



e-Newsletter

Vol. 21 - April 2022



Are you enjoying spring? **At Friends Life Care, we certainly are!** In this month's e-newsletter, we celebrate the season with a recipe (and grocery list) from our staff that could put a spring in your step.

You can also join us for a webinar about healthy aging, **participate in a virtual chair exercise class**, download a safer home checklist, and more.

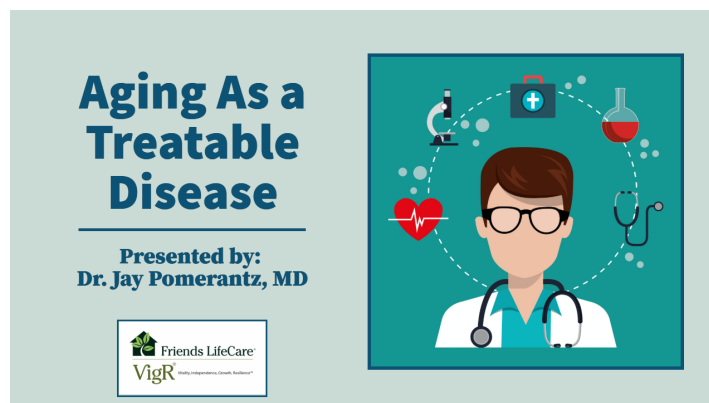
Friends Life Care Safer Home Study



A safe, comfortable, **accessible home** is critical to aging in place. Friends Life Care membership includes **customized home safety assessments** and modification recommendations from our Wellness and Care Coordination team. Start thinking about **home safety** with this checklist.

[DOWNLOAD NOW](#)

Upcoming Friends Life Care VigR® Wellness Workshop



Aging As a Treatable Disease (Friends Life Care VigR® Webinar)

Is it possible to delay or prevent the onset of age-related diseases? **Researchers hope so.** Join Dr. Jay Pomerantz for an exploration of the research.

[WATCH NOW](#)

Get Fit While You Sit Friends Life Care VigR® Virtual Series



Get Fit While You Sit Friends Life Care VigR® Virtual Series

Build strength, **develop better mobility**, and improve cardiovascular health all while you sit! Join instructor Meredith Puente for a virtual low impact exercise class.

WATCH NOW

VigR® Chats



Friends Life Care Partners Favorite Recipes

Soup, salad, appetizers, entrees, and dessert! **Friends Life Care Partners staff shares their favorite recipes for you to try and enjoy!** Let us know what you think in the comments on YouTube, and download the recipes [here](#). **Bon appetite!**

WATCH NOW

eMeetinghouse Blog



The Quaker Testimony of Integrity

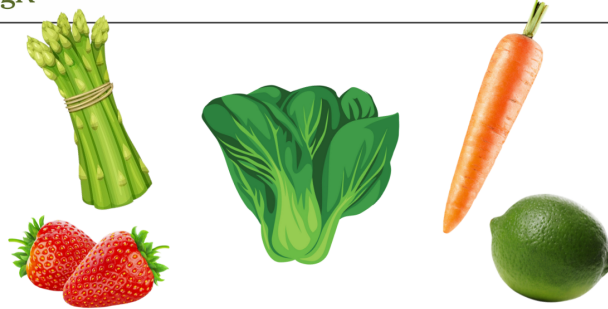
In Quakerism, **integrity means a life** lived with honesty. As a plan counselor at [Friends Life Care](#), Joylyn Williamson often hears that **the integrity of our organization is one of the key reasons** people choose to become members. Read more about Quaker values in this blog post.

READ MORE

Friends Life Care VigR® Seasonal Grocery List



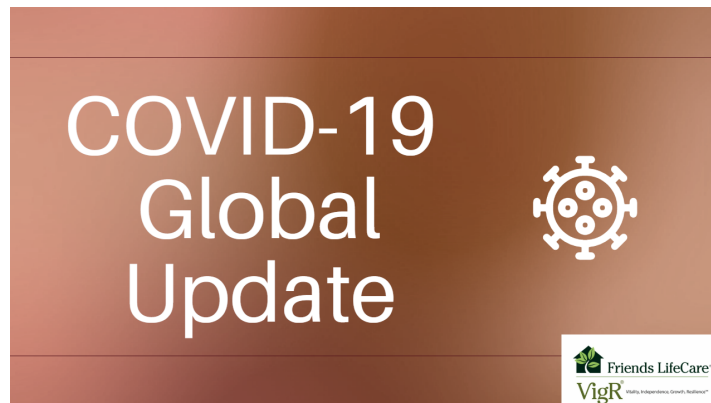
Seasonal Grocery List



Eating seasonal fruits and vegetables is [good for your health](#), the environment, and your wallet. **Download this list to find out what's in season in spring.** Then head to your favorite farmer's market, produce stand, or grocery store to seek out your favorites.

DOWNLOAD NOW

COVID-19 Update



Pandemic restrictions such as indoor masking are beginning to loosen in the US, but COVID-19 isn't behind us yet. **Outbreaks are still occurring around the world.** Elise Lamarra, MS, BSN, RN, Friends Life Care Chief Operating Officer, updates us on COVID-19's global impact.

READ MORE

Wellness and Care Coordination Corner

Friends Life Care is **holding everyone impacted by the war in Ukraine** in the light. Following our Quaker values, [we support peaceful resolution](#) of conflict.

[April is Celebrate Diversity Month](#). Established in 2004, it is a **time to recognize and appreciate** the diversity surrounding us. We encourage you to take time this month to do so.

It can be hard to keep up with all the new wellness trends. **Here's a new one we recently heard about - face yoga!** Get the inside scoop with [this](#) quick read.

Spring - It's time to get outside more. Unearth your **new favorite place in nature** by visiting [Discover the Forest](#).

Did you know **your walking shoes** should be replaced at least once a year? Proper footwear **helps keep your feet healthy**.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



[Forward to a Friend](#)
