



e-Newsletter

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We wish you a merry and bright holiday season! In this month's e-newsletter, discover ideas to be more playful, well, and start 2022 off on an optimistic note. As we prepare for the New Year, let's consider how to incorporate more joy, freedom, and play into our lives.

Play As Adults Checklist



Think about the last time you went out and played. **What did you do?** How did you feel? **Might you want to try something new?**

Download this checklist to access **playful ideas centered around the dimensions of wellness**, the science behind why play is good for you, and insight into where **Friends Life Care members plan to focus their wellness goals** in the coming year.

[DOWNLOAD NOW](#)

Upcoming Friends Life Care VigR® Wellness Workshops



Avoiding Holiday Scams (Friends Life CareVigR® Webinar)

With the holidays fast approaching, **it's essential to be mindful** of scams and fraud.

From charity solicitations, **gift card exchanges and deals**, to social media messages, texts, and emails, **we must be on the lookout** for these "too good to be true" hoaxes.

Join [David Shallcross](#), a law enforcement officer for over 30 years, as he breaks down common holiday scams.

WATCH RECORDING

Take Charge of Your Future



The year may be ending, but there is still time to apply for Friends Life Care membership and secure 2021 pricing. **Take charge of your future by starting the application process today before rates can go up next year.** Protect your health, your finances, and your lifestyle with Friends Life Care membership.

APPLY NOW

eMeetinghouse Blog



Prioritize and Organize Your Finances in the New Year

Financial health is a **critical component** of our overall well-being. The New Year can be a **perfect time to work on** getting our financial affairs in order.

In this article, Jane Ellis, a personal financial coach, gives her **expert advice on prioritizing financial goals** and organizing financial material.

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COVID-19 Update



Although vaccines are still the best line of defense against COVID-19, pharmaceutical company **Pfizer has developed an antiviral pill, Paxlovid**, that can help high-risk Americans. In this article, **Friends Life Care Chief Operating Officer Elise Lamarra, MS, BSN, RN**, provides more insight into the drug's impact.

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Wellness and Care Coordination Corner

As we approach the new year, many of us consider making changes that will benefit our health. **Consider cleaning out your space.** [Decluttering](#) can lower our risk of asthma and allergies, increase our self-esteem, and help us to focus better.

Are your **ovens warmed up and ready** to bake cookies? Consider trying a [healthier take](#) on your favorite holiday cookie recipes.

Do you find yourself feeling down as the days get colder and darker? [Seasonal affective disorder](#) is pervasive and can be managed. You could get [relief](#) from exploring options like aromatherapy, journaling, or setting a routine.

[VigR® Wellness Webinar Library](#)

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