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Honestly Aging by VigR Health Podcast



Honestly Aging by VigR Health Podcast

Episode 1: So, What Is Honestly Aging?

We're all getting older. We might as well embrace it.

On our inaugural episode of Honestly Aging by VigR Health, we're joined by Joylyn Williamson, Friends Life Care Plan Counselor, to get her perspective on what honestly aging means to her.

Watch or listen now and learn about Joylyn's unique experiences supporting her father through aging, being a solo ager, and working with prospective Friends Life Care members.

Watch Now

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Great Place to Work Certified



Friends Life Care is a Great Place to Work

Friends Life Care is proud to announce that Great Place to Work Institute and its senior care partner Activated Insights have honored our organization with certification as a Great Place to Work. One of the things that the survey revealed was how much employees care about the [mission of Friends Life Care](#) for its staff and the people that they serve. Find out if [membership](#) may be right for you.

Learn more by visiting our Great Place to Work company page linked below.

Visit Now

Retirement Confidential



Protect What You Have: Financial Implications of COVID-19 & Long-Term Care

The health and financial implications brought on by COVID-19 may have forever changed our lives. We are experiencing the highest inflation in years, rising care costs, and a volatile stock market; we must protect what we have.

In these challenging times, Friends Life Care can help bring certainty to uncertain times with a safety net that brings you peace of mind for your long-term care needs.

Watch Now

Friends Life Care's Diversity, Equity, Inclusion, and Belonging Statement



Friends Life Care is Committed to Diversity, Equity, Inclusion, and Belonging

Friends Life Care's Diversity, Equity, Inclusion, and Belonging Taskforce is pleased to announce FLC's DEIB Statement.

FLC is dedicated to fostering relationships with staff, members, providers, and the community at large.

Our DEIB taskforce was formed to emphasize the ongoing commitment our organization has to making DEIB a top priority through supporting and advancing DEIB across all stakeholders. This is embodied in the development of company policy and how we do business.

Our Quaker Values reinforce diverse thinking, resource equity, and an inclusive culture. Part of our purpose as a taskforce is to encourage belonging through creating brave spaces and a platform where all voices can be heard.

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Episode 2: Solo Travel: How I Set Myself Up for Success

Pat Hall is embarking on a four-and-a-half-month Viking Cruise around the world. This trip is different from any before because she's taking it alone.

On this episode of Honestly Aging by VigR Health, Pat reveals the practical and emotional sides of planning for solo travel. We wish we could join her! Listen in to hear about her amazing upcoming adventure at sea.

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