



# e-Newsletter

Vol. 26 - September 2022



Despite how long we've been out of the classroom, **September** invariably ignites a back-to-school mentality. In this month's e-newsletter, we hope you find **some opportunities to learn, grow, and expand your knowledge.**

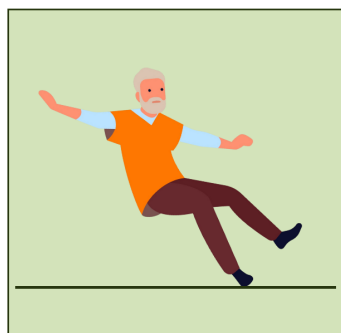
## Join Us for a Friends Life Care Informational Seminar or Webinar



**You're invited!** Register for a free, no-obligation in-person seminar or online webinar and learn how **Friends Life Care membership** can help protect your finances, health, and independence.

[REGISTER NOW](#)

## Upcoming Friends Life Care VigR® Wellness Workshops



**DIZZINESS, VERTIGO,  
AND FALLS:  
YOU DON'T HAVE TO  
LEARN TO LIVE  
WITH IT!**

PRESENTED BY:  
DR. THOMAS GOYNE



***Dizziness, Vertigo, and Falls: You Don't Have to Learn to Live With It! (Friends Life Care VigR® Webinar)***

You **don't have to learn to live** with dizziness, vertigo, and falls. Audiologist **Dr. Thomas Goyne** explains more.

[WATCH RECORDING](#)



*Tech for Daily Living: How TechOWL Can Help You! (Friends Life Care VigR® Webinar)*

[TechOWL](#) is Pennsylvania's designated Assistive Technology Act Program. Learn about technologies and free programs they offer to help people get connected to the technology they need.

WATCH RECORDING

Time is Running Out to Lock-in 2022 Rates



With the highest inflation in years, interest rate hikes, and a volatile stock market, we must protect what we have. You can apply for a Friends Life Care membership and lock-in 2022 pricing before time runs out.

APPLY NOW

eMeetinghouse Blog

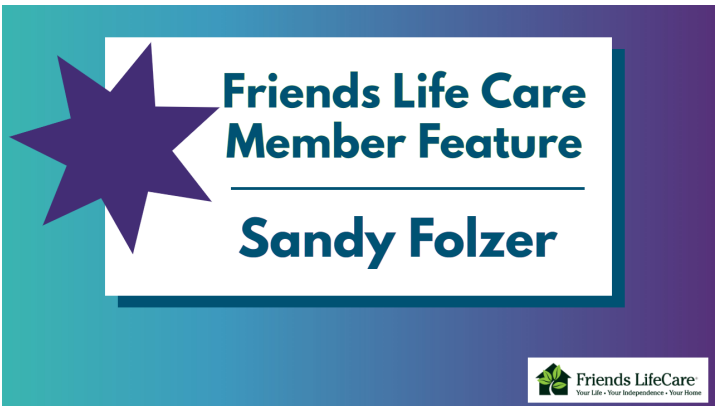


*Memory Changes: What’s “Normal”?*

Normal aging changes how our brains work. But what's normal, and what's not? Find out in this article.

READ MORE

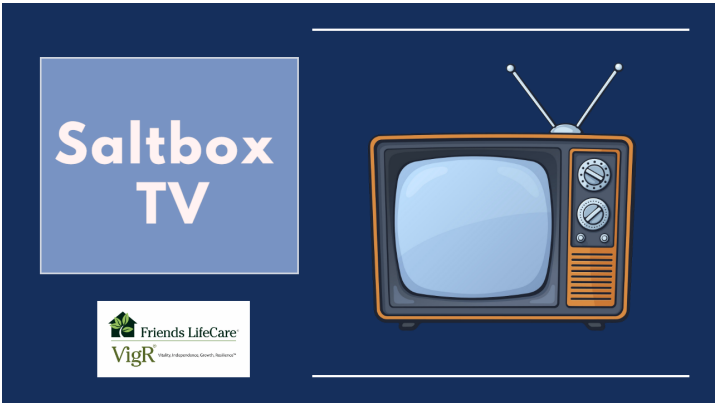
Friends Life Care Member Feature



Dr. Sandra Folzer "Sandy" is an **accomplished runner, author, educator,** and Friends Life Care member. Learn more about her achievements, **motivation, career successes, world travels,** and life challenges in this eMeetinghouse blog article.

READ MORE

Saltbox TV



Saltbox TV is a **free streaming service** designed with older adults in mind. Access classic TV shows from the 60s, 70s, and 80s, **wellness videos,** fitness classes, and more today.

LEARN MORE

COVID-19 Update

As COVID-19 continues, Friends Life Care is **committed to the safety** of our members, staff, and friends. We look to **the CDC for updates and guidance** and recommend them to you as a trusted resource.

LEARN MORE

Wellness and Care Coordination Corner

Each time you **turn on the news,** you hear about the country's financial state. There are **resources to explore** for seniors in these times of inflation. **Review them [here](#).**

Are you excited about the **cooler fall weather** and beautiful changing leaves? Embrace all **autumn has to offer** by scheduling a [leaf-peeping](#) trip.

As this country's **mental health crisis** surges on, you must **know** about [988](#). 988 is the three-digit, **nationwide phone number** that will directly connect to the Suicide and Crisis line.

September is **National Guide Dog Month**. Get to know [10 types of service dogs](#) and what they do.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)





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[Forward to a Friend](#)

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