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NEW PODCAST EPISODE



About This Episode

Are you considering getting a pet? Do you already own one? Katelyn Schunkewitz, MSW, Care Coordinator with Friends Life Care, joins

podcast host, Cheryl Proska, to discuss things that older adults may wish to consider before and during pet ownership like the benefits of having a pet, resources for ownership, and more.

Watch Now

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Apply Now!
Time is
Running Out
to Lock In
2023 Rates

LAST CHANCE -- There are only a few days left to apply and lock in lower 2023 rates. Fees for new members will increase January 2024.

[Find out more](#) then connect with a Friends Life Care [Plan Counselor](#) for information personalized to you. Act now. Send in your application for membership today.

Apply Now

eMeetinghouse Blog Post

The Best Holiday Gift You Can
Give Yourself: **Resilience**



The holiday season is a time of excitement and anticipation, but it can also bring overwhelming stress and unattainable expectations.

In this post, learn about resilience from Professional Certified Coach, [Jan M. Zacharjasz](#), MS, PCC, CPC, ELI-MP. She is the founder of [Coaching for Resilience](#) and gives useful tips for ways to enjoy the holidays and cope with stress.

[Learn More](#)

Retirement Planning Presentation

**PLAN NOW FOR THE
FUTURE YOU WANT**

YOU'RE INVITED
Free Aging In Place Webinar



Join us! Attend a Friends Life Care informational webinar online or seminar in-person. There are many dates to choose from, so choose one, register today, and bring a friend.

Learn more about what Medicare covers (and doesn't), your options for thriving at home as you age, and more in this no obligation, educational presentation.

Or, if you prefer, call 215-628-8964 and ask for a free consultation with a Friends Life Care [Plan Counselor](#). They can answer your questions and provide information personalized to you.

Register Today

eMeetinghouse Blog Post



While the holiday season can be a time of joy for many, for current or former caregivers, it can carry challenges and even feelings of grief.

In this post written by the Friends Life Care mental health committee, you will find information and a video with tips on coping during the holidays.

[Learn More](#)

Honestly Aging by Friends Life Care VigR® Podcast



Aging in place takes more than just planning for future care needs. The administrative and organizational components of maintaining a home must also be considered.

In this episode of Honestly Aging by Friends Life Care VigR®, Bode Hennegan, the Founder and President of [Life Managers & Associates](#) discusses the importance of bill paying, home maintenance, paperwork, and more.

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