



About Us



Our Services

## MONTHLY HIGHLIGHTS FEBRUARY 2022

### February is National Heart Awareness Month

#### Warning Signs of a Heart Attack: Catch the Signs Early

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Shortness of breath. This can occur with or without chest discomfort.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Other signs. Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.



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#### Strategies for a heart-healthy lifestyle

American Heart Month in February is the perfect time to commit to a heart-healthy lifestyle. When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic

conditions, like type 2 diabetes and some forms of cancer. Here are seven simple strategies that your heart will love.

- Know the risks
- Eat healthy
- Move more, sit less
- Quit smoking
- Take your meds
- Rethink your drink
- Monitor blood pressure



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## Happy Valentine's Day

### Valentine's Day and Senior Citizens Advice For Caregivers

Valentine's Day is a holiday set aside to recognize love of all types. However, for senior citizens, it can serve as a sad reminder about a love who has passed away. If you have an aging loved one in your life you suspect will be feeling lonely and sad on Valentine's Day, below are some ways you can help them to feel comforted and gently remind them of the many others who love them.



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### Things to Do for Valentine's Day Weekend in Greater Philadelphia for 2022

Find plenty of ways to celebrate love for couples, friends and family...

If you didn't think Philadelphia would go all-out for Valentine's Day, you'd be sorely mistaken. (It is called the City of Brotherly Love and Sisterly Affection, after all.)

Valentine's Day falls on a Monday this

year, which means you have permission to extend your weekend (because you simply cannot be forced to wait a week until Presidents Day Weekend) to feel the love. Whether you're single, coupled or want to celebrate with a group, the Greater Philadelphia area is rife with events that'll make your heart swell.

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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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