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## Honestly Aging by VigR Health Podcast



### Episode 3: Advanced Planning for Solo Agers

Getting your affairs in order can be daunting, but it doesn't have to be.

On this episode of Honestly Aging by VigR Health, Elder Law Attorney Rob Slutsky informs us what older adults and solo agers need to know about advanced planning to set themselves up for success.

We cover powers of attorney, Medicare, Medicaid, long-term care planning, and more.

**Watch Now**

**Listen Now**

### **You're Invited: Informational Seminars and Webinars**



### **Plan Now for the Future You Want**

For the past 30+ years, Friends Life Care has helped more than 5,000 members maintain their independence and successfully age in place.

There are many reasons why Friends Life Care members decide to join. Read about what they are [here](#) and get to know our members [here](#).

Are you interested in Friends Life Care membership for yourself or a loved one? You're invited to join us in-person or online to learn more about your options for thriving at home while you age.

Attend a free, no obligation Friends Life Care educational seminar or webinar this spring.

**Register Now**

### **Honestly Aging by VigR Health Podcast**

## EPISODE 4

# Spirituality and Aging. Why We Care.



### **Episode 4: Spirituality and Aging. Why We Care.**

Spirituality can mean different things to different people. As we age, it may enhance good times and support us through life's challenges.

Listen to this episode of Honestly Aging by VigR Health and learn from Father Stephen Hutnick and Linda Hnatow, Care Coordinator with Friends Life Care, about how spirituality relates to aging.

We cover topics like exploring your spirituality, addressing mortality, reflecting on life, and more.

**Watch Now**

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### **Retirement Confidential**

An illustration showing a person sitting on a stack of gold coins, working on a laptop. In the background, there is a bar chart and a line graph with an upward arrow, labeled 'INFLATION'. The entire scene is framed within a teal border.

## How Inflation Can Affect Long-Term Care Planning

The logo for 'Retirement Confidential' features a green house icon with a leaf on top, and the text 'RETIREMENT CONFIDENTIAL' below it.

### **How Inflation Can Affect Long-Term Care Planning**

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Inflation is skyrocketing. The stock market continues to be volatile. There are talks of an impending recession.

How does today's economy affect long-term care planning? And how can you prepare for what the future might hold?

Jay Hilliard, a Friends Life Care Plan Counselor, answers these questions and more in this Retirement Confidential video.

### Watch Now



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460 Norristown Rd, Suite 300, Blue Bell, PA, 19422 US