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## **Navigate the Stages of Retirement**



Retirement is an entirely new chapter of your life and should be treated that way. Getting the most from retirement can be hard work, though.

Download this brochure and learn how you can design and live the life you love as you age through all the stages and important moments.

**Download Now**

## **Honestly Aging by Friends Life Care VigR® Podcast**



Throughout his career and life, Friends Life Care member Fred Dawson has reinvented himself again and again.

On this episode of Honestly Aging by Friends Life Care VigR®, we discuss the power of reinventing yourself.

Listen and learn about life and career transitions, overcoming obstacles, lessons learned, and advice that anyone can use on a journey of reinvention.

**Watch Now**

**Listen Now**

## **Free Retirement Planning Seminars and Webinars**



Your retirement is unique to you. The places you'll travel, where you'll live, hobbies you'll explore. There are ingredients of retirement everyone needs to consider like have you saved enough, where will you call home, and what's your plan for long-term care should you need it.

Join Friends Life Care for a free retirement planning seminar or webinar and start planning your perfect recipe for retirement that includes peace of mind, long-term care protection, and the ability to age in place.

**Register Today**

## **Honestly Aging by Friends Life Care VigR® Podcast**

A promotional graphic for the "Honestly Aging" podcast. The background is a light blue illustration showing an older man in a red shirt sitting on a black exercise bench. A younger man in a green shirt is standing next to him, holding his arm to assist him. In the background, there is a white ladder and a white shelving unit with various items. The text on the left side reads: "Honestly Aging", "A Friends Life Care VigR® Podcast", "NEW EPISODE IS NOW AVAILABLE", and "Find us on:". Below this text are five circular icons representing different platforms: YouTube (red), Spotify (green), Facebook (blue), Instagram (red), and Apple Music (purple). At the bottom left is a small logo for "Honestly Aging" featuring a heart and hands. At the bottom, a dark blue banner contains the text "EP 32 - OPTIMIZING INDEPENDENCE: HOW IN-HOME REHAB EMPOWERS OLDER ADULTS".

Join us for an enlightening conversation about in-home health rehab and physical therapy with Darshan Bhatt, Founder and President of Namaste Rehab.

During this episode of Honestly Aging by Friends Life Care VigR®, we discuss the benefits of in-home rehab, why someone would need it, and strategies to increase success with physical, occupational, and speech therapy.

**Watch Now**

**Listen Now**

### **Mental Health Awareness Month**



1 in 5 U.S. adults experience mental illness each year and only half of them receive treatment.

The National Alliance on Mental Illness invites you to celebrate Mental Health Awareness Month with the Take a Moment campaign championing the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame.

**Learn More**

Resilience helps us survive, and even thrive, during difficult times. This Friends Life Care VigR® Chat explains the importance of resilience and offers suggestions for developing it.

**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**

## May is Older Americans Month



May is Older Americans Month. The 2024 theme *Powered by Connection* recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Learn more at the [Administration for Community Living's website](#) and explore how connectedness supports aging in place at [EngAGED](#).



VigR® Chats  
Library

Informational  
Sessions

Honestly Aging  
Podcast



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