



About Us



Our Services

## February is American Heart Month



### Health Matters: Follow These Eight Steps to Stay Heart Healthy

Approximately every 40 seconds, someone in the United States will have a heart attack, according to the American Heart Association.

But while heart attacks are common, many are preventable.

With American Heart Month coming up in February, now is a good time to evaluate your heart health and talk with your doctor about any concerns you may have.

It is also a good time to review the American Heart Association's following eight essential guidelines for living a heart healthy lifestyle and preventing heart disease.

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## Seniors, Make This Winter an Active & Healthy One

Winter may feel like a time for hibernation, but it's important for seniors to safely keep up their hobbies and physical activity in the cold weather.

"It's important to get outside as much as possible, whether it's temperate or even if it's colder, as long as it's safe to do so," said Dr. Angela Catic, an associate professor in the Center on Aging at Baylor College of Medicine, in Houston.

"If it's cold, bundling up and getting outside is good for your spirit and good for you physically," she said in a Baylor news release.

Continue walking, biking or being in nature, Catic suggested, while being cautious of snow or icy conditions. But don't pick up a new active sport like skiing or snowboarding, unless that was already a hobby, she cautioned.

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## Winter Storm Safety

*Learn how to stay safe during a blizzard and how to prevent or thaw frozen pipes*



Winter storms can bring extreme cold, freezing rain, sleet, heavy snowfall, ice, and high winds. These storms can cause transportation, heat, power, and

communication disruptions. They also can close schools, stores, and workplaces.

Winters are getting warmer and shorter because of climate change. But, because a warmer atmosphere holds more moisture, heavier snowfalls are more likely to occur.

We can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.

Take immediate precautions if you hear these words on the news:

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## 10 Essential Estate Planning Documents You Need

*It's essential to think ahead and consider what important legal documents you should include in your estate plan*

What comes to mind when you hear the term, "estate planning?" You might imagine spending a lot of time in an attorney's office, bent over piles of paperwork and immersed in legalese.

But the truth is that estate planning doesn't have to be challenging or time-consuming; in fact, it's easier and less expensive than ever because of today's online resources.

Now, one of the most thoughtful things you can do for the people you care about is to make an estate plan.

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# Happy Valentine's Day



## How to Avoid Scams When Senior Dating Online

*Understand how to stay safe and protect yourself before filling out a profile to date online.*

If you're looking to meet new people and start a relationship during retirement, there are many online dating sites and apps available. You will typically be asked to create a profile that includes your picture and some basic details about your interests and personality. You can search for potential matches and connect with others through the platform.

While online dating services provide the chance to find a new match, there are risks involved. Scammers may set up a profile and try to take advantage of others on the site, especially those who seem very trusting. Since seniors are often considered to be financially secure, thieves consistently target this demographic.

To avoid scams when senior dating online, you can:

- Protect your personal information.
- Know the financial risks.
- Look for local connections.
- Meet in proper settings.
- Make sure you're not a target.
- Check on suspicious activity.

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## How to Approach Valentine's Day When You've Lost A Partner



There's no proper way to prepare for the loss of a loved one.

Whether you knew they were sick, or it was a shocking accident; whether you have children to grieve with, or not; whether you were together for 5 years, or 50—the pain of loss can be devastating.

There are many new hurdles and experiences to get through once you've lost your life partner, and not all of them are easy.

The first Valentine's Day after the death of a spouse can be especially hard since the day is dedicated to couples and nearly impossible to avoid.

While celebrating Valentine's Day alone might be a shock after spending so many years with a spouse, there are ways that you can get through it to help combat the feelings of loneliness and grief.

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LONGWOOD  
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## Winter Wonder

*Make Your Winter Escape*

*This winter, escape the typical winter chill—and find a true winter thrill—at Longwood.*

**January 21–March 26, 2023**



- Embark on an exotic day trip by escaping to our warm Conservatory, a lush sanctuary of a variety of beautiful plants from around the world.
- Stroll amid vibrant Streptocarpus ‘Concord Blue’ hanging baskets and the cascading blooms of Clerodendrum schmidtii (chains-of-glory).
- Explore the ever-changing Orchid House as it bursts with colorful standouts from our expansive collection, with new orchids coming into brilliant flower throughout the season with our changing display.
- Delight in a captivating performance amid the Conservatory’s ever-changing beauty as the sounds of jazz to classical music fill the air.
- Engage in a class in our Gardens or in the community and dig into a new creative practice, cultivate your skills, and have fun.
- Learn about our many plant research and conservation projects—and meet the talented staff behind the work—with our new monthly Science Saturdays.

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- Office Assistant

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