



e-Newsletter
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Friends Life Care wishes you a Happy Thanksgiving!

Thanksgiving can be a **perfect opportunity** to practice gratitude. Watch [this video](#) and learn about **the benefits of gratitude** and how to implement it in your life.

Get Pre-Qualified for Friends Life Care Membership



Time is running out to **lock in** 2022 membership rates. Get pre-qualified for a Friends Life Care membership today and **complete your application by the end of the year** to avoid possible rate increases.

GET PRE-QUALIFIED

Upcoming Friends Life Care VigR® Wellness Workshop



Coping with Grief Through the Holidays (Friends Life Care VigR® Webinar)

The **holidays are here**, and with them sometimes comes grief. This webinar will share ways to **cope with the complex emotions that may arise** and implement strategies to navigate your changing experience of the holiday season.

WATCH RECORDING

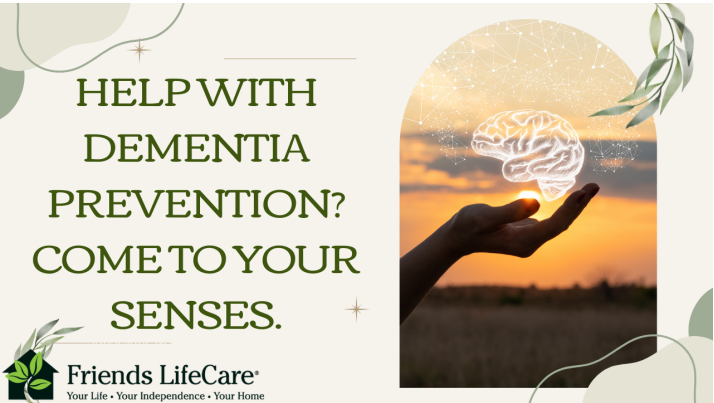
Your Retirement Checklist: Protect Your Financial Health



Today's economic climate **gives you a reason to revisit** your financial portfolio. Do you have a plan in place to **cover costly long-term care** should you need it? Download this checklist and **think through the many factors** there are to consider.

DOWNLOAD NOW

eMeetinghouse Blog



Help with Dementia Prevention? Come to Your Senses.

Researchers are making increasing discoveries into **the role that sensory changes**, including hearing and vision, play in the cognitive decline of the elderly.

READ MORE

Wellness and Care Coordination Corner

The American Federation for Aging Research (AFAR) is building a **nationwide community of 10,000 SuperAgers**, the largest group of people 95+ ever assembled, to celebrate and learn from healthy and exceptional longevity. [Find out more](#), **decide if you'd like to participate** in future healthy aging research, and connect with other SuperAgers!

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



Friends LifeCare®



[Forward to a Friend](#)