



About Us



Our Services

MONTHLY HIGHLIGHTS JULY 2022

Age Magnificently with the Help of a Geriatric Care Manager



Geriatric care managers help families map the coming changes and explore the options before they are even needed.

It can happen in an instant. One day your dad is living on his own, independent and mostly healthy despite advancing age. The next he's in bed with a broken something, dependent on his grown children and forced to move into a long-term care facility because you don't have time to research alternatives.

Seek Help Sooner, Rather Than Later

That's why one of my top recommendations to anyone who asks about elder care is: **Do not go it alone.** Another: **Start exploring options before your parents need them.**

Thankfully, there are folks who do this sort of work. Called geriatric care managers (GCMs), life managers or even aging life care coordinators, they're typically social workers, occupational therapists or nurses who specialize in helping older people figure out what they need and how to get it – sort of like a **professional relative without the built-in family dynamic**

[Read more for details from Kiplinger...](#)



TIME FOR A MID-YEAR WELLNESS CHECK-UP

Summer is usually associated with leisure activities. But this is also the perfect time to do a mid-year health and wellness check-up.

First, conduct a self-assessment. Think about the past year. Have you had any trouble doing things that you enjoy? Reflect upon your daily tasks to determine if some seem harder than others, as compared to last year. For older adults with a support system, ask someone you trust to provide feedback on how you seem to be doing, physically and mentally.

[Read more at Philadelphia Corporation for Aging](#)

Tips for Helping Seniors Stay Young

Adults benefit physically and mentally by choosing to learn new things over the years. For seniors,

participating in activities is more than just fun and games.

There are many things seniors can do to help age well, including physical activity, exercise, and making healthy food choices.

Research indicates that engaging in enjoyable social and productive activities, like taking an art class or volunteering in the community, may also help maintain well-being.



- **Get Out and About.**
- **Learn Something New.**
- **Become More Active in the Community.**
- **Be Physically Active.**

[Read more for details at DHS...](#)



99 Great Ways to Save

Whip inflation like it's 1974: Squeeze \$2 out of \$1 with creative frugality

This year, the nation faces 1970s-style price hikes on everything from garbage bags to gasoline. Want to whip inflation now?

Click the below **AARP link** for 99 tips to stretch your dollar on the following categories:

[**Get details of the 99 tips at AARP...**](#)

- Groceries
- Vegetable gardens
- Cars
- Travel
- Entertainment
- DIY
- Energy
- Phones
- Shopping
- Help from AARP
- TV watching
- Make it last
- Get it free
- Get it used
- Save while saving

SUMMER FAMILY ACTIVITY

THE PHILADELPHIA CHINESE LANTERN FESTIVAL ILLUMINATES FRANKLIN SQUARE THROUGH AUGUST 7!

Enjoy:

- More than 30 new lantern displays
- A new Franklin Square Fountain Show
- Live performances
- Authentic cuisine
- Festival foods
- The Dragon Beer Garden
- Mini golf
- Carousel attractions

At the most immersive lantern festival in the United States!

[Read more for event details at Historic Philadelphia...](#)



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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