

Some of the most common health concerns among Virginia seniors are arthritis, heart disease, cancer and Alzheimer's disease/dementia. If you're looking for help managing these conditions and others, SeniorNavigator can point you toward medical programs, providers and advocacy groups near you.



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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.

Links

## **Dementia Capable Virginia ~ Resources**

Source

[Dementia Capable Virginia ~ Resources](#)

Links

## **Alzheimer's Association Caregiving Resources**

Source

[Alzheimer's Association Caregiving Resources](#)

Article

## **Peak Season for Respiratory Diseases Is Near: There Is Still Time to Get Vaccinated**

On December 14, CDC issued a Health Alert Network (HAN) advisory to healthcare providers and public health officials highlighting the increased respiratory disease activity occurring in the U.S. The HAN noted that low vaccination rates for COVID-19, influenza, and RSV could lead to more severe disease and a strained healthcare system for the rest of the season.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **Mindfulness training can boost heart-healthy eating**

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Books & Guides

## **Taking Time: Support for People with Cancer**

Taking Time is for people newly diagnosed with cancer and their friends and family. Hearing that you have cancer changes your life, and the lives of those around you. The booklet discusses the many emotions that come with having cancer, as well as how to communicate with others about the disease.

Source

[National Cancer Institute](#)

Links

## **What to Expect: Mesothelioma Guide and Resources**

Source

[What to Expect: Mesothelioma Guide and Resources](#)

Links

## **Mental Health Support: Find support for mental health, drugs or alcohol**

Source

[Mental Health Support: Find support for mental health, drugs or alcohol](#)

Links

## **Mesothelioma: American Lung Association**

Source

[Mesothelioma: American Lung Association](#)

Links

## **Mesothelioma: American Cancer Society**

Source

[Mesothelioma: American Cancer Society](#)

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