informed Care

For years, Veterans have returned home with invisible scars—illnesses and conditions caused by exposure to toxic substances. The passage of the PACT Act (Promise to Address Comprehensive Toxics) marked a transformative step in addressing care gaps Veterans were facing after returning home from combat.

Source

[VA News](#)

Pagination

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

Showing **1 - 12** of 36 results

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