



About Us



Our Services

PARKINSON'S AWARENESS MONTH

10 Early Signs

Know how to recognize the most common early symptoms of Parkinson's.



It can be hard to tell if you or a loved one has Parkinson's disease (PD).

Below are 10 signs that you might have the disease. No single one of these signs means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor.

1. Tremor
2. Small Handwriting
3. Loss of Smell
4. Trouble Sleeping
5. Trouble Moving or Walking
6. Constipation
7. A Soft or Low Voice
8. Masked Face
9. Dizziness or Fainting
10. Stooping or Hunching Over

What can you do if you have PD?

- Work with your doctor to create a plan to stay healthy. This might include:
 - A referral to a neurologist, a doctor who specializes in the brain
 - Care from an occupational therapist, physical therapist or speech therapist
 - Meeting with a medical social worker to talk about how Parkinson's will affect your life
- Start a regular exercise program to delay further symptoms.
- Talk with family and friends who can provide you with the support you need.

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STRESS AWARENESS MONTH

Six Steps to Reduce Caregiver Stress During National Stress Awareness Month in April



Stress doesn't just affect your mood - it can have long-term health impacts as well if you don't take steps to manage it constructively.

For people who face the stressful task of caring for a family member with Alzheimer's disease or another dementia-related illness, the Alzheimer's Foundation of America (AFA) is providing six steps to reduce caregiver stress as part of National Stress Awareness Month (April).

"Finding ways to manage and reduce stress is of paramount importance for every Alzheimer's caregiver - untreated stress over a prolonged period of time can lead to caregiver burnout and a host of other health issues," said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. **"Caregivers need to take care of themselves so they can provide the best possible care for their loved ones."**

National Stress Awareness Month is a great time for caregivers to be proactive about managing and reducing their stress and make an investment in self-care that will benefit them and their loved for whom they are caring."

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ALCOHOL AWARENESS MONTH

How Older Adults Can Get Help With Addiction

- *Older Adults and Substance Use Disorder*
- *Controlled Substance Misuse*
- *Older Adults Are Vulnerable to Addiction*
- *Signs and Symptoms of Substance Use Disorder in Older Adults*
- *How to Get Help*



You might be surprised to learn how many older adults are living with addiction, misusing substances like alcohol, nicotine and prescription medications - and experts say it's not something to take lightly.

Alcohol is the most commonly used drug among those 65 and older. About 65% of people in that age group report engaging in high-risk drinking, according to NIDA. Specifically, more than a tenth of adults in that group say they binge drink, which means consuming at least five drinks during a period of about two hours for men and least four drinks in that same timeframe for women.

“None of us can drink like we did in our 20s,” says Dr. Irwin. “Alcoholism is on a continuum, and many who have been able to drink socially during their youth and middle years find their consumption levels rise [as they age],” for reasons like the loss of a partner or struggling to adjust to an empty nest.

Alcohol can be dangerous when mixed with certain prescriptions and over-the-counter medicines. What's more, alcohol use disorder can lead to chronic health issues, such as high blood pressure, congestive heart failure, liver problems, memory issues and mood disorders.

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Don't Go Hungry: Assistance for Older Adults Facing

Reduction in SNAP Benefits

If you are an older adult who is struggling to make ends meet after the recent changes to SNAP benefits, help is available. The Pennsylvania Department of Aging has announced that assistance programs are in place to help those affected by the cuts.

“A reduction in funds shouldn’t mean a reduction in access to good nutritional resources for our older adults. No one should have to choose between paying for medication, rent or mortgage, and food,” said Acting Secretary of Aging Jason Kavulich. Don’t go hungry – find out more about the assistance programs available to you!



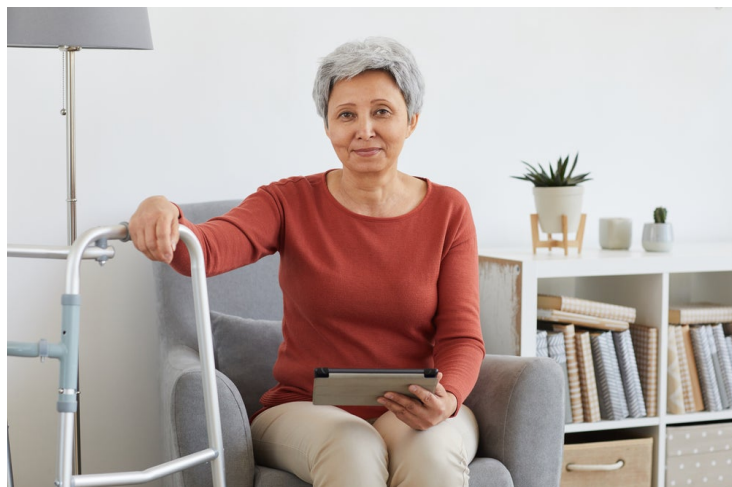
“We want older Pennsylvanians to know that the Department of Aging and our aging network are here to assist them in getting the healthy foods necessary to age in place for as long as they are able.

