



e-Newsletter

Vol. 19 - February 2022



Nourish your **body and mind** in this month's Friends Life Care VigR® e-newsletter. Explore nutrition, advocating for yourself or a loved one, and **self-reflection through webinars**, articles, videos, and more.

Real Conversations: Retirement Confidential Stories from Friends Life Care

Real Conversations

Retirement Confidential Stories
from Friends Life Care



Jay Hilliard
Plan Counselor



Joylyn Williamson
Plan Counselor



Juggling the **demands of one's own life** is challenging enough. Layer on **caring for an aging loved one**, and the commitments may become unmanageable.

Friends Life Care Plan Counselors **Jay Hilliard and Joylyn Williamson** have experienced this exact situation. In this video, they have an honest conversation and **share their stories about the challenges they encountered** helping loved one's age in place.

WATCH NOW

Friends Life Care is holding free, no-obligation, educational seminars at our new office in Blue Bell, PA starting this month. Visit [our website](#) to learn more and register. Online webinars are also available.

REGISTER NOW

VigR® Chats



Chinese Food Culture and History

We hope you'll check out Friends Life Care VigR's® **delicious** Cooking Cultures of Southeastern PA Series in partnership with the PA Department of Conservation and Natural Resources.

For a **taste** of what these classes will look like, watch this **bite-size** 10-minute class, exploring Chinese food culture and history. **If you like what to see, join us for the rest of the series.** To register, [click here](#) and scroll down to the calendar to find class offerings.

WATCH NOW

Friends Life Care VigR® Bullet Journal



The days and weeks can fly by without notice or acknowledgment of what occurred, your feelings about it, or what's to come next. **Bullet journals can help with this.** They track and help accomplish goals, increase self-awareness, and boost productivity.

Friends Life Care VigR® developed a weekly bullet journal for you to try. Download it below, along with an example of a completed version.

DOWNLOAD NOW

COMPLETED JOURNAL

eMeetinghouse Blog



The Quaker Testimony of Equality

Each of us possesses unique talents, diverse perspectives, and selves. **We can make the**

world a better, more equitable place by sharing them. In this article, Joylyn Williamson, Friends Life Care Plan Counselor, explores the Quaker testimony of Equality, its impact on her, and the work we do at Friends Life Care.

READ MORE

COVID-19 Update



The White House announced that effective January 19, **U.S. households can order free at-home COVID-19 tests** from the website [COVIDTests.gov](https://www.covidtests.gov). Shipping will occur within **7-12 days** of ordering. The U.S government has contracted for more than **420 million tests to ease a shortage of COVID-19 tests** across the country due to increased demand during the rapid spread of the Omicron variant.

President Biden has pledged to procure **1 billion free tests for Americans** with more to come. The administration also plans to **launch a phone line** for people who cannot access the web to order tests. Once ordered, the **tests will ship to U.S. households** by the U.S. Postal Service. Each household is **limited to four COVID tests**. Critics of President Biden have said that while the administration **focused its attention on getting Americans vaccinated**, it did not do enough to encourage mask-wearing and encourage testing. These are two areas now that **the White House is addressing** with the at-home test deliveries and a pledge to get more masks out to the general public.

Wellness and Care Coordination Corner

Each year, [108 billion](#) pounds of food goes to waste in the United States. **Reduce your food waste by using up what is in your kitchen.** [MyFridgeFood](#) allows you to check off what you have in your pantry and will give you recipes to use up those items. **Bon Appetit!** There is also the option to compost. **If you prefer not to compost yourself, visit [CompostNow](#) to find a service in your area.**

The weather may be getting colder, but the kitchen is heating up! **Food can be about so much more than just calories.** Food can be a way to celebrate, [honor your heritage](#), and practice [mindfulness](#) and appreciation.

Happy Valentine's Day! **While we focus on others we love this month, don't forget about your own heart.** February is American Heart Month. See how you score on this [quiz](#) on blood pressure basics.

It's never too late to learn something new. **There's still time to sign up for an exciting course with the Osher Lifelong Learning Institute.** Register for a class [here](#).

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



Friends LifeCare®



[Forward to a Friend](#)
