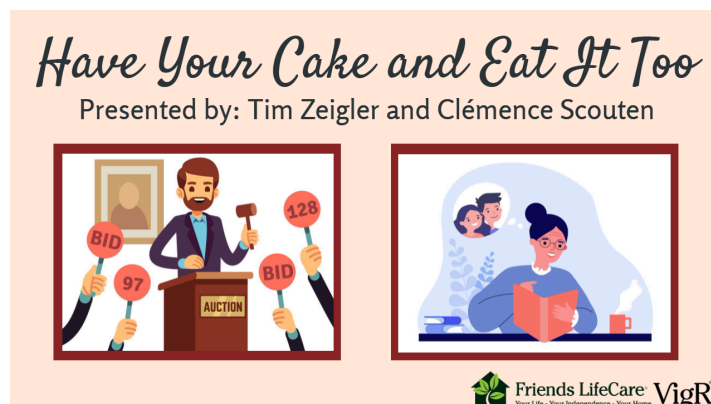




Our memories. Our possessions. Our past. What do they all add up to? **Our story.** And it's a good one. **How can you tell it while also letting go of belongings that no longer serve you?** This month's VigR® e-newsletter features workshops, articles, and infographics to help you get started.

Upcoming Friends Life Care VigR® Wellness Workshops



***Have Your Cake and Eat It Too (Friends Life Care VigR® Webinar) ***

Learn how **modern auction houses work** and what's involved in **letting go of items** while preserving the stories and meaning behind them.

[WATCH RECORDING](#)



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

Recounting stories can exercise your memory. **Learn more about how memory works during this webinar led by Lauren Schwabish, Speech Language Pathologist.** She will give an overview of memory, including how the brain remembers, what to expect in normal aging, and tips to keep your brain healthy.

WATCH RECORDING

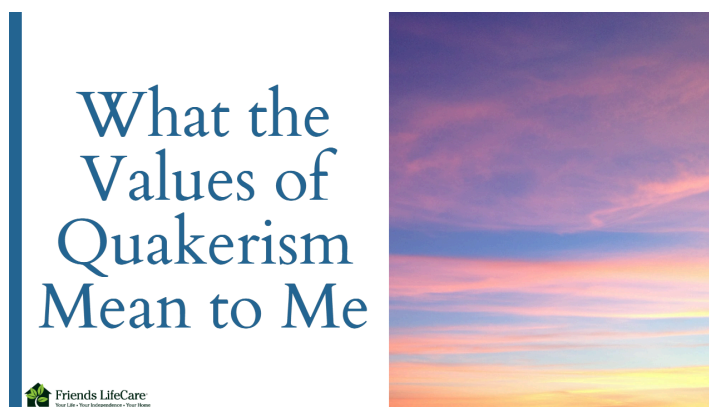
Retirement Confidential: Comparing Medicare and Long-Term Care



October is [long-term care planning month](#) which encourages older adults to look at their personal need for these services in the future. [Medicare Open Enrollment](#) starts on the 15th.

It is essential to know that **Medicare, and Medicare supplements, have minimal coverage** for long-term care, which leaves many people asking, "How can I pay for the health events that Medicare does not cover?". In this video Jay Hilliard, Friends Life Care Plan Counselor, explains what you can do to plan ahead.

WATCH NOW



What the Values of Quakerism Mean to Me

Friends Life Care is a **Quaker-values based**, nonprofit organization. We help to **take care of members** who choose to age at home.

In this blog post Joylyn Williamson, Friends Life Care Plan Counselor, **talks about Quakerism** and her personal connection with Quaker values.

READ MORE

Sharing Stories: 7 Tips to Try Today



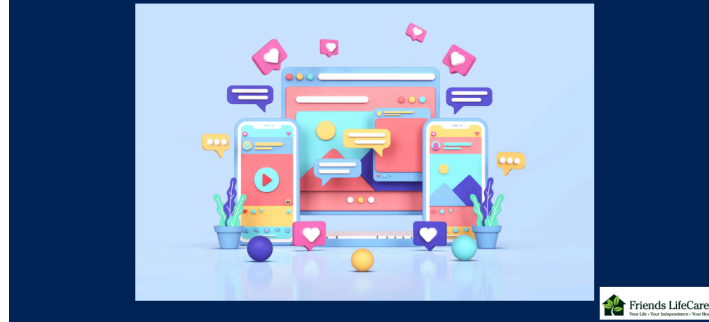
We all have a story filled with triumphs, misfortunes, learning, and experience that can be saved and passed down to future generations. **Yet, compiling our history and telling those rich stories may remain elusive.** Here are several options to inspire you to start today.

GET STARTED

For more information on **tackling your family history**, watch a recording of our highly rated Friends Life Care VigR® webinar on the topic [here](#).

Connect with Friends Life Care on Social Media

Connect with Friends Life Care on Social Media



Friends Life Care is active on [Facebook](#), [LinkedIn](#), [Instagram](#), and [YouTube](#). We share articles, videos, events, and more on **topics that matter to you most**, like health, wellness, and aging in place. **Click the links above to visit our social media pages and start following us today.**

COVID-19 Update



For the 2021/2022 flu season, the CDC (Centers for Disease Control and Prevention) recommends **annual influenza vaccinations** for everyone age six months or older. With the flu season approaching, there is concern from health experts that **another respiratory illness on top of the ongoing COVID-19 pandemic could overburden the healthcare system**, strain testing capacity, and increase the risk of catching both diseases at once.

There are **many different viruses**, and they are constantly changing. The **composition of the US flu vaccine is viewed annually** and updated as needed to match circulating flu viruses. This season, all flu vaccines will be designed to **protect against the four viruses** that research indicates will be most common. Like last season, the **CDC recommends that people get their flu vaccine** by the end of October. The official flu season is from **October through May**, with the peak flu season from December to February.

The flu vaccine is your best defense against the flu, but there are **additional steps you can take to help protect yourself** from the flu and other viruses:

- Wash your **hands often and thoroughly** with soap and water.
- Use an **alcohol-based sanitizer on your hands** if soap and water aren't available.
- Avoid touching your **eyes, nose, or mouth** whenever possible.
- Avoid crowds, **wear a mask**, and social distance.
- Practice **good health habits**. Get plenty of sleep, **exercise regularly**, drink plenty of fluids, **eat a nutritious diet**, and manage your stress.

- You can also help **prevent the spread of the flu by staying home** if you do get sick.

Wellness and Care Coordination Corner

One of the most enjoyable parts of **preserving family history** is making and strengthening connections with loved ones. As you share a story from your past with a **close family member** or develop a relationship with new friends, you are **increasing your opportunities for socialization** and bettering your [mental and physical health in the process](#).

Your story matters. **If you are looking for some inspiration on how to tell your story, check out [Story Corps](#)**. You can listen to stories from all over the globe which may help motivate you to tell your own.

Medicare Open Enrollment (October 15 to December 7) can be a confusing and stressful time. [Visit this website](#) to find **free, local, Medicare help** in your state.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



Friends LifeCare®



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