Our Senior Community Centers provide great nutritious meals, and if an older adult is uncomfortable being in a congregate setting, there are grab-and-go meal options for them to take home and eat,” said Kavulich

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8 Tips for Enhancing Home Safety for Elderly Family Members and Older Adults

A few quick changes can make living at home more comfortable and secure for older adults.



Many adults prefer to remain in their homes as they age. After all, it’s

comfortable, familiar, and - well, it's home. As people age, however, and mobility and response time slows down a bit, minor safety hazards around the house can become more significant.

For the elderly (and their concerned relatives), taking a few basic home safety measures can go a long way toward making home a safe and comfortable place to live.

STEP 1: Eliminate the risk of falls around the home.

STEP 2: Keep a list of emergency numbers visible and accessible.

STEP 3: Remove fire hazards from the home.

STEP 4: Pay special attention to safety concerns in the bathroom and the kitchen areas.

STEP 5: Assess the bedroom for potential hazards.

STEP 6: Check all sources of light.

STEP 7: Make the stairs easier - and safer - to use.

STEP 8: Invest in a smart home security system.

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Why Your Skin Gets Thinner With Age, and 5 Ways to Strengthen It



Having "thin skin" is not just a mindset - it's a reality as you age. You may look in the mirror and see more sagging skin, or lines that appear even when you're not smiling or frowning.

This is all completely normal as you add more candles to your birthday cake.

"Skin thinning" is literally a noticeable decrease in thickness of the skin," says Shoshana Marmon, MD, PhD, dermatologist and director of clinical research in the department of dermatology at New York Medical College.

While thin skin can be caused by a variety of factors - both genetic and lifestyle - there are things you can do to restore skin's thickness and protect its plump.

Thin skin is more than just a cosmetic issue. As the largest organ in your body, skin serves as your body's protective barrier to the outside world.

Luckily, there are some at-home treatments and in-office procedures you can try to strengthen your skin and keep it healthy.

1. Use Sunscreen
2. Apply a Topical Retinol
3. Ask About Laser Treatment
4. Consider Dermal Fillers
5. Get Vitamins and Minerals Through Food

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Top 25 Part-Time Jobs for Retirees

Whether you need the money or just want to stay active, there's a great job for you



Working in retirement might seem like a contradiction, but today's retirees and near-retirees are redefining what it means to transition into the next phase of life.

In fact, the majority of American workers (57 percent) plan to continue working in retirement, with 36 percent going part time and 21 percent full time, according to the Transamerica Center for Retirement Studies. Research cited by AARP's Public Policy Institute shows that workers 65 and older are twice as likely to work part time as workers ages 25 to 64.

Their reasons for working in retirement vary:

- Many (48 percent) of those polled by Transamerica who expect to work beyond traditional retirement ages because they couldn't afford retirement.
- Many also point to health advantages, wanting to stay active (52 percent) and keep their brains sharp (48 percent).
- And some actually enjoy working and see their jobs as giving them a sense of purpose (36 percent) and a way of maintaining social connections (27 percent).

Take a look at our list of the top 25 part-time jobs for retirees.

Pretty in Pink: What to Expect at the 2023 Subaru Cherry Blossom Festival

Two days of colorful celebrations in Fairmount Park

APRIL 15-16, 2023



Blooms of colorful cherry blossoms are a sure sign of the arrival of spring in the Philadelphia region. The annual Subaru Cherry Blossom Festival honors these beautiful flowering trees and the city's deep Japanese cultural connections.

The celebration takes place in historic Fairmount Park in the oh-so-photogenic forest of sakura (flowering Japanese cherry trees). Most of the trees here were planted in 1926 as a gift from the people of Japan to mark 150 years of American independence.

The family-friendly festival features taiko drumming, multicultural musical performances and more.

This year's event is a return to pre-pandemic form, with a beer garden, marketplace and Japanese cultural activity center popping up on **April 15 and 16, 2023 outside of the Fairmount Park Horticulture Center from 10 a.m. to 4:30 p.m. each day.**

The event is free to attend, but those who make an optional donation are automatically entered into a raffle for a few great prizes.

Manayunk StrEAT Food Festival

Sunday, April 23, 2023 11AM - 5PM



Grab everything from savory BBQ to sweet desserts as Philadelphia's best food trucks and gourmet food vendors take on historic Main Street Manayunk.



You'll be able to taste test the best and enjoy festival shopping from a variety of local vendors and Manayunk merchants. The day will also bring live musical performances from six acts at two different stages. Come to StrEAT, and bon appétit!

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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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