



June is **Alzheimer's and Brain Awareness month**, as well as **LGBT Pride month**. Friends Life Care **commemorates both** throughout this month's e-newsletter.

Maintain Your Independence



You never know what **life** may throw at you. Saving and planning can help **add certainty and peace of mind** to your future, come what may. Download our straightforward guide to **see the benefits** of having a Friends Life Care membership.

DOWNLOAD NOW

Upcoming Friends Life Care VigR® Wellness Workshop



Healthy Living for Your Brain & Body: Tips from the Latest Research (Friends Life Care VigR® Webinar)

Gain insights into **making lifestyle choices** that may help you keep your brain and body healthy as you age. Diane Massey, LPC, **Alzheimer's Association Community Educator**, presents the latest research.

WATCH RECORDING

Friends Life Care Earns Platinum SAGECare Credentialing



Friends Life Care Partners is excited to announce that **100% of Friends Life Care Partners staff** completed SAGECare online training "Supporting LGBT Older Adults." In doing so, we earned **platinum SAGECare credentialing**. Read more about **what this means** in our recent [blog article](#).

What's Your Plan for Long-Term Care?



When it comes to your possible long-term care needs, it's **essential to consider your options** - and have a plan in place. Jay Hilliard, Friends Life Care Plan Counselor, **explains what those options are** and how you can prepare now for a more secure future.

WATCH NOW

What We're Reading



Let the **summer reading** begin! Friends Life Care team members share their **top picks for books** that helped them become happier and healthier.

LEARN MORE

eMeetinghouse Blog



The Quaker Testimony of Stewardship

Each of us possesses **unique gifts** and talents. To the Society of Friends, Stewardship means **nurturing these abilities** and sharing them with the world. In this article, Joylyn Williamson, Friends Life Care Plan Counselor, **continues her series about the Quaker SPICES** with ways to live into the Quaker testimony of Stewardship.

READ MORE

June is Alzheimer's & Brain Awareness Month



Did you know that 7.4% of **lesbian, gay, bisexual older adults** are living with dementia? Learn about the **unique challenges in accessing support** these individuals face in [this infographic](#) created by the Alzheimer's Association and SAGE.

COVID-19 Update



In our **Covid-19 update for this month**, we acknowledge a sad statistic. The United States surpassed [1 million deaths](#) last month. The Biden administration **honored the lives lost to COVID-19** by ordering flags to be flown at half-staff.

Elise Lamarra, MS, BSN, RN, Friends Life Care Chief Operating Officer, reports more on this topic and **COVID-19's summer outlook** in the article linked below.

READ MORE

Wellness and Care Coordination Corner

Changes to our **bodies and brains** are normal as we age. However, there are some [things we can do](#) to help **lower our risk** of developing Alzheimer's disease or other dementias.

Adding greenery to your home brightens up your space and may also boost your mood, [relieve stress](#), and increase your focus. If you're interested in **becoming a plant parent** but don't have a green thumb - you'll want to start with [these](#) plants that anyone can grow.

With more and more time spent on **our computers and smartphones**, our hands and fingers need a stretch! Try these 10 [stretches](#), and **your hands** will thank you.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)

