



About Us



Our Services

Greetings from Kith Elder Care,

We are excited to present to you our Autumn Edition, filled with enriching content to usher you into the season. From safeguarding your health with timely vaccinations and Medicare plan insights to empowering you with knowledge during Prostate Cancer Awareness and Healthy Aging Month. Plus inspiring tips on decluttering your space and resetting your life for a successful year ahead.



Here's How to Plan For Your Seasonal Vaccinations This Fall

It's time to start thinking about flu season.

This month, pharmacies and doctors' offices will begin offering the 2023–2024 flu vaccine. In tandem, certain people will be able to receive another shot for respiratory illness: the brand new RSV vaccine.

And yes: You can get both vaccines at the same time. [**READ MORE**](#)

Mark Your Calendars!
The Medicare Open Enrollment period is fast approaching.

From **October 15th to December 7th, 2023**, take the opportunity to review, adjust or renew your Medicare plans to best suit your



healthcare needs.

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 2024.

[EMAIL Bonney DosSantos](#)



7 Signs You Should Get A New Medicare Plan During Open Enrollment

While every Medicare beneficiary has the opportunity to change plans during the open enrollment period, it seems as though few take time to review their

options. A 2021 report from the Kaiser Family Foundation found fewer than a third of Medicare beneficiaries compared plans in 2019.

However, skipping this step could be a mistake, particularly if any of the following are true.

[READ MORE](#)

Prostate Cancer Awareness Month

Prostate cancer is the second most common cancer among men, after skin cancer. About 200,000 men are diagnosed with prostate cancer in the U.S. each year, according to Fox Chase Cancer Center.



The risk for prostate cancer rises after age 50. Most prostate cancers are diagnosed in men older than 65. Prostate cancer occurs more often in African American and Caribbean men, and less often in Asian, Latino or white men. **[READ MORE](#)**



Strategies for Aging Healthy



In an effort to raise awareness and promote physical and mental health among people aged 45 and older, **September is deemed as Healthy Aging Month**. Healthy Aging Month has been celebrated for 30 years. There are many ways that you can join in the celebration during the month of September and beyond.

While many factors that influence aging are out of our control due to genetics, there are many factors that we can control.

[READ MORE](#)

Fight off the flu with immune-boosting nutrients

It's flu season again, so most people get a flu shot and strive to stay healthy. But can certain foods or supplements boost the immune system and help with that "staying healthy" goal?



While having a healthy immune system is a plus during the season of colds and flu, consider these tips for keeping your immune system strong throughout the year...

[READ MORE](#)

Cleaning Out Your Closet to Prepare for the Fall Season? Here's How to Declutter



It can be tough getting rid of pieces you've had in your closet for a long time, though, even if it's literally been years since you've last worn them.

But among the regular chaos of living and working full time, the last thing any of us need is a cluttered closet that prevents us from finding that go-to work blazer or specific belt quickly.

The bright side is that it takes only one afternoon to go from an overflowing closet to an organized one. **[READ MORE](#)**

42 Ways to Reset Your Life This Fall—and Set Yourself Up for Success All Year Long



'Tis the season to reevaluate routines, adjust those habits and hit refresh. Here's how to maximize your fall reset.

Forget New Year's resolutions and spring cleaning. We're all about reevaluating our physical, mental and at-home routines during the fall. The summer is busy, but autumn offers an opportunity to press pause and start fresh as the weather cools and we retreat indoors.

For us, it's all about the fall reset. **[READ MORE](#)**

21 Farms & Attractions for Classic Fall Fun in Greater Philadelphia in 2023

Get away to Philadelphia's Countryside for pumpkin picking, corn mazes and fresh country air...



Put together your favorite fall looks and get ready for all the fun, frolic, food and foliage that come with farm and harvest festival season in Greater Philadelphia.

Farms, fields, flower gardens, festivals and favorite attractions around the region serve up a healthy dose of fresh air and autumn adventure and activities this time of year, along with delicious seasonal treats like apple cider donuts, pumpkin ales, fresh honey and homemade ice cream. [READ MORE](#)

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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