



About Us



Our Services

MONTHLY HIGHLIGHTS SEPTEMBER 2022

September is Aging Healthy Month

Tips on aging well in 2022

For Healthy Aging Month in September, here is some sage advice on aging well from the Forbes Health advisory board.

1. Take care of your hearing
2. Trade limits for rewards
3. Embrace telehealth
4. Maintain stimulation
5. Take a balanced approach



[READ MORE AT PCA...](#)

Gov. Wolf Highlights Efforts Leading to Feeding More Older Pennsylvanians with Senior Food Box Program Improvements

Governor Tom Wolf today highlighted the Wolf Administration’s efforts to improve accessibility and awareness for Pennsylvania’s Senior Food Box Program, which is now feeding 20%

Are you 60+ years old?

Struggling to make ends meet?

Food impacts your health. Don't compromise.



Sign up for the Pennsylvania **SENIOR FOOD BOX PROGRAM**



agriculture.pa.gov/SeniorFoodBox
800-468-2433



more seniors than it was this time last year.

“One hungry older Pennsylvanian is one too many. Through valued partnerships, we’re working towards an ultimate goal of eliminating hunger,” said Agriculture Secretary Russell Redding. “And I’m proud to say, we’re making progress for our seniors. The Senior Food Box Program is now more accessible thanks to a rebranding and new partnerships. I hope that with easier access to reliable food on the table, we’re taking stress off the table.”

READ MORE...

[Click this link for the PA Senior Food Box Self-Declaration of Need FILL-IN Form](#)

Contact Info:
Bureau of Food Assistance
(800) 468-2433
RA-Fooddist@pa.gov

Vaccines for Adults Age 65 and Older

Vaccines are especially important for older adults. As you get older, your immune system weakens and it can be more difficult to fight off infections. You're more likely to get diseases like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness, hospitalization, and even death.

If you have an ongoing health condition — like diabetes or heart disease — getting vaccinated is especially important. Vaccines can protect you from serious diseases (and related complications) so you can stay healthy as you age.



[READ MORE...](#)

[Click this link for Adult Vaccine Schedule - 2022](#)

Just 10 Minutes Per Day of Walking Could Help Older Adults Live Longer



- Physical activity can slow the aging process and is associated with a reduced risk of all-cause mortality in older adults.
- Conversely, chronic illness and age-related changes in exercise capacity can hinder the ability of older individuals to achieve the recommended physical activity levels.
- A new study involving individuals ages 85 years and older shows that walking at least 1 hour per week could reduce the risk of all-cause and cardiovascular mortality.
- The results are consistent with current physical activity guidelines that recommend that older individuals unable to engage in moderate-intensity physical exercise should engage in physical activity as permitted by their abilities.

[READ MORE...](#)

**First Day of Fall & Daylight Saving Time
September 22, 2022**



Your 2022 Fall To-Do Checklist

All the things you should do for fall but never remember to do. A complete fall checklist of the tasks you need to before winter hits. Like cleaning gutters and eating pie!

30 Things To Do To Get Ready for Fall:

1. Clean the gutters.
2. Repair the gutters.
3. Wash the windows inside and out.
4. Have the chimney cleaned.

[Click for complete list...](#)

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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