

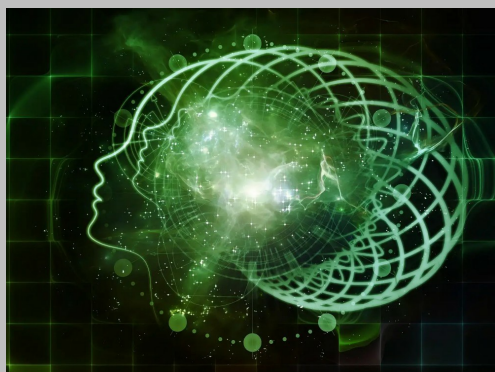


About Us



Our Services

Greetings from Kith Elder Care,
We are thrilled to bring you our summer edition newsletter, filled with inspiration and useful tips.
Whether you're planning to hit the road, explore new recipes, or simply stay cool at home, we've got you covered.
We hope you'll find this edition both enjoyable and beneficial.
Here's to a safe and enjoyable summer!



Ageing With Optimism: Yale Study Links Positive Attitudes to Cognitive Restoration

Research conducted by the Yale School of Public Health discovered that elderly individuals suffering from mild cognitive impairment (MCI), a prevalent form of memory loss, had a 30% higher chance of recovering their normal cognitive abilities **if they held positive attitudes about aging from their cultural background, in contrast to those with negative aging attitudes.** [READ MORE](#)

Drink Up: The Connection Between Age and Dehydration

Body changes put older adults at increased risk of dehydration

As you age, your body doesn't demand water like it used to in your younger years. The issue with that, of course, is that you still need fluids to function — and not drinking enough puts you in danger of dehydration.



Many people aged 65 and older don't drink enough liquids, says geriatric clinical nurse specialist Anne Vanderbilt, CNS. Let's take a closer look at the issue and how to best address it [READ MORE](#)

Important Safety Tips for Rising Summer Heat



When the temps begin to rise, keep cool with these safety tips.

As temperatures start to rise, heat and humidity levels increase—creating days that can be downright stifling. Cue the constant sweating.

Although you may enjoy the warmer seasons, it is still important to keep yourself safe with the rising summer heat. Here is how to keep yourself cool and safe during the dog days of summer.

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9 Sunscreens for Mature Skin That Dermatologists Swear By



These formulas provide protection against UV rays with a few wrinkle-smoothing benefits.

So, why should those with maturing skin types invest in a quality sunscreen formula? Well, on top of preventing issues like skin cancer and sunburn, Margarita Lolis, MD ... says ... "Unprotected sun exposure drastically accelerates the appearance of aging skin," she says. **"While mature skin is already experiencing these effects absent sun exposure, not protecting your skin with sunscreen daily only sends the aging process into hyperdrive."** [READ MORE](#)

What are the Best Fabrics that Cool

You Down in Warm Weather?

Stressing about sweaty patches? Not in these breathable options.

The height of summer always brings to the fashion forefront colorful outfits and lightweight, breathable fabrics to withstand the heat. So when it comes to finding the proper garments for warmer weather, the right fabric can make or break down your plans, especially when it's searing hot outside. [READ MORE](#)



75 Super Fresh and Easy Summer Recipes



When the sun's out, these easy summer recipes are in. From light and delicious appetizers to main dishes and desserts, we have all the recipes you need for the season.

Summertime should be about light summer lunches, cookouts in the backyard and simple suppers that take little effort. You want healthy summer recipes and summer side dishes that make the most of the season's best produce, and summer barbecue staples like grilled meats, potluck salads and

Seasonal Produce Guide: Which Fruits and Veggies Are in Season Right Now?

Shopping for seasonal produce is great for the planet.



Here's your guide to which fruits and veggies are in season right now.

Fruits: Apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, cucumbers, honeydew melon, lemons, limes, mangoes, peaches, plums, raspberries, tomatoes, and watermelon.

Vegetables: Beets, bell peppers, carrots, celery, corn, eggplant, green beans, okra, summer squash, and zucchini.

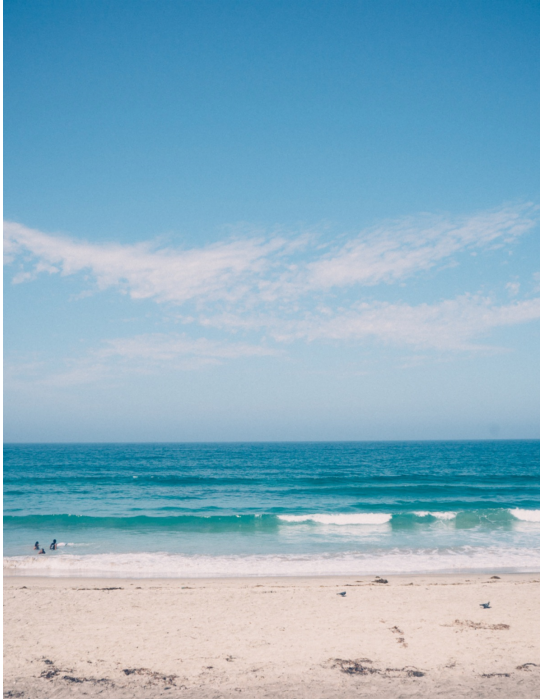
fruity drinks. [READ MORE](#)

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Here's Everything Fun to Do at the Jersey Shore This Summer

When it comes to the Jersey Shore, a single beach day just won't do.



Some might say it's not officially summer until you've hit up the beaches and boardwalks of New Jersey. With around 130 miles of coastline from Sandy Hook to Cape May, the Jersey Shore is at its peak during summer season, with plenty of events, outdoor concerts, and of course, boardwalk junk food to experience.

From a newly opened waterpark to a full concert lineup, things are about to get exciting for anyone near the Garden State. Here's everything cool to do at the Jersey Shore this year from the Fourth of July to Labor Day. [READ MORE](#)



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

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