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Greetings from Kith Elder Care,
In honor of **National Senior Citizen's Day on August 21**, our newsletter this month is packed with valuable insights and resources specifically designed to enrich the lifestyles of our senior citizens. Our focus is on empowering them during life transitions, promoting healthy living, and nurturing social engagement. The ultimate goal? Fostering independence and enhancing their overall quality of life. Join us as we celebrate the resilience and wisdom of our senior community.

National Senior Citizen's Day, August 21: Celebrating the Value of Experience and Wisdom.



Did you know that August 21 is National Senior Citizen's Day? The purpose of the day – proclaimed by President Ronald Reagan in 1988 - is to increase awareness of the issues that affect older adults, such as deteriorating health. It is also a day to acknowledge the accomplishments - and show our appreciation - of our senior citizens.

Whether it's National Senior Citizen's Day or any other, we can all show our appreciation by reaching out to the older people in our lives, be they family, friends, or neighbors. Seniors with social support tend

to have better mental and physical health, and brain power. Conversely they are susceptible to loneliness, isolation, and anxiety - even in "normal" times, let alone during a pandemic. So, reaching out will make a world of difference to their wellbeing. [READ MORE](#)



Seniors' Impact on Inventing Grows

Older innovators often have unique knowledge, foresight.

Although modern inventing may be associated with young people, they don't have the years of

experience and wisdom to fine-tune a product. When seniors invent a product, they're able to tap into decades of knowledge and foresight - two crucial qualities necessary to invent something useful that give them an advantage over younger inventors. This is the point made more than 2,000 years ago by the Roman playwright Terence, who said that "No man was ever so completely skilled in the conduct of life, as not to receive new information from age and experience."

Notable older inventors:

- Peter Mark Roget's "Roget's Thesaurus," the gold standard for synonyms, was published when he was 73.
- George Weiss was 84 when he invented the board game Dabble, in which players get tiles with letters on them and have to come up with words as fast as they can within a limited time.
- Gys van Beek was 85 when he invented the all-purpose survival tool Trucker's Friend, a multi-purpose tool specifically designed for any situation that requires hacking, chopping, prying, pulling or pounding.
- Charles Greeley Abbot became secretary of the Smithsonian Institution at age 56. At 99, he invented the solar cooker that used the energy of direct sunlight to cook food and heat beverages. At that time, he became the oldest person to receive a patent and may still hold the record as the oldest inventor. [READ MORE](#)

Study: Volunteer Work, Recreation Activity Could Lead to "Successful Aging"

A new study by the University of Toronto said older people who are active in recreational activities and volunteer work have a much better chance at "successfully aging."



People who participate in volunteer work and recreational activities later in life were less likely to suffer from physical, cognitive, mental or emotional

What Will Our Parents Need Most from Us as They Age?

Helping with daily needs may be easier than providing emotional support.



- Shifts in how we perceive our parents' need for assistance with daily living (ADL) change our relationship.
- Even when parents need help with daily living chores, we don't expect their support of our needs will change.
- It's easier for us to meet aging parents' tangible and informational needs than their emotional ones.
- Truly empathizing with fearful, dependent parents is often too difficult for their children. **READ MORE**

AGING: WHAT TO EXPECT AND HOW TO COPE



We all get older. It's a fact of life that we must all come to terms with in our own way. But there's no reason to wallow in despair, it's a universal truth and we can still live happy and full lives well into our 80s and 90s if we look after ourselves and know what to expect.

Our bodies change as we get older and these changes might impact our everyday lives. But if you know what's coming it's that much easier to cope with it. With that in mind, here are a few of the health problems you might need to prepare for in your golden years.

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17 Powerful Tips for Retiring Alone

(Or, If You Become a Solo Senior or Elder Orphan During Retirement)



Sometimes it feels like the world is designed for couples. People throw dinner parties for couples. Most forms ask about your spouse. And, let's face it, retirement, and aging — an era when you'll sometimes need a helping hand — can feel kind of scary on your own. [**READ MORE**](#)

Practical Ways To Alleviate Loneliness And Isolation Among Older Adults



Over 14 million older adults live alone in the U.S., according to the Administration on Aging. Unfortunately, loneliness and isolation are serious issues with deleterious health implications. Both are linked to decreased physical and mental health, as well as increased mortality. In fact, The National Institute on Aging notes loneliness and isolation can lead to higher risk of depression in people as they age.

16 Best Dogs for Seniors and How They Benefit the Elderly



As we age, companionship becomes more and more essential. One of the most delightful ways to experience companionship and a sense of belonging is by adding a furry friend to your life.

In this fun and optimistic guide, we'll explore the best dog breeds for seniors, focusing on low-maintenance dogs with easygoing temperaments and minimal health problems.

Understanding how loneliness and isolation manifest in real-world scenarios can help you spot the signs in yourself or those you love and know how to help. [READ MORE](#)

So, let's dive in and discover which four-legged companion could bring joy, laughter, and a wagging tail to your golden years! [READ MORE](#)

AARP Virtual Community Center

FREE interactive online events and classes designed for learning, self improvement, and fun. Membership not required.



Designed For Learning, Self-Improvement and Fun. Enjoy a vast array of virtual events, from the comfort & safety of your home.

Interactive Classes. Free Online Events.

- Caregiving
- Cultural Connections
- Exercise & Wellness
- Food & Drink
- Gardening & Nature
- Home Improvement
- Movies, Music & More
- Scam Prevention
- Tech Help
- Travel & History
- Work & Money

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Top Free Things to Do in Greater Philadelphia

We know that (some of) the best

things in life are free...



Budget-conscious travelers, rejoice! It's super easy to spend a few days (or more) seeing the sites in Philadelphia without spending much at all.



Here's what's free to do in Philly: quintessential historic attractions (like the Liberty Bell Center and other attractions in Independence National Historical Park); outdoor hangs (like Race Street Pier and Cira Green); iconic public art (Rocky Statue and the LOVE sculpture) and much more.



Plus, there are a handful of pay-what-you-wish opportunities at some of Philadelphia's top museums.

Here's our guide to some of the best free things to do in Philadelphia.

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Kith Elder Care Team Member Spotlight



We are thrilled to introduce the latest addition to our Kith Elder Care team, Darby Grant, who has taken on the role of our Client Relations Manager.

Residing in three countries has shown Darby the value of creating community and caring for individuals of all ages. She earned her Master of Arts in human trafficking, forced migration, and organized crime from St. Mary's University in London, England. Darby also received her Bachelor of Arts in International Studies with a minor in Women, Gender, and Sexuality Studies from Miami University of Ohio.

Darby enjoys practicing yoga and has her 200-hour teaching certification (RYT 200) granted by the International Yoga Alliance. She has a pet bunny named "Holly Jolly" and is passionate about animals, traveling and fashion.

With Darby joining our team, we look forward to enhancing the quality of our services and reinforcing the trust you place in us for your elder care needs.

We value your continued support and trust in Kith Elder Care, and we are committed to providing the highest quality care for you and your loved ones.

We're delighted to have you join us Darby!

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

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MEMBER

Contact **Kith Elder Care** for a **FREE** consultation at [215-880-3541](tel:215-880-3541)

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