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November 2023 Monthly Wrap Up



Thriving As We Age: Exploring Mindset Blog



What happens to us as we age may be mostly out of our own control, yet how we respond can make a difference! We can choose to thrive as we get older, guided by some simple insights about our mindset.

Read more about it in this eMeetinghouse blog post, written by Ariel Weiss, a certified [Alexander Technique](#) teacher who has nurtured a lively private practice in Philadelphia since 1988.

Learn More

Only One More Month Until 2024



Act Now and Save!

It's time to ensure you have a plan in place for the retirement years you dream about. Apply for a Friends Life Care membership now to lock in 2023 pricing because rates are going up next year.

Most older adults want to live in the comfort of their own homes as they age. Do you? If so, Friends Life Care can help. Membership includes wellness and care coordination, financial protection, home accessibility, and more.

Apply Now

Friends Life Care eMeetinghouse Blog Post

Preparing for Winter Weather



Autumn weather can unexpectedly turn into a snowy, icy mix. In this post on the Friends Life Care eMeetinghouse blog, read about the very real risk of falls and learn about products and tips to help you stay safer this winter.

[Learn More](#)

Honestly Aging by Friends Life Care VigR® Podcast

Honestly Aging

A Friends Life Care VigR® Podcast

NEW EPISODE IS NOW AVAILABLE

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Episode 19 - Loneliness: Causes, Effects, and Ways to Combat It

Loneliness and social isolation can cause health issues. Ellen Houle and Beth Morley, Care Coordinators with Friends Life Care cover causes, effects, and ways to combat loneliness. In addition, they share insights from Friends Life Care members about loneliness and steps we're taking to address the issue.

Watch Now

Listen Now

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Informational Seminar or Webinar.**



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Future You Want**

You are invited to attend a free Friends Life Care informational seminar or webinar. There are many dates to choose from, so register today.

Over the past 30+ years, Friends Life Care has helped over 5,800 members successfully age in place. Learn more about your options for thriving at home as you age in this no obligation, educational presentation. Or call 215-628-8964 to request a free consultation with a Friends Life Care Plan Counselor.

Register Now



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