



About Us



Our Services

Greetings from Kith Elder Care,
In this month's newsletter, we bring you a range of topics
from health tips to engaging activities, all aimed at
enhancing your wellbeing in the new year. We hope you
find these articles enlightening.

January is Cervical Cancer Awareness Month



While NCCC is focused on cervical health and cervical cancer prevention all year long, Cervical Health Awareness Month in January is a time where we want to get as many people involved as we can. The World Health Organization has a plan for the elimination of cervical cancer through vaccination and screening - we can get there! This January, we encourage you to learn more about cervical health and cervical cancer prevention and take steps to help eliminate this preventable cancer.

What Can You Do? To start, learn about cervical health and cancer prevention. There are two important tools for prevention - HPV vaccination and regular screening. [**READ MORE**](#)

Cold Weather Safety Tips for Older Adults:

What to Be Aware Of

Winter may be a challenging season for your safety and security, especially in the northern regions of the United States. Older adults have an increased risk to their safety as temperatures fall throughout the country this winter.



When we enter the season of colder temperatures, there are often increased visits to the emergency department for falls and hypothermia. This article will focus on cold weather safety tips for older adults.

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Proper Dental Care Will Keep You Smiling Through the Ages



When it comes to dental health, “as we grow older, we are a product of all the things we didn’t do well in our youth,” said Dr. Mark S. Wolff, dean and professor of preventive and restorative dentistry at Penn Dental Medicine since 2018. “Whether it was not adequately brushing teeth, preventing tooth decay or taking care of gums, poor habits catch up with older adults. “The things we should have taken better care of when we were younger wind up catching up with us,” he said.

In addition, older adults take more medications, which can decrease salivary flow. Saliva cleans your teeth by washing away bits of food and helping to dilute acidic foods to protect your teeth from decay. Older adults are also prone to developing more diseases, such as diabetes, and injuries that can further negatively impact dental health. **[READ MORE](#)**

4 things to Consider About Longevity

to Become a Centenarian



This as-told-to essay is based on a conversation with William J. Kole, author of "The Big 100: The New World of Super-Aging." It has been edited for length and clarity.

I researched longevity after my grandmother lived to 104. Here are 4 things that might help you become a centenarian.

My grandmother's life spanned three centuries. She was born in 1899 and died in 2003, just before her 104th birthday. She told stories about the changes she witnessed that would make me go weak in the knees. For example, one of her first jobs was playing piano for silent movies, and yet she died in the age of home screening and 3D films.

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3 Reasons to Claim Social Security Early (and 3 Reasons to Wait Until 70)



When it comes to deciding when to claim Social Security, most people say they want the most money they can get.

AARP recently surveyed nearly 3,400 U.S. adults ages 25 to 66 for a study on Social Security knowledge. According to the November 2023 report, 71 percent said maximizing retirement income is “very important” to their benefit decision.

But when it actually comes to claiming Social Security, what people do is often different.

Less than 10 percent of the approximately 3.4 million people who started retirement benefits in 2022 were at least 70 years old, the age at which you can get your highest monthly payment, according to Social Security Administration (SSA) data. The average claiming age was about 65, and nearly a quarter of

claimants were 62, the earliest age of eligibility. [READ MORE](#)

The Medicaid Look Back Period Can Delay Nursing Home Care

More than 1.7 million Americans live in nursing homes, but how do they pay for it? The majority of people rely on Medicaid to foot the bill.

Getting approved for Medicaid, however, can be tricky, especially when it comes to the Medicaid Look Back Period. Here's what you need to know so that you can get nursing home care when you need it. [READ MORE](#)



16 Wheelchair Accessible Things to Do in Philadelphia



Philadelphia is a vibrant city that offers tourists an opportunity to experience diverse history, art and culture within a relatively compact space. The city's most popular attractions - Independence Hall, the Liberty Bell, LOVE Park and the Philadelphia Museum of Art - are all wheelchair accessible.

Plan your itinerary with this list of wheelchair accessible attractions in Philadelphia and enjoy exploring the city where the American republic was formed. [READ MORE](#)

Kith Elder Care serves Philadelphia, Montgomery, Delaware, Chester, and Bucks Counties

Contact **Kith Elder Care** for a **FREE**
consultation at [215-880-3541](tel:215-880-3541)

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Kith Elder Care, LLC | 8225 Germantown Ave, PO Box 4365, Philadelphia, PA 19118

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