



About Us



Our Services

MONTHLY HIGHLIGHTS NOVEMBER 2021



Thanksgiving Day is about spending time with friends and family while enjoying a feast with all the trimmings. Often times due to issues such as distance, financial, or other various reasons we're unable to participate in these gatherings.

If you don't have any plans and would like to celebrate Thanksgiving with new friends, here are a number of local organizations offering free Thanksgiving dinners to all:

- [Friendsgiving Turkey Dinner: Hosted by All Saints Episcopal Church, Torresdale](#)
- [HEART Kitchen \(Ann's Heart\), Phoenixville](#)
- [Lehigh Conference of Churches: Community Sit-Down Thanksgiving Meal, Allentown](#)

Don't delay, click on the location above that's closest to you and register today!

November is Diabetes Awareness Month

The 6 Best Foods to Improve Your Gut Health and Prevent Diabetes, Biochemist Says

Gut health continues to make headlines, and for good reason—more and more, scientific studies suggest that a balanced gut microbiome attributes to better overall health. Now, moving into National Diabetes Awareness month, one biologist explains how eating just the right foods for your gut may actually help you fight diabetes.

[Read more](#)



Kith Elder Care Team Member Spotlight



Please join us in welcoming Robynn Margasak, RN to the Kith Elder Care team!

Robynn has more than 20 years of experience in the healthcare industry. Most recently, Robynn held positions as Lead Onsite Registered Nurse and Program Coordinator with senior care organizations.

Robynn's role as a care manager at Kith Elder Care will be using her healthcare expertise to provide ongoing care management services to our clients, and to address any changes in status and issues as they arise.

At Kith Elder Care, our name signifies the commitment to providing the same quality of care and attention that we would want for our own family members. We are confident that our clients will benefit from Robynn's experience and passion for healthcare.

Welcome aboard Robynn!

Contact us for a **FREE** consultation at 215.880.3541

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