



About Us



Our Services

NATIONAL SOCIAL WORK MONTH

**National Association of Social Workers
turns to Ipsos for survey that shows
Social Workers have a high favorability rating**

SOCIAL WORK BREAKS BARRIERS

*A majority say social
workers improved their or
their family's situation*



Eighty percent of Americans have a favorable opinion of social workers and 81 percent of those who have interacted with a social worker say a member of the profession improved their situation or that of a family member, according to a new survey from Ipsos, the global research and public opinion company.

However, the survey, which is being released in time for National Social Work Month in March, found social workers still have work to do in educating the public about the positive contributions the century-old profession has made to our nation.

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NATIONAL NUTRITION MONTH

How to Sneak Calories and Nutrients

Into a Senior's Diet



Caregivers know that seniors need proper nutrition in order to maintain and improve their health, but how do we make this happen when they don't want to eat?

It is worrisome when an aging or ill loved one begins pushing away food because of digestive issues or a lack of appetite.

There are several common issues that can prevent older adults from getting the nutrition they need. Some of these can seem like small annoyances, while others are medically serious and more difficult to accommodate.

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Most-Overlooked Tax Breaks for Seniors and Retirees



Unfortunately, seniors over age 65 often miss tax-saving opportunities that are available to them. Don't let that happen to you.

For retirees over age 65, it's more important than ever to take full advantage of every tax break available. That's especially true if you're on a fixed income.

After all, some of you have to stretch out your retirement savings to help cover finances for the rest of your life. But holding on to your money during retirement is easier said than done.

That's why retirees, who often miss valuable tax-saving opportunities, need to pay close attention to their tax situation. Learning about common but often

overlooked tax breaks for retirees over age 65, can help.

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Are You a Senior Citizen Struggling with Vision Loss?

The American Council of the Blind (ACB) is here to help you. We understand the many challenges you face as a senior citizen losing your eyesight or encountering a marked reduction in your vision. Many of us have experienced the same challenges and have found ways of coping that we can share with you.



Just about everyone experiences some degree of vision loss as they age. But if your eye problems have made simple daily tasks difficult or impossible and glasses or contacts don't help you, chances are the reason isn't just a matter of getting older. A potentially serious medical condition could be causing your low vision.

Low vision can be the result of several eye conditions. Or it can even be symptomatic of other ailments not directly related to the eye, such as diabetes.

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The Benefits of Music On The Aging Brain

How Music Stimulates the Brain

The brain lights up like a Christmas tree when you listen to music," says neurologic music therapist Kimberly Sena Moore



Much like a brisk walk provides exercise for the body, music acts like exercise for your mind. Studies have found music relieves stress and reduces anxiety, depression, agitation and anger, as well as slowing cognitive decline in older people.

Also, your brain loves music. Nothing engages the brain quite like music. Neurologic music therapist Kimberly Sena Moore put it this way: “Your brain lights up like a Christmas tree when you listen to music. Music is really such a complex stimulus and you can use it in an intentional way for general wellness.”

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Grandparents share their favourite activities to entertain the grandkids



Grandparents are a vital part of a family's structure, and their love and affection for their grandchildren know no bounds. Spending time with grandkids is an enriching experience that brings joy and happiness to both generations.

Grandparents are a great source of wisdom, knowledge, and life experience,

which they can pass on to their grandchildren through their favourite activities. Whether it's baking cookies, playing board games, gardening, or sharing stories from their past, grandparents have an abundance of fun and engaging activities that can keep their grandkids entertained for hours.

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2023 Philadelphia Flower Show March 4-12, 2023



"The Garden Electric"

That spark of joy that comes while giving or receiving flowers - this is the moment captured by The Garden Electric.

The 2023 Philadelphia Flower Show makes its return to the Pennsylvania Convention Center to amaze visitors with an exciting floral experience, bringing together dynamic designers, bold exhibits, world-class shopping, education, music, food, and family fun.

Open daily from 10 am - 7 pm; until 8 pm on March 4, March 10 & 11; open until 6 pm on March 12. Tickets are valid for one visit, any day of the Show.

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How To Prepare Your Family And Pets For Daylight Saving Time

- *Adjusting sleep and wake-up times in the days before a time change can help.*
- *Pets can feel the effects, too.*
- *Most people in the U.S. support year-round daylight saving time.*

Daylight Saving Time: March 12, 2023



It's almost that time of year when households across the United States set their clocks forward an hour as daylight saving time starts.

The annual "spring forward" that happens March 12 and "fall back" in November can throw off natural body rhythms, including sleep cycles and eating schedules. That can make it hard for adults, babies and pets to adjust.

The American Academy of Sleep Medicine, or AASM, and other experts say there are some things people can do to make the transition smoother.

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