

To view this email as a web page, go [here](#).



e-Newsletter

Vol. 22 - May 2022

How do you practice self-care? We ask because **May is Mental Health Awareness Month**, a time to focus on your mental health and well-being. Explore this month's e-newsletter and **find ways to take care of yourself**, connect, and recharge.

Friends Life Care Informational Seminar or Webinar



Now's the time to join us for a **Friends Life Care** in-person seminar or online webinar. It is **essential to understand** your options for thriving at home as you age rather than moving to a facility like a nursing home. We look forward to **providing you with helpful** retirement planning information.

REGISTER NOW

Upcoming Friends Life Care VigR® Wellness Workshop



Healthy Living for Your Brain & Body: Tips from the Latest Research (Friends Life Care VigR® Webinar)

Just how **connected** are the health of the brain and the body? Diane Massey, LPC, **Alzheimer's Association Community Educator**, presents the latest research. You'll learn how to **make lifestyle choices** that may help you keep your brain and body healthy as you age.

WATCH RECORDING

What If You Didn't Have a Plan in Place?



Are you thinking about your **retirement years** and **want to plan** for this stage in your life? What if you **didn't have a plan** in place? Watch this video and learn how **Friends Life Care** can provide a **safety net** to help secure your savings and protect your health.

WATCH NOW

VigR® Chats



Does Worry Work? An Exploration of Anxiety

May is Mental Health Awareness Month. And this month, we focus on anxiety. In this video, licensed clinical social worker and counselor Katie Starrantino, Friends Life Care's Director of Wellness Initiatives, **guides you through what anxiety is**, why it happens, and techniques to manage it.

WATCH NOW

eMeetinghouse Blog



The Quaker Testimony of Community

In the Friends Life Care Community, we strive to **support our members, colleagues, and friends** in their life journeys. Working at Friends Life Care, Joylyn Williamson was **introduced to the Quaker Community** and felt at home.

READ MORE

Friends Life Care VigR® Self-Care Cards



Self-care is **giving the same love** and attention to yourself as you do to others. Practicing self-care may **improve emotional health** and reduce stress. Utilize **these cards** to enhance your self-care journey.

DOWNLOAD NOW

Key Reasons Members Joined Friends Life Care



We recently asked Friends Life Care members to help us understand **the important reasons behind why they joined** the Friends Life Care community. Find out more in **the infographic** linked below. **Thank you** to our survey respondents!

DOWNLOAD NOW

COVID-19 Update



Major U.S. **airlines removed mask requirements** on Monday, April 18. Elise Lamarra, MS, BSN, RN, Friends Life Care Chief Operating Officer, provides more **details on the decision** and what major airlines are saying about it in this month's COVID-19 update.

READ MORE

Wellness and Care Coordination Corner

There's no denying we've missed out on a **great deal of opportunities for relatedness** in the last couple of years. Find **connection through creative** projects with [Felt](#).

In the United States, we **talk about self-care** as a way of maintaining wellness. Other

countries engage in their versions of self-care. Learn about the Swedish tradition of [Fika](#) and the Danish practice of [Hygee](#).

May is Older Americans Month, and this month we **focus on bringing awareness** to abuse or neglect in the senior population. Learn the [signs](#) of elder abuse and neglect **so that you protect** the ones you love.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)

