

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.

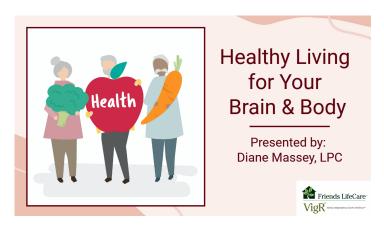
### Maintain Your Independence



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 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

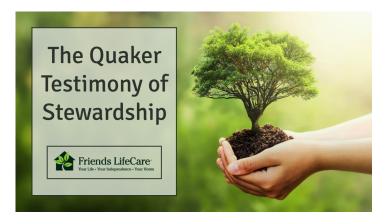
#### What We're Reading



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 <u>things</u> 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 <u>stretches</u>, and **your hands** will thank you.

VigR® Wellness Webinar Library

VigR® Chats Library













