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Domains

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Article

## **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

## **Six Apps to Help Veterans Manage Stress**

Explore apps and tools that offer education about PTSD and related mental health concerns.

Source

[VA News](#)

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

## **New VA Resource Navigator: Finding VA Resources**

Veterans often have questions about VA services and benefits. Whether they have recently exited military service or have been separated for years, VA is here to help Veterans navigate benefit entitlements and take an active role in their health care.

Source

[VA News](#)

Article

## **Guard Yourself Against Scammers Impersonating VA**

It might look official—and even include the VA seal or logo—but unless the image or post links to a .gov official website (like VA.gov or USAJobs.gov) or official social media channels, it's not from VA.

Source

[VA News](#)

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

## **The Hope Fund for Critical Financial Assistance**

The Elizabeth Dole Foundation has teamed with the Bob & Dolores Hope Foundation to provide military caregivers with financial relief grants to get them back on track.

Source

[Elizabeth Dole Foundation](#)

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 \(CDC\)](#)

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