



About Us



Our Services

MONTHLY HIGHLIGHTS JULY 2021

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common of all cancers.

[Read more](#)



More than 300,000 older Pennsylvanians are eligible for Senior Food Box Program



"Older adults often face barriers to access for food assistance programs, such as mobility, technology and stigma."

The Pennsylvania Department of Aging seeks to increase access to Pennsylvania's Senior Food Boxes, a supplemental food program available for free to adults, 60 or older, whose annual household income is at or below 130% of the U.S. poverty level (\$16,744/individual or \$22,646/couple).

[Read more](#)

Kith Elder Care Team Member Spotlight

Liz Dunleavy, of Kith Elder Care, serves as a Geriatric Care Manager (GCM) in the greater Philadelphia area.



Liz Dunleavy, MSW, LSW, CMC

Liz is a licensed social worker and certified care manager. With her experience, she provides expert guidance, caring advocacy and timely connections with cost-effective services for older adults and their families, planning for current and future needs.

Liz received her Master's degree in social work from Fordham University with an emphasis in gerontology and her Bachelor's degree in psychology from Simmons College. She is a member of the Aging Life Care Association (ALCA) and serves on the board of its Mid-Atlantic Chapter. In addition, she is co-chair of the ALCA Philadelphia Unit.

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

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