



Friends LifeCare®

VigR®

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Get Your Free Confident Retirement Booklet



After years of hard work and dedication, it's time to enjoy the lifestyle you've built. However, the path to a fulfilling retirement is as unique as you are.

Download your copy of the *A Confident Retirement* booklet and start thinking about the ingredients most important to you for this exciting next chapter of life.

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Honestly Aging by Friends Life Care VigR® Podcast



How can you live an intentional life, and what exactly does that mean, especially regarding aging?

On this episode of Honestly Aging by Friends Life Care VigR®, Autumn Nessler, a Certified Retirement Options Coach, shares how to live an intentional life through successful transition planning and looking beyond the financial side of retirement.

Watch Now

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eMeetinghouse Blog Post

5 Love Languages - How to Understand and Use Them



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Your Life • Your Independence • Your Home

Have you ever wondered why some people feel most loved when they receive a thoughtful gift, while others prefer a hug or a compliment? Or why some people like to spend quality time with their partner, while others are more appreciative of acts of service like doing the dishes or running errands?

If so, you might be interested in learning about love languages.

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**FREE
Retirement
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Your Life • Your Independence • Your Home

Consider your retirement years. Where do you want to spend them, and doing what exactly? Join Friends Life Care for a free retirement planning seminar or webinar and start planning for your later years lived with financial security, a focus on health and prevention, and peace of mind.

Register Today

Friends Life Care members enjoy the comfort of living at home with the support of a dedicated professional healthcare advocate and a financial safety net for future long-term care costs.

VigR® Chats



We so quickly offer love to others, yet we often fall short of giving that love to ourselves. This 5-minute affirmation meditation will guide you through a mindfulness practice that focuses on self-love.

Watch Now

Wellness is critical to how Friends Life Care helps members successfully age in place. Get to know the team of highly trained, professional Wellness and Care Coordinators who deliver our one-to-one personalized wellness journeys below.

Meet the Team

Honestly Aging by Friends Life Care VigR® Podcast



Sara Pilling spent her encore career as a standardized patient. This experience taught her how to talk to healthcare providers and advocate more effectively for herself.

Jennifer Schwartz, Sara's Friends Life Care Wellness Coordinator, joins this episode of Honestly Aging by Friends Life Care VigR® for a co-interview. We learn what a standardized patient is, essential skills for this field of work, and lessons to take into our next healthcare appointment.

Watch Now

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eMeetinghouse Blog Post

Bill Paying and Care Management Go Hand in Hand for Aging in Place



An older adult's ability to handle their personal affairs, including managing their bills and accounts, is critical for them to successfully age in place. Read this article and learn more about daily money management considerations and who to turn to should you need help.

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