

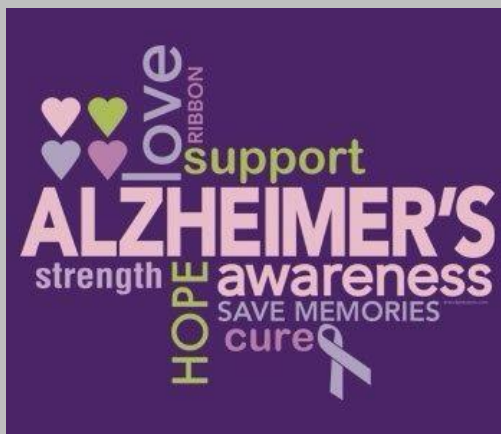


About Us



Our Services

Greetings from Kith Elder Care,
As December approaches, don't forget Medicare Open Enrollment ends December 7th. If you have the original Medicare Part D prescription plan and need assistance please contact us at [EMAIL Bonney DosSantos](mailto:Bonney.DosSantos@kithcare.com). In this month's newsletter, discover a promising approach on Alzheimer's disease; tips for supporting aging parents; embracing healthy habits; options for senior care and their differences; preparing for the holidays; and much more.



A New Effort to Slow the Progress, and Possibly Treat Alzheimer's Disease

The search for a cure for Alzheimer's Disease is a big undertaking that's hitting Madison. A research team at the UW-Madison School of Medicine is part of a clinical trial led by a team at Cornell called Lucinda.

"So the Lucinda Trial is a phase two double-blinded randomized placebo-controlled study that is open to women ages 65 and older," said Dr. Craig Atwood from UW-Madison.

Atwood has already been part of a group to test the use of leuprolide against Alzheimer's which is traditionally a drug used for prostate

cancer in men, endometriosis in women, and early puberty in children.

...The goal will be to see if leuprolide can slow or prevent a decline in thinking abilities in women. The study focuses specifically on women 65 years and older who have been diagnosed with mild cognitive impairment. [**READ MORE**](#)

Americans Say Helping Aging Parents is More Important Than Inheritance

If you're faced with the decision of doing more financially for your own kids or supporting your aging parents, there are good reasons to "choose" your parents - and yourself.



Teens and young adults have time to figure out their own finances and how to support themselves without an inheritance. [**READ MORE**](#)



7 Things to Do Every Night to Support Healthy Aging

When it comes to building sustainable, healthy habits, we spend a lot of time focusing on our morning routine: nosh on a nutritious breakfast, mix in a meditation, add in a sweat session, etc. (You get the picture.)

While starting your day off right is a smart strategy, your nighttime routine is just as important.

If you hope to blow out birthday candles for many years to come, try incorporating these evening essentials...[**READ MORE**](#)

Assisted Living vs. Nursing Homes: Care and Cost Differences

As your loved one ages, they may require more care than they can get from friends and family at home. Choosing a long-term care facility can help improve their quality of life, but the decision can be difficult to make.

Assisted living facilities and nursing homes are two options that provide

different levels of care. While assisted living is designed for mostly independent living, nursing homes can provide needed medical care around the clock.

This guide compares assisted living facilities and nursing homes, including their pros and cons, the type of care provided at each institution and their costs.

[READ MORE](#)



How to Coordinate a Parent's Care With Siblings

When it becomes clear that an aging parent needs caregiving, it's uncharted territory for most adult children. Ideally, brothers and sisters rally together to recognize a parent's needs and challenges, make plans to address them and

volunteer for essential caregiving tasks. But it doesn't always work out that way.

Adult siblings may have clashing ideas about how much care a parent needs and who should provide it. They may have different perspectives on what their own roles should entail. Individual brothers or sisters may step up to take on caregiving responsibilities while others step back. In many families, sibling caregiving roles are never explicitly discussed.

[READ MORE](#)



Senior Scams: Beware of artificial intelligence

Imagine receiving a call from your grandson, who you have not heard from in six months. You instantly recognize his familiar voice, and you are thrilled that he is calling. But then he delivers some bad news. He

is in jail and needs money to pay his bail. You are willing to help. He gives you information for the police station, and you wire the funds over immediately.

Later, you learn that the person you talked to on the phone was not your grandson, despite sounding just like him. The call was a scam, and money that you wired went to an unknown recipient and cannot be recovered. [**READ MORE**](#)

How to Successfully Downsize For Retirement



Embarking on a downsizing journey as a senior can be exciting and overwhelming. It's a time filled with anticipation for a new chapter in life, but it also involves making tough decisions about belongings accumulated over the years.

A comprehensive checklist can be an invaluable resource to ensure a smooth and successful downsizing process. Whether you're considering downsizing for retirement, transitioning to a smaller home or exploring senior living options, this checklist will help simplify the process and pave the way for a stress-free transition. [**READ MORE**](#)

The Ultimate Thanksgiving Dinner Checklist

Spend more time planning, and you'll spend less time panicking.

A Thanksgiving checklist is absolutely essential for the juggling act of hosting everyone's favorite feasting holiday. It'll help you stay organized and cross off as many to-dos as possible prior to the big day, so you can sit back and enjoy your guests (and a perfectly prepped turkey).

[**READ MORE**](#)



18 Must-See Holiday Attractions in Greater Philadelphia for 2023

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



Philly 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 fill you with holiday cheer.

For 2023, plenty of iconic seasonal celebrations — like the 6abc Dunkin' Thanksgiving Day Parade, LOVE Park's Christmas Village and Philadelphia Ballet's The Nutcracker — are joined by brand-new traditions like Yuletide at Devon. [**READ MORE**](#)

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

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

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