



About Us



Our Services

OBSERVING STRESS AWARENESS MONTH 2024: WHAT SHOULD YOU KNOW ABOUT STRESS?



Since 1992, Stress Awareness Month has been observed with the intention of increasing knowledge about the impact of chronic and acute stress. During April, Stress Awareness Month offers a chance to spread awareness and increase your knowledge on managing or preventing stress. In honor of Stress Awareness Month, looking at facts about stress, including common causes, signs of stress, and how to cope with challenging moments, may be beneficial.

Stress in minor to moderate doses may be expected, as the body is equipped to handle these reactions. However, ongoing or unattended stress can have serious consequences. Chronic stress impacts the entire body and can harm well-being in the long term.

Ongoing stress is a risk factor for heart disease, dementia, stroke, accelerated aging, depression, anxiety, insulin resistance, prolonged digestive issues, and irritable bowel syndrome (IBS). In addition, chronic stress may impact your outlook on life, interpersonal relationships, performance in the workplace, and self-care. [READ MORE](#)

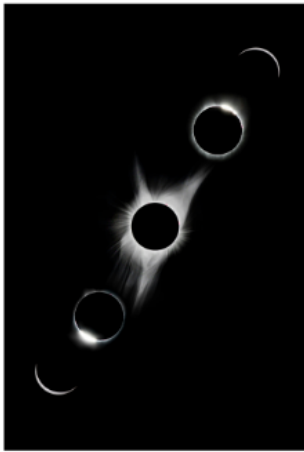
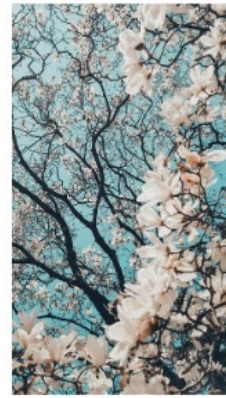
MANAGING STRESS: HEALING WITH NATURE

CHERRY BLOSSOMS IN PHILADELPHIA: WHERE AND WHEN TO SEE PEAK BLOOM

PHILADELPHIA (CBS) -- One of the first but often fleeting signs that spring has sprung are pink and white cherry tree blossoms.

While the cherry trees have already reached peak bloom in Washington, D.C., they're just getting ready to reach peak bloom here in Philadelphia.

So if you love taking time to stop and enjoy the blooms, here's what you should know about cherry blossom season before it ends. [READ MORE](#)



YOUR FULL GUIDE TO PHILLY'S PARTIAL SOLAR ECLIPSE ON APRIL 8

This spring, Greater Philadelphia will experience a phenomenon not witnessed for 40 years.

A total eclipse of the sun will traverse the country on **Monday, April 8, 2024**, during which the Philly region will be plunged into a **partial solar eclipse** reaching over 90% of totality.

The event – where the path of the moon crosses in front of the sun – will cover nine-tenths of the sun's surface locally. That makes this a "deep partial" solar eclipse, where the sky will get noticeably darker, brighter stars will be visible and the sun's profile will be reduced to a slender crescent. (Viewing success is dependent on weather and cloud cover.) [READ MORE](#)

KITH IS EXPANDING...

WELCOME DAVID, OUR NEW CARE MANAGER!

David Rosenberg, MSW is a skilled social services professional with over 25 years of experience helping older adults to safely age in place in their communities.



Prior to joining Kith Care, David spent five years at Jewish Family and Children's Service of Greater Philadelphia, where he oversaw case management, information and referral and trauma-informed mental health services for seniors and other vulnerable populations. David also served as President and Founder of Senior Care Advisors, a care management company that advised mature adults and their family members on resources for seniors and how to access them.

David has worked at different nonprofit settings throughout his career where he helped older adults and their caregivers, including Wilf at Home, a community-based program of The Oscar and Ella Wilf Campus for Senior Living, and CARIE, the Center for Advocacy for the Rights and Interests of the Elderly.

When he is not working, David loves spending time with his wife and two sons. He also enjoys going to the movies, listening to music, cooking, traveling and volunteering.

POSITIVE NEWS SPOTLIGHT

SHARE FOOD PROGRAM FOR LOW-INCOME SENIORS IN PHILLY



In the parking lot of the [Share Food Program](#) warehouse in Hunting Park, stacks of food boxes marked for low-income area seniors were being loaded into the cars of drivers for DoorDash, the online food-ordering and delivery service.

After one car was filled, the next one rolled up, the operation rapid and crisp outside the food bank, one of the two largest in the region, along with Philabundance.

When it was over in about two hours, more than 500 of the 32-pound [senior boxes](#) had been dispatched to older people in need in Philadelphia, Montgomery, and Chester Counties. Share does such distributions on Fridays and Saturdays.

It sends out more than 1,000 deliveries of food boxes via the [DoorDash](#) app over twice a week, over two hours on each day – averaging around 4,500 a month.

That earns Share a unique distinction: During the four weekly hours it's giving out senior boxes, Share handles a greater number of delivery orders than any store or restaurant in the world on the DoorDash app, according to DoorDash executives. [READ MORE](#)

HOME MODIFICATION INSPIRATION

THE BEST SMART HOME DEVICES TO HELP AGING IN PLACE



As people get older, many may need a support system, including family, caregivers, and a

residence that has been outfitted to accommodate the common frailties of age, such as reduced vision, decreased mobility, and increased risk of falls. Smart-home devices—including small sensors, discreet cameras, smoke alarms, and voice-activated speakers—can make everyday life safer, more convenient, and more social for older adults. [READ MORE](#)



REDUCE YOUR STRESS THIS MONTH BY REACHING OUT TO KITH ELDER CARE. OUR DEDICATED TEAM CAN MANAGE YOUR CARE NEEDS, GIVING YOU THE CHANCE TO BREATHE EASY, KNOWING YOU'RE IN GOOD HANDS

Call Us Today! 267-760-4132 | darby@kithcare.com

WWW.KITHCARE.COM

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

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A S S O C I A T I O N
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Contact **Kith Elder Care** for a **FREE** consultation at [215-880-3541](tel:215-880-3541)

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