



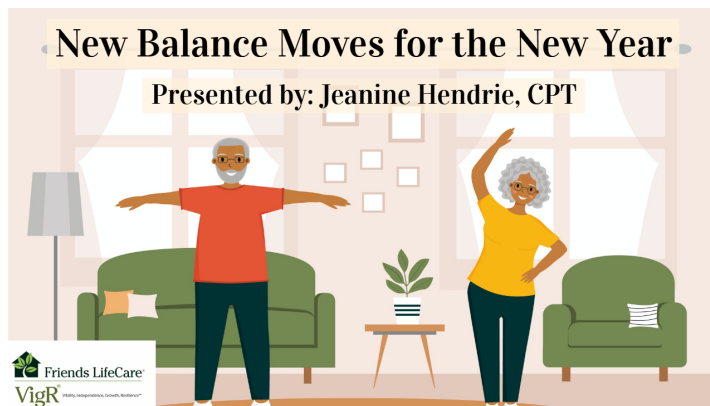
e-Newsletter

Vol. 18 – January 2022

The start of a New Year can bring with it goal-setting, new beginnings, a blank sheet of paper. **What might the New Year mean to you?** Did you make a resolution? Let us know by [taking our poll](#).

Read on to discover how **Friends Life Care** can help you start 2022 in a positive, healthy, supportive way.

VigR® Chats



New Balance Moves for the New Year

Join Jeanine Hendrie, a **certified personal trainer** specializing in balance and mobility, as she shares some **key exercises and progressions** that will help maintain and increase our balance as we age.

WATCH NOW

eMeetinghouse Blog



The Quaker Testimony of Simplicity

Simplicity is one of the **five Quaker values** called SPICES. In this article, Joylyn Williamson, Plan Counselor, explores **what it means to live the value of simplicity in daily life** and how it directs our work at Friends Life Care.

READ MORE

Four Seasons of Friends Life Care Membership



As we age, we all go through life changes. **Friends Life Care is here to help with the changes in every season of your life.** Watch this video to get a good picture of the Friends Life Care membership experience.

WATCH NOW

Preparing for Winter Weather



Friends Life Care's industry professionals are **pleased to share with you their findings on products and tips** that can keep you safer this winter.

[READ MORE](#)

Friends Life Care in the News



Doris Yoder decided to join Friends Life Care for peace of mind and financial protection. **Her relationship with Mary Beck, Care Coordinator with Friends Life Care, is invaluable.** Learn more about Doris, Mary, and Friends Life Care membership in this article.

[READ MORE](#)

New Year's Trivia Game



How well do you know your New Year's facts? **Try out our trivia game to find out.** Test your knowledge or play with a group!

[PLAY TRIVIA](#)

COVID-19 Update



COVID-19 cases are rising again, and hospitals are stretched to their limits in some areas. **The good news is many experts say that COVID will likely lose its "pandemic" status sometime in 2022.** In this article, Friends Life Care Chief Operating Officer, Elise Lamarra, MS, BSN, RN, provides more insight into the possible future of COVID-19.

[READ MORE](#)

Wellness and Care Coordination Corner

Winter can be hard on our bodies. The National Institute on Aging helps us stay safe in cold weather with guidance in [this](#) article.

January is National Glaucoma Awareness Month. Over 3 million Americans have glaucoma. Make sure to schedule your annual eye exam and follow these [tips](#) to take care of your eyes.

The weather is getting colder and it feels more comfortable to stay inside. This month is the perfect time to cuddle up with a new book and expand your horizons. Check out the New Year Times Best Seller's list to get some [inspiration](#).

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



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