



VigR[®] e-Newsletter

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Self-care describes a **conscious act one takes** to promote their own physical, mental, and emotional health. While self-care can be viewed as a luxury, it is in fact a **vital component** in our overall well-being.

This month's e-newsletter **features opportunities to care for yourself** and hopefully reap the benefits in mind, body, and spirit.

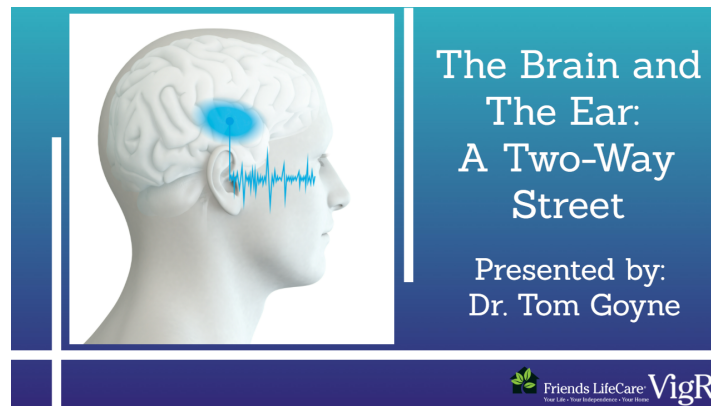
Upcoming Friends Life Care VigR[®] Wellness Workshops



Using Mindfulness to Thrive (Friends Life Care VigR[®] Webinar)

The pandemic has majorly impacted everyone. **As society starts to open up again, it is the perfect time to choose to thrive with the knowledge we have gained.** Join Cindy Flores, LPC to learn about the tenets of mindfulness and activities to help consciously

WATCH RECORDING



The Brain and The Ear: A Two-Way Street (Friends Life Care VigR® Webinar)

The quality of one's hearing affects brain health - and the brain's health affects a person's ability to understand speech efficiently.

Gain a greater understanding of this topic - and how it relates to everyday situations - during this webinar led by audiologist, Dr. Tom Goynes.

[WATCH RECORDING](#)

Real Conversations: Do You Know What It Takes to Care for a Loved One As They Age?



Caring for a loved one, **especially an aging parent**, can take a toll on your mental health and well-being. Having a **plan in place for future care needs** can help alleviate this burden and provide peace of mind for yourself - and your loved ones.

In this video, **Jay Hilliard and Joylyn Williamson, Friends Life Care Plan Counselors**, have a **real conversation** about caregiving for their parents. In fact, Jay tells us that caring for his mother is the **main reason he decided** to become a Friends Life Care member himself.

[WATCH NOW](#)



6 Safety Tips for Getting Back Outside

Participating in **safe outdoor activities** can do a world of good for your physical and mental well-being. Take care when **spending time outdoors this summer** by avoiding hazards that can especially impact older adults.

[READ MORE](#)

VigR® Chats



Learning the **five love languages** can result in stronger and happier relationships.

Watch this video, presented by **Friends Life Care Wellness Coordinator, Katie Starrantino, LCSW, M.Ed, CDP** to find out what the five love languages are and how you can use them to better communicate.

[WATCH NOW](#)

COVID-19 Update

Activities That Are Safe/Unsafe Depending on Vaccination Status



If you're **fully vaccinated**, you can safely resume many activities without wearing a mask. There are exceptions when you travel and based on local laws and regulations. The following **Centers for Disease Control and Prevention (CDC)** infographic provides examples of activities that are safe/unsafe depending on vaccination status.

[VIEW INFOGRAPHIC](#)

Wellness and Care Coordination Corner

While Tai Chi is graceful to watch, **the benefits of the practice are many** and include improved balance and flexibility, improved cognitive functioning, and stress relief. Read about the many benefits of a regular Tai Chi practice [here](#).

While some may think of massage as an indulgent way to pamper oneself, **there are actually [many aspects of massage](#) that improve health and well-being**.

When we spend all of our time **thinking about our past or our future**, we miss out on experiencing our life because we aren't present for it. In [this article](#), Jon Kabat-Zinn, the founder of Mindfulness Based Stress Reduction (MBSR) explains the many benefits of a mindfulness practice.

[VigR® Wellness Webinar Library](#)

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