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Honestly Aging by VigR Health Podcast



Episode 7: Finding Your Passion After Retirement

Shelley Morrison has always enjoyed singing. So, after retiring, she decided to join Encore Creativity for Older Adults and found that it was just what she was looking for.

Through Encore, Shelley, a Friends Life Care member, has gotten to sing, perform, travel, and connect with other adults, including David Simmons, the

conductor of Encore's Wilmington, DE chorale.

David also joins this episode and shares his perspective about how Encore Creativity is helping older adults find their passion after retirement.

This podcast is brought to you by Friends Life Care. [Find out more](#) about how Friends Life Care can help you successfully age in place today!

Watch Now

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Friends Life Care VigR® Chats



Friends Life Care Summer School: Juggling for Beginners

Welcome to Friends Life Care's Summer School! You've likely heard about the benefits of learning something new, but sometimes it feels hard to know where to start. In our Summer School series, we'll offer some quick videos to teach you new skills.

Enjoy your first summer school class, juggling for beginners, presented by Glenn Kohler.

Watch Now

Friends Journal Article

SONIC SPIRITUALITY

Five Quaker Podcasts You Should Listen to Right Now



Sonic Spirituality: Five Quaker Podcasts You Should Listen to Right Now

The Honestly Aging by VigR Health podcast is thrilled to be included in Friends Journal's article covering five Quaker podcasts you should listen to right now.

We invite you to read the article and learn more about Honestly Aging and other interview-based Quaker podcasts.

[Read More](#)

You're Invited to a Friends Life Care Seminar or Webinar

A graphic invitation for Friends LifeCare. It features a light beige background with watercolor washes in shades of brown and gold. On the left and right sides, there are delicate line drawings of plants with long, thin leaves. In the center, the text 'You're Invited!' is written in a cursive script. Below this, a dark brown rectangular box contains the text 'Join Friends Life Care for an Informational Seminar or Webinar.' in a clean, sans-serif font. Underneath the box, the text 'Plan Now for the Future You Want' is written in a similar sans-serif font, with a horizontal line underneath. In the bottom left corner, the Friends LifeCare logo is displayed, which includes a green leaf icon and the text 'Friends LifeCare® Your Life • Your Independence • Your Home'.

Plan Now for the Future You Want

Register to attend one of the informational seminars or webinars that Friends Life Care is holding throughout the summer.

Join us to hear more about how Friends Life Care membership can help you to thrive independently at home as you age.

Sign Up Today

Honestly Aging by VigR Health Podcast



Episode 8: Demystifying Caregiving: An Inside Look at the Experience

Having a caregiver in your home helping with your activities of daily living can be an unfamiliar situation.

On this episode of Honestly Aging by VigR Health, Annmarie Francis, CEO and Co-founder of Leta Loving Home Care Services, and Erin Price, a Friends Life Care Wellness Coordinator, help demystify the caregiving experience by sharing what they've learned through their many years working with the aging community.

Watch Now

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You're Invited! Virtual Focus Group



We at Friends Life Care and other programs like ours are always trying to improve how we communicate with members, potential members, and other partners in our region. To that end we are participating in virtual group discussions (to be held via Zoom) along with other similar programs around the country.

If you would like to participate, please email Derek Dunham (ddunham@varsitybranding.com) who will be leading the group discussions. He will just ask you which group you're interested in. The schedule is as follows.

Group 1: Thursday, July 6, 1:30 PM - 3:30 PM

Group 2: Thursday, July 6, 4:30 PM - 6:30 PM

Group 3: Monday, July 17, 12:30 PM - 2:30 PM

Group 4: Monday, July 17, 3:30 PM - 5:30 PM

Derek will make sure you get the Zoom link for the group. We really appreciate your willingness to participate and share your thoughts.

This will help us to improve and better serve the Friends Life Care community.

Share Your Opinion in This 5-Minute Survey

Share Your Opinion in This 5-Minute Survey



Friends LifeCare®
Your Life • Your Independence • Your Home

In addition to participating in a focus group, we invite you to share your opinion through this survey.

Start Survey

The survey should take you less than five minutes to complete and you will not be sold anything. The last day to take the survey is June 30th. Your responses will be kept confidential, and you will not be asked for any of your personal contact information.

Again, we really appreciate your willingness to participate and share your thoughts. This will help us to improve and better serve the Friends Life Care community.



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