



Friends LifeCare®

VigR®

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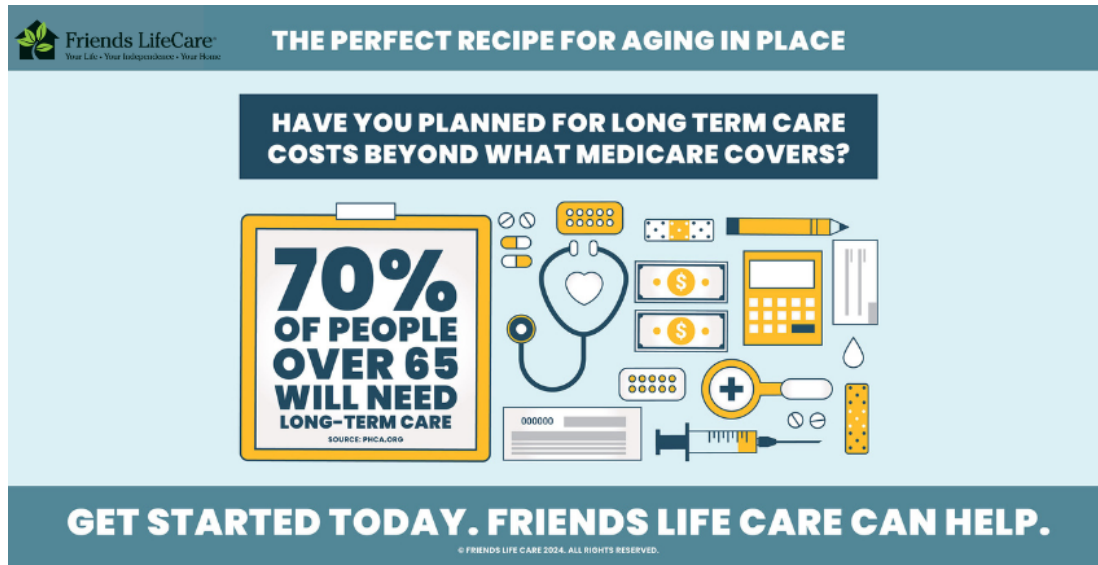
Time is Running Out



Time is running out to lock in 2024 pricing. Apply today. Or [contact us](#) to learn more about adding the security of Friends Life Care membership to your perfect retirement recipe.

[Apply Now](#)

Get Your Free Infographic



Medicare may not cover as many long-term care costs as you think. You can't count on Medicare to cover long-term care. You can count on Friends Life Care membership to help cover long-term care costs and navigate the complex healthcare system.

Download your free infographic and discover the perfect recipe for long-term care planning with Friends Life Care.

[Download Now](#)

Honestly Aging by Friends Life Care VigR® Podcast

Honestly Aging

A Friends Life Care VigR® Podcast

NEW EPISODE IS NOW AVAILABLE

Find us on:



KICKING OFF HONESTLY AGING SEASON TWO WITH VIBRANT AGING

Season Two of the Honestly Aging by Friends Life Care VigR® podcast is here! In our kickoff episode, we unpack the concept of Vibrant Aging – inspired by real feedback from Friends Life Care members – and discuss factors that influence a positive aging journey.

Watch Now

Listen Now

Free Retirement Planning Events - Register Now!



Your retirement plan should include peace of mind. With Friends Life Care membership, it can.

Membership provides long-term care financial protection, care coordination, wellness programs, and more. Learn more at a free

informational seminar or webinar.

[Register Now](#)

Honestly Aging by Friends Life Care VigR® Podcast



Proper nutrition fuels vibrant aging. Join Nicole Bergoine, a registered dietician and certified personal trainer, on this episode of the Honestly Aging by Friends Life Care VigR® podcast as we explore healthy eating habits for older adults.

[Watch Now](#)

[Listen Now](#)

The Perfect Recipe for Vibrant Aging

The Perfect Recipe for Vibrant Aging



WATCH NOW

Advanced Planning Documents



Are your advanced directives in order? If so, when is the last time you reviewed them? Watch this short video and hear Friends Life Care's perfect recipe for preparing and organizing your advanced planning documents.

Watch Now

Free Aging in Place Webinar - Register Now!



Do you want to enjoy your retirement years in the comfort of your own home; not in a nursing facility? Friends Life Care helps members maintain their independence, stay well, and age in place. Learn more at

an Aging in Place webinar – The Recipe for an Independent and Fulfilling Future.

Register Now

Congratulations to Jay Hilliard on His Retirement



Congratulations are in order! After 20 years of service, Jay Hilliard, Friends Life Care Plan Counselor, is retiring. We wish Jay all the best in his retirement.

If you've spoken with Jay about Friends Life Care membership and would like to explore more –now or in the future – another member of our team will be happy to assist you.

Contact Us

Let's Get Vaccinated



Each year, millions of people get sick, and thousands need hospital care or die from respiratory infections caused by viruses. Vaccines help prevent these outcomes or lessen their severity. You can lower your risk of getting sick with a respiratory infection by getting vaccinated against influenza (flu), COVID-19, and respiratory syncytial virus (RSV) as needed.

[Learn More](#)

Ageism Awareness Day



October 9 marked Ageism Awareness Day, a time to reflect on the harmful effects of age-based stereotypes, prejudice, and discrimination.

Ageism can affect individuals of any age, but it is often directed toward older adults. According to the American Society on Aging, ageism not only undermines our health and well-being but also impacts financial security and the broader economy.

[Learn More](#)

For a deeper exploration of ageism, check out the "Ageism and Its Impact on Today's Society" episode of the Honestly Aging podcast. Dr. Katie Reilly explains what ageism is, how it harms people, and shares ways we can combat it.

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