

VigR® e-Newsletter

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Your home should be a place of comfort and joy. **Especially when spending so much of your time there** - and incorporating what you once did out of the home into the home.

This month's e-newsletter **focuses on how you can make your home your haven**. A place to relax, rejuvenate, and nurture what matters most to you.

Friends Life Care Safer Home Study



Membership with Friends Life Care includes **customized home safety assessments and modification recommendations** from occupational therapists and Certified Aging in Place Specialists on our Wellness and Care Coordination team.

Download our Safer Home Study checklist to **start self-assessing your home's safety** - and reach out to us to learn more about membership.

[DOWNLOAD NOW](#)



Preparing Your Home for Aging in Place

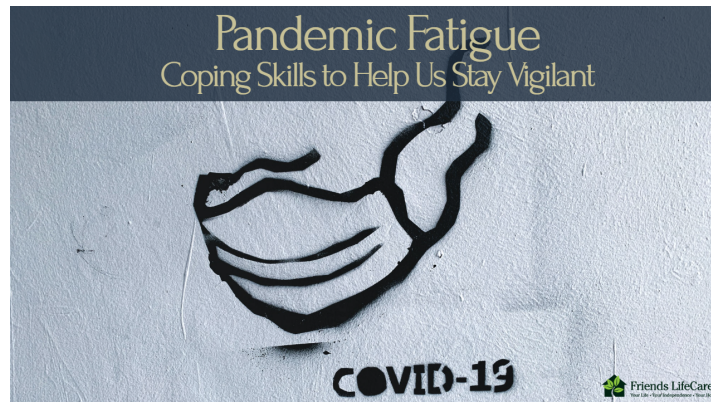
A key to aging in place and living independently is making sure **your home can accommodate your needs**, as well as those of anyone in the house with you.

Learn how to prepare **3 key areas of your home to be safer**, smarter, and more comfortable as you age.

THE ENTRANCE

STAIRWAYS & HALLWAYS

COVID-19 Update



Pandemic Fatigue. Have you heard of it? **It's real and it's tough.** And while we'd all like to return to life as it once was, the CDC encourages us to remain vigilant.

In this article Elise Lamarra, MS, BSN, RN, Friends Life Care Chief Operating Officer, **expands on the CDC's recommendations and provides coping skills** to help us manage pandemic fatigue.

READ MORE

Wellness and Care Coordination Corner

Smart-home devices can make everyday life more convenient, safer, and more social. Wirecutter tested - [and gives you their recommendations](#) - for what works best to help you age in place.

If you're in need of a shower seat but don't care for the look of traditional options, check out [Design by Intent's](#) modern offering.

Get [professional guidance](#) on home design, décor, and renovation in The Money Pit Home Improvement Podcast.

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