



About Us



Our Services

Greetings from Kith Elder Care,

Autumn is here, and with it comes a fresh perspective. At Kith Elder Care, we're geared up to guide you through the seasonal transitions. In this edition, we're touching on areas vital to the well-being and peace of mind of our clients and their families: from the importance of recognizing and combatting ageism, to ensuring health and wellness in this transitional season, and fostering enriching social connections.

Let's make the most of these autumn months together!



Ageism Awareness: Changing Negative Stereotypes

Ageism – how we think, feel and act – toward others based upon age is often fraught with prejudice or discrimination toward older people. The World Health Organization has deemed ageism as one of the most widespread and socially accepted forms of prejudice. Our society often portrays young people as active, vibrant and intelligent while older people are often shown as slow, forgetful and weak.



This negative way of thinking is not just wrong, it's extremely hurtful with far-reaching effects on us all.

Medicare Open Enrollment October 15th to December 7th, 2023



10 Things To Know To Prepare You For Medicare Open Enrollment

Medicare open enrollment means you're bombarded with choices. Here's how to make sure your plan is best for you.

You can tell by the advertisements that inundate the airwaves and your mailbox. You're likely even getting unsolicited calls and emails. All kinds of health insurance brokers and companies want to dazzle you with their offerings.

Yep, Medicare open enrollment starts soon. It's time to make sure you have the best plan or plans for you. [READ MORE](#)

REMINDER

If you're on Original Medicare with a Medicare Part D prescription drug plan, please contact Kith Elder Care's 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 the pharmacies in your area to help find the best Part D plan for you in 2024.

[EMAIL Bonney DosSantos](#)

This Fall, Older Adults Should Protect Their Health



With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends,"

said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel. [**READ MORE**](#)

The 8 Best Mental Health Apps for Seniors

Promote healthy aging by continuing to care for your mental health and sharpness with these mobile apps.

Unfortunately, seniors' mental health often goes under the radar. However, senior mental health is so important, especially if you want to lead a healthy and happy life.



The good news is that there are several fantastic mobile apps to help older adults manage and improve their mental health. Explore these options for online therapy, mental exercises, meditation, and more.

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How To Create A Daily Routine For Your Aging Parents

Aging often comes with many changes, from health to mobility. According to research, two-thirds of seniors need help doing one or more daily activities. Even with assistive devices at home, the study revealed that 6% of seniors limited their activities and mobility, while 21% needed a helping hand to move around.



These statistics show why it's important to establish a healthy daily routine for your elderly loved one. This can contribute significantly to their quality of life and help them maintain independence for as long as possible.

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Fall is Here, Tips on How to Prevent Seasonal Depression

Seasonal affective disorder, or SAD, is a type of depression that is related to changes in season and begins and ends at about the same time every year, according to the Mayo Clinic.

Most people's symptoms start in the fall and will continue into the winter months and typically make people feel moody, but the symptoms often resolve in the springtime.

Symptoms may start out mild and become more severe as the season progresses. Some of the signs and symptoms may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much

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5 Fall and Winter Foods With Mood-Boosting Benefits

A consistently healthy diet may ease symptoms of depression. Here are experts' in-season picks for your plate.



Fall and winter can be brutal for people with depression. It gets dark early, resulting in far less exposure to mood-brightening sunlight, plus colder temperatures can make you just want to stay in bed.

In addition, it's a time of year filled with the sugar-laden, high-fat holiday foods that are least likely to benefit our mental health.

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Winter Home Checklist: 10 Ways to Winterize Your Home and Save Money



The freezing temperatures, ice and snow that come with the winter season will be here before you know it. Instead of waiting until a house emergency arises during the cold winter, take time in the fall to start winterization projects.

For most homeowners, winter means colder weather and rising energy bills, too. To help stick to your budget while keeping your home warm and safe this winter, Oncourse Home Solutions developed this checklist to help you get your home winter-ready before the first snowfall. [READ MORE](#)

65 Autumn Jokes That Will Have You Fall-ing Over With Laughter

These fall jokes are so funny, it's unbe-leaf-able.



Why did the apple pie go to the dentist?

Because it needed a filling.

woman's day



How did the tree get a new job?

She had the right qua-leaf-ications.

woman's day

- What is the best book to read in autumn? Gourd of the Rings.
- Why was the man shopping for Reynolds Wrap? His wife wanted to see fall foilage.
- Why did the turkey cross the road? Because it was the chicken's day off.
- Why was the robot couple's anniversary in the fall? They were autumn mated.

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

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