



About Us



Our Services

MONTHLY HIGHLIGHTS MARCH 2022

March is Colorectal Cancer Awareness Month



Colorectal Cancer Risk Factors

Whether you or a loved one are worried about getting colorectal cancer, have just been diagnosed, are going through colorectal cancer treatment, or are trying to stay well after treatment, this information can help you find the answers you need.

Colorectal cancer risk factors you can change

- Being overweight or obese
- Not being physically active
- Certain types of diets
- Smoking
- Alcohol use

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How to Cover Expenses of Rising Long-term Care Cost



Long-term-care expenses are growing, with sizable price hikes in 2021 for home-based services. Seniors may pay out of pocket, rely on family members or try to buy insurance, but standalone long-term care policies may be too expensive. Other options may include hybrid life insurance or public assistance through Medicaid.

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Pennsylvania Department of Aging

Transportation Programs and Resources for Senior Citizens

- Free Transit Program
- Shared Ride Program
- Persons with Disability Parking Placard and Registration Plates
- Non-driver Identification Cards
- Auto Insurance Discounts
- Motor Vehicle Registration Fee Discounts
- Low Vision Restricted Driver's Licenses

[READ MORE...](#)



~Daylight Saving Time Begins on Sunday, March 13th, 2022
~Spring Begins Sunday, March 20th, 2022

Clean with Purpose this Spring. Open Your Pantry, Closets and Drawers - and Donate!

Spring has sprung, and all over, people are opening up their windows to let the fresh, warm air in. This year, why not also open up your pantry, closets and drawers—and donate. From canned food to seldom-used clothing and household goods, it's easy to turn a spring-cleaning ritual into a donating tradition.

No matter the items you find on



pantry shelves or closet bins, chances are they can be put to good use for others. Try our ideas for destinations beyond the trashcan.

READ MORE

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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