

## Editor's Picks

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### **About Respite Relief for Military and Veteran Caregivers**

Respite provides a much-needed break for both the caregiver and the care receiver. If you are a military or veteran caregiver caring for a spouse, parent, child, friend, or loved one, then respite relief is for you. Explore respite services and resources for your needs.

[Image](#)



## **How Can Military Veterans Maximize Their Tax Benefits?**

Filing taxes once you're retired from the military may seem less complicated than it was when you were still in the service, yet military veterans can still get important benefits from the tax code.

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## **You May Qualify for VA Dental Care Benefits**

If you qualify for VA dental care benefits, you may be able to get some or all of your dental care through VA. Find out how to get VA dental care or how to buy dental insurance if you don't qualify.

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### **Top 10 Veteran Resources of the Year**

Every week, VA sends a newsletter that is jam-packed with resources like free concert tickets, farming assistance, workout programs, national park passes and Veteran discounts on hundreds of services. Read about the most popular Veteran resources from 2023.

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## **Community Care: Eligibility and Access for Veterans**

As a Veteran, you have more choices than ever when it comes to your health care. If your VA facility doesn't offer a specific service, or you can't get an appointment in a timely manner, you may be eligible for community care.

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## **How to Bridge the Resume Gap for Transitioning Military Personnel**

Some employers may consider a resume gap a red flag, but there are legitimate reasons that you might find yourself out of work or between jobs. This is especially true for transitioning military personnel, as making the move to civilian life is a long process that doesn't always leave room for job hunting.

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## **Military and Veteran Families and SNAP Benefits**

Did you know that you may be eligible for SNAP assistance to ensure you and your family have nutritious meals. The Supplemental Nutrition Assistance Program (SNAP) helps families buy nutritious food so your family eat right when money is tight.

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## **About**

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

Since 2001 VirginiaNavigator and our family of websites have 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, someone 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.

# Veterans Resources

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

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### Veteran Caregivers in Virginia

Family caregivers for Veterans often face unique challenges - find helpful caregiving information and access to key resources for support.

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