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National Alzheimer's Month and National Family Caregivers Month

10 Early Signs and Symptoms of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills.

There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure what's going on.

From Journaling to Taking Time Off, Here Are 15 Habits Happy Caregivers Swear By

The amount of caregivers in the United States has increased significantly since the COVID-19 pandemic began, with 53 million caregivers nationwide now supporting loved ones. While it's good to know that those who need care are getting the proper help, over 20 percent of caregivers report struggling with their own mental health.

Whether you're a caregiver yourself or know someone who is, there are certain habits that can go a long way. So before the burnout of caregivers becomes an epidemic of its own, try these 15 proven practices to fill up your cup—and trust us, you'll want to write these down.



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4 Ways to Make a Family Gathering Dementia-Inclusive



For many families, the holidays mean mistletoe and holly, gift-giving, big shared meals — and lots of activity. Given the changes that come with dementia, family holiday traditions may call for a little bit of creative reimagining.

Instead of dwelling on what the holidays were like in years past, some of the best advice dementia care experts have to offer involves focusing on the present and developing strategies to roll with the changes and to preserve the holiday spirit of gratitude. Try these four ways to make this holiday season calmer and more inclusive for a family member living with dementia — and for all those celebrating with them.

1. The Calmer, the Merrier
2. Find Ways to Make Favorite Activities Manageable
3. Build in Time — and Space — to Rest
4. Let It Go

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9 Ways to Stay Connected During the Holidays, Even When It's Hard

You've probably been to many a holiday gathering that didn't turn out as quite festive as it could have.

Between differing political views, eating habits, and even musical tastes, getting along with a roomful of people simply because you're related to them is no small feat.

Despite the cultural differences that divide you, you may still feel the desire to connect to family members who you once felt close to.

Maybe there's an uncle who used to give you piggyback rides or a second cousin you used to make mud pies with. There could be a new bundle of joy in the family who you find yourself fawning over, even though you had a falling out with the parents at the family reunion last year.

While there will always be belief systems, opinions, and politics to divide, common ground may not be as elusive as you think. With the help of a few simple practices, you may connect in deeper ways than you ever thought possible.

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6 Ways to Manage Anxiety during the Holidays



During the holiday season, anxiety has a way of sneaking up on many people. Despite the joys of family gatherings, delicious food, and thoughtful gifts that the holidays provide, they can cause a great deal of stress. Family reunions have a tendency to rekindle old rifts, good food necessitates meticulous preparation, and holiday shopping can be a headache.

When a loved one is ill or you are spending your first Christmas or New Year's alone following a separation or the death of someone close to you, the holidays can be exceptionally challenging and can trigger your anxiety. In a recent survey, 65% of participants said they felt more stressed around the holidays. Trying to meet or exceed unreasonable expectations is a major source of anxiety.

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Must-See Holiday Attractions in Greater Philadelphia for 2022

A guide to the most wonderful time of the year in Philadelphia and the Countryside

Philadelphia goes big on celebrating year-round — and the holiday season is no different.

Whether you live here or are just calling Philadelphia ho-ho-home for the holidays, these must-see holiday attractions in Greater Philadelphia are sure to put you in the highest of holiday spirits.

For 2022, plenty of iconic seasonal celebrations:

- The 6abc Dunkin' Thanksgiving Day Parade
- Macy's Christmas Light Show
- Philadelphia Ballet's *The Nutcracker*

Joined by newer traditions like:

- The Tinseltown Holiday Spectacular at the Greater Philadelphia Expo Center
- The Visit Philadelphia Holiday Parade in Center City.

Outdoor adventure awaits with ice skating rinks and winter weather activities at Winter in Dilworth Park and Blue Cross RiverRink Winterfest.

And, of course, Greater Philadelphia lights up with dazzling holiday light displays like LumiNature at the Philadelphia Zoo, Wild Lights at Elmwood Park Zoo and the drive-through Holiday Light Show at Shady Brook Farm.

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Reminder: Medicare Open Enrollment for 2023 now through Monday, December 7, 2022

For those of you who have Original Medicare and a Medicare Part D prescription drug plan, we advise you to contact us to make an appointment for a review with our Care Manager Bonney DosSantos, BSW CMC.

Bonney can assist you in using the Medicare Planfinder to compare the Part D drug plans that are available in your geographic area. She can enter the medications that you are currently prescribed, and enter the pharmacies in your area to help find the plan that would best meet your needs for 2023.

For those of you who have Medicare Advantage plans, we can recommend insurance professionals who can assist you if you are thinking of changing plans.

To schedule a consultation, Bonney can be reached at bonney@kithcare.com

[Email Bonney DosSantos](mailto:bonney@kithcare.com)

Kith Elder Care serves Philadelphia, Montgomery, Delaware, Chester, and Bucks Counties

Contact **Kith Elder Care** for a **FREE** consultation at 215.880.3541

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