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



### **Episode 13: The Many Facets of Grief and Loss: Help for the Solo Ager**

We talk about grief and loss when someone dies, but can we grieve someone who is still living? How might we deal with the loss of "things" and compound grief over the years? What if we don't feel close enough with anyone to share our grief?

On this episode of Honestly Aging by Friends Life Care VigR®, Angela Dora Dobrzynski, a Licensed Professional Counselor, works through these tough

topics and helps us navigate the complex emotions that come with grief and loss throughout a lifespan.

**Watch Now**

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### **Time is Running Out to Lock In 2023 Rates**



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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.

It's never too early to plan for your aging needs. Apply for a Friends Life Care membership today to lock in 2023 pricing before rates can increase next year.

**Apply Now**

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

EPISODE 14

# What You Need to Know About Medicare



## **Episode 14: What You Need to Know About Medicare**

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To say Medicare can be confusing is an understatement.

On this episode of Honestly Aging by Friends Life Care VigR®, Kiersten Spitzenberger, a Medicare Specialist, joins us to discuss the different parts of Medicare, what they cover, the cost, eligibility, and more.

Grab something to take notes with because we cover a lot!

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### You're Invited!

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**Plan Now for the  
Future You Want**

## **Plan Now for the Future You Want!**

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For the past 30+ years, Friends Life Care has helped more than 5,500 members maintain their independence and successfully age in place.

There are many reasons why Friends Life Care members decide to join. Read about what they are [here](#) and get to know our members [here](#).

Are you interested in Friends Life Care membership for yourself or a loved one? You're invited to join us in-person or online to learn more about your options for thriving at home while you age.

Attend a free, no obligation Friends Life Care educational seminar or webinar this autumn.

**Register Now**

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



### **Episode 15: Tackling the Challenges Facing Today's Solo Agers**

Today's healthcare system can be confusing and difficult to navigate, especially for solo agers.

On this episode of Honestly Aging by Friends Life Care VigR®, Ailene Gerhardt guides us through the complexities of solo aging with resources and facts to help make informed decisions that reflect personal values.

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