

# VigR<sup>®</sup> e-Newsletter

Vol. 8 - March 2021

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Welcome [spring](#)!

May you find **inspiration** in this month's e-newsletter to **get outdoors**, tidy up, and appreciate the **environment** that surrounds us.

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## eMeetinghouse Blog



### *"Yardening" - Spring is Soon Upon Us*

Friends Life Care member, Liz Ball shares "**yardening**" tips on seasonal safety, shrub renewal, crabgrass eradication, and the **wildlife habitat** at your own home.

[READ MORE](#)

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## How to Plan for Aging in Place



Spring can be the **perfect time** for tidying up and getting your retirement plans in order. Join Friends Life Care for an **educational webinar exploring your options for aging in place**, long-term care, and healthy aging. Register using the button below or watch on-demand.

WATCH ON-DEMAND

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### VigR® Chats



There are mountains of **research on the benefits** of living life in the present moment. One way to **be present** is through mindful walking. Gail Tomarchio, Friends Life Care **Director of Wellness Initiatives**, describes a mindful walk in this video as she explains the added benefits of being in nature while doing so.

WATCH NOW

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### COVID-19 Update



You've probably been hearing the term "**double masking**", but how well does it work and is it really necessary? As **new COVID-19 variants started spreading** at alarming rates, people began looking for additional ways to be fully protected. The Centers for Disease Control and Prevention (CDC) **recently updated their mask guidelines to endorse double masking** as a way to block up to 95% of infectious particles.

The CDC did make **some stipulations** in their guidelines. When it comes to layering masks, the CDC recommends people **double mask** by wearing one disposable (blue surgical-type) mask underneath a cloth mask. Wearing a cloth mask tightly on top of a disposable surgical mask allows the **surgical mask to act as a filter and the cloth mask provides an additional layer of filtration** while improving the fit. At the same time, the researchers clarified that **reversing this mask order could change the fit** and make it less effective.

Masks are **critical for preventing the spread of COVID-19** and research is uncovering ways to improve mask usage for better protection. This, however, **doesn't negate the importance of other protective measures**, like social distancing. These are now as **essential as ever** amid the new more transmissible variants.

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## Wellness and Care Coordination Corner

Looking to try something new? Check out **University of Delaware's Center for Learning in Retirement's** [spring brochure](#) offering online courses and seminars. Registration is open and rolling!

Martha Stewart offers her **best advice for achieving a spotless home** in the [Ultimate Spring-Cleaning Checklist](#).

If you're **itching to get out in nature**, visit [AllTrails](#) and [Schuylkill River Trail](#) to plan your next hike.

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