

VigR® e-Newsletter

Vol. 16 - November 2021

Keeping our **brain and memory sharp** may become of increased interest as we grow older. There are [many ways to do so](#). You'll find some **in this month's e-newsletter** and also get ideas for **supporting caregivers** of those with cognitive decline.

Let's **start things off** with a brain game! Check out our [Friends Life Care crossword puzzle](#).

Upcoming Friends Life Care VigR® Wellness Workshops



Understanding Memory: How It Works and What To Do When It Doesn't (Friends Life Care VigR® Webinar)

Do you ever worry when you **misplace your keys** or forget your neighbor's name at a cocktail party? **You're not alone!**

Register for this webinar and learn how the brain remembers, **what to expect in normal aging**, features of mild cognitive impairment and dementia, and **tips for managing changes in memory** and keeping your brain healthy.

WATCH RECORDING



Avoiding Holiday Scams (Friends Life Care VigR® Webinar)

With the holidays fast approaching, **it's essential to be mindful** of scams and fraud.

From charity solicitations, **gift card exchanges and deals**, to social media messages, texts, and emails, **we must be on the lookout** for these "too good to be true" hoaxes.

Join David Shallcross, a **law enforcement officer for over 30 years**, as he breaks down common holiday scams.

[WATCH RECORDING](#)

eMeetinghouse Blog



Seeing the Inner Light in Everyone

Join Joylyn Williamson, Friends Life Care Plan Counselor, **to explore Quaker Values and what they mean to her as a non-Quaker** who is improving her spiritual health through learning about Quakerism.

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2021 Walk to End Alzheimer's



Friends Life Care is proud to be participating in the **Walk to End Alzheimer's** again this year. The walk is the world's largest event to **raise awareness and donations for Alzheimer's** care, research, and support.

Currently, **6 million people** are living with Alzheimer's, and the COVID-19 pandemic has made life **significantly more challenging** for individuals with Alzheimer's, their loved ones, and caregivers.

With Covid concerns continuing, we have decided to **participate in the walk virtually**, as we did last year - through the [Walk to End Alzheimer's app](#).

VigR® Chats



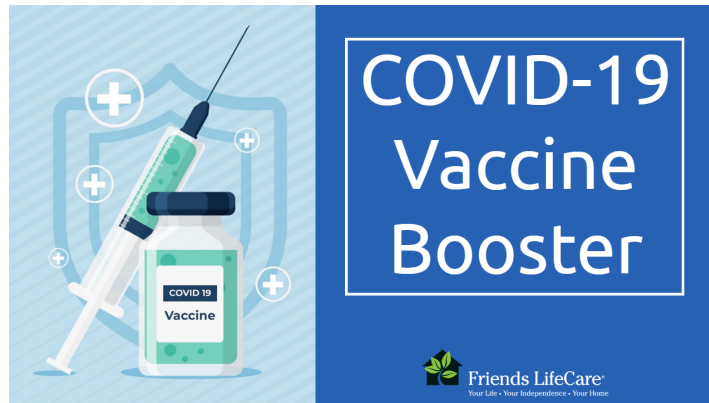
Managing Caregiver Stress

Caring for a **loved one with dementia** can be isolating. You may feel like you are **grieving the loss** of someone who is still living. Please know, **you are not alone**, and support is available.

In this video, **Licensed Professional Counselor** and owner of [Kaleidoscope Counseling](#), Karin Murphy, reviews **practical ways to manage caregiver stress** and burnout. When caring for a loved one, it is **essential to prioritize yourself**, communicate your needs, and accept support. **You are worth it.**

WATCH NOW

COVID-19 Update



You have most likely **heard about the COVID booster**, but if you are like most of us, you might be wondering if and when you should get it. The following **information will shed light** on your decision.

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Wellness and Care Coordination Corner

Some things we do for our health can be challenging, and we can find it hard to get motivated. **Might you be looking for one that is easy?** Music! [Research](#) shows that music can help us **retrieve old memories**, improve our mood, score better on tests, and more. Learn more about how **your favorite song** can encourage brain health [here](#).

Not every memory change is related to dementia. **Some memory changes are a part of [normal aging](#)**. However, there are some signs you do not want to ignore. If you are **experiencing any of these [early signs and symptoms](#)**, talk with your doctor.

A dementia diagnosis can feel isolating. **It is essential to get the correct information about your diagnosis**. Start with these **20 questions** to [ask your doctor](#).

[VigR® Wellness Webinar Library](#)

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