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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

### **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

## **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

## [Cyber Safety While Traveling](#)

Using public chargers and Wi-Fi can be convenient but also puts your devices and data at risk. Hackers can compromise public USB ports and set up fake Wi-Fi hotspots to gain access to your information. Learn how to protect your online activity while traveling.

Article

## [Caregiving Youth Shine](#)

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

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