

e-Newsletter

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Advocacy can take **many forms**: self, others, a cause. It also requires **skills in communication**, negotiation, and decision-making. Learn how to **grow your advocacy acumen** in this month's Friends Life Care VigR® e-newsletter.

Navigate the Stages of Retirement with Purpose, Vitality & Independence Brochure



The emotional side of retirement is just as important as the financial one. **How will you fulfill your need for love, vitality, independence, and purpose?** Download this brochure and learn how Friends Life Care can partner with you to design the life you want to live as you age.

DOWNLOAD NOW

Upcoming Friends Life Care VigR® Wellness Workshops



Coming of Age: Understanding the Intricacies of Ageism (Friends Life Care VigR® Webinar)

[World Health Organization \(WHO\)](#) defines ageism as **stereotypes, prejudice, and discrimination** towards others or oneself based on age. In this webinar, Master's level gerontologist **Katie Reilly** will provide a thorough understanding of the concept of ageism in today's society, **its impact on the health and wellness of older adults**, strategies to combat the experience, and more.

WATCH NOW



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

Aging is a risk function for a variety of diseases. Explore research targeting **fundamental aging factors** to delay or prevent the onset of age-related diseases with Dr. Jay Pomerantz.

WATCH NOW

VigR® Chats



The Benefits of Assertive Communication

We can all experience **being on edge and upset** with the behavior of others. How can we **best communicate** these thoughts and feelings?

In this video, [Gail Tomarchio, MA, LPC, BCC](#) clarifies the difference between aggressive, passive, and assertive behavior and gives tips on **how to advocate for ourselves by communicating thoughts, feelings, and needs** in a way that will allow another person to receive the messages.

WATCH NOW

Friends Life Care Member Feature



We are proud to feature **Friends Life Care member** George Lakey's work as a nonviolent revolutionary and world peace advocate. Enjoy [the trailer of the documentary](#) being

created about George's life by award-winning director Glenn Holsten and **consider joining George and the Earth Quaker Action team** for one of their [upcoming events](#).

eMeetinghouse Blog



The Quaker Testimony of Peace

The Quaker testimony of Peace has a **strong connection to social justice** and is decidedly antiwar. In this article, Joylyn Williamson, Friends Life Care Plan Counselor, **continues her exploration of Quaker Values**, this time focusing on people, quotes, and reflection that inspire Peace.

READ MORE

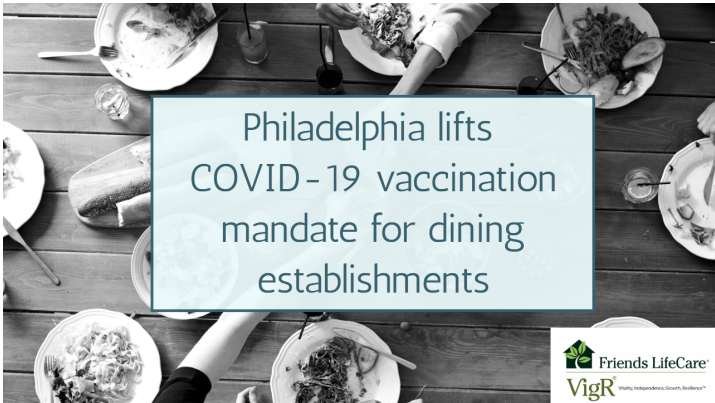
Friends Life Care Partners Volunteers with Brighten A Day



We are delighted to share that Friends Life Care Partners staff completed **over 400 cards and handmade artwork** for individuals experiencing loneliness and isolation. This initiative to **honor Martin Luther King Jr.'s legacy of service** was performed in collaboration with the [Brighten A Day](#) nonprofit organization.

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COVID-19 Update



On February 16, the city of **Philadelphia lifted its COVID-19 vaccination mandate for dining establishments**, but an indoor mask mandate remains in place. Elise Lamarra, MS, BSN, RN, Friends Life Care COO, provides a **comprehensive update** linked below.

[READ MORE](#)

Wellness and Care Coordination Corner

Have you **ever been told** by a loved one, "just breathe!". It sounds **too simple to make a difference**, but research shows it does! Breathwork has **several health** benefits. From better [sleep](#) to [reduced stress](#) to [improved mood](#) - it's most certainly worth trying.

We all want **the best care** when it comes to a hospital stay. Use this [Medicare Compare](#) tool to **see how hospitals** in your area stack up.

Have you **stuck with your** New Year's resolution? Perhaps you need a **little motivation** to get back on track. Learn about the [science behind motivation](#) and **how you can use it** to return to your goal.

[Inflation](#) is **driving up prices** everywhere you look. There are, however, **ways to** [hedge against inflation](#) and [stretch your dollars](#).

[VigR® Wellness Webinar Library](#)

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