

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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Links

Dementia Capable Virginia ~ Resources

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[Dementia Capable Virginia ~ Resources](#)

Links

Alzheimer's Association Caregiving Resources

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[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](#)

Article

Help for Cancer Patients, Survivors, and Caregivers

The American Cancer Society offers support in your community and online to help you during and after cancer treatment.

Source

[American Cancer Society](#)

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