



e-Newsletter

Vol. 24 - July 2022

As the summer heat rises, so does **the importance** of staying hydrated, [especially for older adults](#). Throughout this month's e-newsletter, learn **optimal ways to keep hydrated** and symptoms and risk factors for dehydration.

Why Join Friends Life Care Now?



It's **never too early** to plan ahead. Watch this video and learn why considering Friends Life Care membership now, **instead of waiting**, can be advantageous for you.

WATCH NOW

Upcoming Friends Life Care VigR® Wellness Workshop



Using Hydration and Nutrition to Feel Your Best (Friends Life Care VigR® Webinar)

As adults, **our bodies are composed** of 60% water. **This reduces as we age**. Register for this webinar and learn about **hydration's direct effect on major organs**, overall physical health, and get an overview of the [MIND](#) diet.

WATCH RECORDING

Friends Life Care Membership Calculator



Friends Life Care membership plans are fully customizable. Use our calculator to tabulate different membership benefits and pricing.

GET A QUOTE

VigR® Chats



Dehydration

Hydration becomes more important but sometimes more challenging to achieve as we age. In this video, Linda Hnatow, BSN, RN, MS, Care Coordinator, Friends Life Care, explains why we need to stay hydrated and the consequences of becoming dehydrated.

Watch and learn some strategies to help increase the amount of fluid we take in daily.

WATCH NOW

eMeetinghouse Blog



Wrapping Up My Quaker Blog Series

This post wraps up my blog series on Quaker values and what they mean to me. I hope you have enjoyed reading the posts as much as I have enjoyed writing them.

Please feel free to reach out to discuss my perspective on Quakerism as well as planning for your future. Take care - Joylyn Williamson, Friends Life Care Plan Counselor.

READ MORE

How Much Water Should You Drink?



The heat is rising, and **we need to drink** even more water. Adding fruit, natural juices, or **getting creative with your ice**, can help you increase your water intake.

[LEARN MORE](#)

As COVID-19 continues, Friends Life Care is **committed to the safety** of our members, staff, and friends. We look to **the CDC for updates and guidance** and recommend them to you as a trusted resource.

[LEARN MORE](#)

Wellness and Care Coordination Corner

July 30th is the **International Day of Friendship**. Learn how to **enrich your friendships** [here](#).

As consumers, we often **hear about the value** of all types of vitamins and supplements. How can we make **smart, safe choices** before deciding to purchase? [This](#) guide will help you address these concerns.

We hope you are **enjoying your summer vacation** and lathering up your sunscreen! The research about **sun protection** is ever-changing, but you can **stay up to date** by reading the [latest](#).

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



Friends LifeCare®

