



About Us



Our Services

NATIONAL AGING LIFE CARE MONTH



Kith Elder Care is proud to be a member of the Aging Life Care Association. Being part of this community of professionals dedicated to helping seniors and their families navigate the complexities of aging is truly rewarding. Through education, advocacy, and collaboration, we are committed to providing the highest level of care and support for seniors in our communities.

Our team of experienced care managers is dedicated to providing the highest level of care and support to meet your unique needs. From comprehensive assessments to personalized care plans and ongoing support, we are here to help you navigate the complexities of aging and illness. Contact us today to learn more about how we can assist you and your family!

CONTACT US

NATIONAL OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

What You Can Do Now to Prevent Osteoporosis



Did you know that 50 percent of women in the U.S. age 50 or older will break a bone due to osteoporosis?

Overall, about 54 million Americans have osteoporosis—a gradual thinning out of the bones—or low bone density, which may lead to fracture. Women typically start out with lower bone density than men, and loss of estrogen over time can increase the risk for osteoporosis.

But there is good news: In some cases, osteoporosis can be preventable. The sooner you start keeping your bones healthy, the better off you will be in your 50s and beyond.

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Study Finds This Low-Impact Workout Helps Seniors Regain Their Strength



- *New research finds one type of exercise can help protect against frailty in older adults.*
- *The practice helped participants have better mobility and leg strength.*

- *Experts recommend that older adults make regular exercise a priority.*

Staying active is important for overall health, but it can become more of a challenge as you age. With that, it's important to find exercise routines that can support your health while also enhancing other areas of your life.

Now, a new scientific analysis from researchers at Harvard University suggests that yoga is a great option for helping seniors regain their strength and improve mobility.

The study, which was published in the [Annals of Internal Medicine](#), looked at 33 studies of 2,384 participants over the age of 65. The researchers found that yoga—typically Hatha yoga that included Iyengar or chair-based methods—increased the walking speed and ability to rise from a chair. Both of these metrics are linked with less frailty and increased longevity.

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Senior Citizens Can Go to College for FREE or Cheap in All 50 States

We're living longer than ever before, and doing so in better health. So what can you do when you retire and want to keep your mind sharp or need to gain additional skills to stay competitive at work?

For many, the answer is to go back to school. But tuition can be prohibitively expensive.



At the same time, schools want their classrooms to be full of engaged students, regardless of age. In the interest of continuing education, many colleges and universities offer reduced or free college for seniors (typically, adults 60 and up, although the rules vary).

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Great Senior Discounts for 2023

Learn where to look to save on everyday expenses during retirement



Taking advantage of senior citizen discounts may reduce your retirement costs and free up funds for other activities. Many places and services provide a savings if you are 50 or older. Some offer discounts on certain days of the week to retirees, while others have an established lower price for older buyers.

To be prepared, carry your identification, as you may be asked to show proof of age to receive a deal. The amount you save might depend on factors like your age, location and lifestyle.

- Restaurant senior discounts.
- Retail senior discounts.
- Grocery store senior discounts.
- Hotel senior discounts.
- And more...

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I'm a Senior. When Can I Stop Paying Property Taxes?



As a senior citizen, you probably will end up paying property taxes for as long as you are a homeowner.

However, depending on the state you live in and often once you hit your 60s (usually around the ages of 61 to 65), you may be eligible for a property tax exemption. This exemption is often referred to as a homestead exemption for seniors and sometimes as a “senior freeze.” It’s important to understand how this works in order to determine if you’ll be able to take advantage of this property tax exemption.

How do these property tax exemptions work?

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CELEBRATING MOTHER'S DAY: HONORING THE WOMEN WHO SHAPE OUR LIVES



Sunday, May 14, 2023

Mother's Day is a special day to celebrate the incredible women who have shaped our lives.

Whether it's our own mothers, grandmothers, aunts, or mother figures, these women play a vital role in our lives and deserve to be celebrated.

For many of us, our mothers are the first teachers we have. They are the ones who teach us how to walk, talk, and explore the world around us. They are our cheerleaders and confidants, always there to support us through life's ups and downs.

In today's fast-paced world, it's easy to take our mothers for granted. We get so caught up in our busy lives that we forget to appreciate the small things they do for us every day. Mother's Day is an opportunity to slow down and show our mothers how much we love and appreciate them.

One of the most meaningful ways to show our appreciation is through thoughtful gestures.

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Rittenhouse Row Spring Festival 2023:

A Block-by-Block Guide

SATURDAY, MAY 6, 2023 | NOON-5 P.M.



The event returns as a full-scale celebration for the first time since 2019...

Among Philly's many, many spectacular fests, the Rittenhouse Row Spring Festival earns its spot as one of the biggest and best.

Returning as a full-fledged celebration for the first time in four years, the festival takes over Walnut Street with live music, family-friendly activities, locally made goods, specialty cocktails and food from some of Philadelphia's top eateries.

The upscale festival promotes "accessible luxury," and traditionally brings more than 50,000 people to the neighborhood to experience Philly's finest fashion and flavors. Rittenhouse Row Spring Festival is free to attend, with pay-as-you-go food, drinks and merchandise.

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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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