



Friends LifeCare®  
Your Life • Your Independence • Your Home

# VigR® e-Newsletter

Vol. 10 – May 2021

Loneliness and social isolation caused by the COVID-19 pandemic are challenging for many of us.

This month's e-newsletter aims to bring some more ideas for relief. Read on for safe outdoor activities you can enjoy by yourself or with vaccinated friends, an ode to our pets, and more. **We're in this together!**

## Upcoming VigR® Wellness Workshop



### ***Psychological Consequences of COVID-19 (Friends Life Care VigR® Webinar)***

Dr. Cherian Verghese, medical director at Keystone Clinical Studies, moderates an **interesting and engaging presentation on cultivating resilience** during a pandemic.

After the pre-recorded presentation by Dr. Anna Zacharcenko, Dr. Verghese will speak about **Major Depressive Disorder (Clinical Depression) in seniors**. He will explain how this differs from everyday blues, and will then answer your questions.

WATCH RECORDING

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## How to Plan for Aging in Place: Friends Life Care Educational Webinar



In these uncertain times, **Friends Life Care may just be the certainty** you need. Register for a live educational webinar or watch on-demand to learn more about our unique approach to helping you **thrive independently at home as you age.**

WATCH ON-DEMAND

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## eMeetinghouse Blog



### *6 Safe Springtime Activities for Older Adults*

Springtime activities might hold more anticipation this year after being **hunkered down** through the winter months to stay safe in the pandemic. If now feels like the **right time to get outside again**, here are some safe activities to try.

READ MORE

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## VigR® Chats

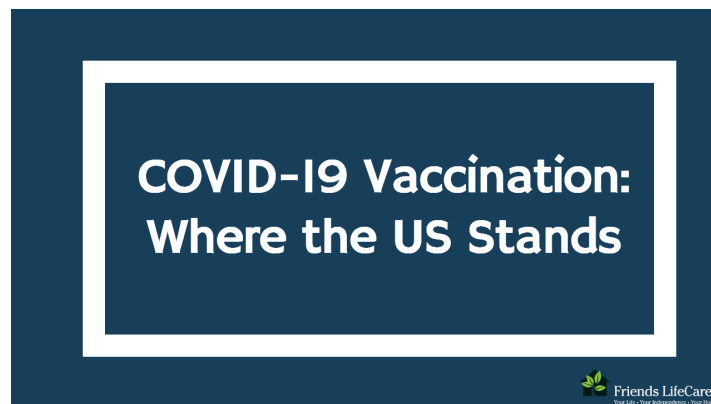


Friends Life Care Partners staff members can't wait to introduce you to our furry and feathered family members. As you will see, our pets hold a special place in our hearts.

WATCH NOW

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## COVID-19 Update



Some encouraging news from the CDC: **Half of US adults have now received at least one COVID-19 vaccine shot** and roughly 32% of adults are now fully vaccinated.

READ MORE

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## Wellness and Care Coordination Corner

Participating in more **outdoor activities this spring and summer** may call for a more [breathable mask](#). There are also options that [shouldn't fog up your glasses](#).

**Pets can help bring joy and companionship into our lives.** If you're interested, we want to share opportunities to [adopt](#), [donate](#), or even [explore robotic options](#).

Romance scams are at an all-time high. [Take a deeper look](#) into the social engineering techniques scammers use - such as catfishing - and some important safeguards to remain secure.

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[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)

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460 Norristown Rd, Suite 300, Blue Bell, PA, 19422 US