Healthy Aging and ADRD Resource Links:

ALZ Connect:

Alzheimer's Association has a great way for people to connect with others- https://alzconnected.org/?_gl=1*jkduky*_ga*MTQ2ODA1OTQ5OS4xNzkwMjA5MjA5*_ga_9JTEWVX24V*czE3OTIzNzQ4NTYkbzYkZzAkdDE3OTIzNzQ4NjEkajU1JGwwJGgw

This is a great website that provides screens, short videos, and other tools. Anyone can benefit—does not have to be a veteran use this site. https://www.veterantraining.va.gov/VETERANTRAINING/sleep101/index.asp

Insomnia Coach App:

https://mobile.va.gov/app/insomnia-coach

AGS Beers Criteria:
https://pmc.ncbi.nlm.nih.gov/articles/PMC12478568/?utm_source=chatgpt.com

Here is a link to more information on ACES from the American Psychiatric Association Foundation:

https://www.apaf.org/our-programs/justice/free-resources/what-are-aces/