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Our Services



*Happy New Year from Kith Elder Care!*

**Top healthy New Year's resolutions for older adults**

Making New Year's resolutions can help you get healthier and feel better for many more years to come.

The American Geriatrics Society's Health in Aging Foundation recommends these top healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

**Eat well.** In later life, you need healthy foods, but fewer calories. Eat a regular diet that's rich in fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.

**Be active.** Physical activity can be safe and healthy for older adults with heart disease, diabetes or arthritis. Many conditions improve with mild to moderate physical activity. Low-impact exercises, such as tai chi, water aerobics, walking and stretching, can also control weight, build muscle and bones, and improve well-being.

**See your doctor.** Schedule an annual Medicare wellness visit with your health care provider to discuss health screenings, vaccinations, current medications and possible changes to your advance directives.

**Quit smoking.** Cigarette smokers are twice as likely to develop heart disease as non-smokers. You can reduce the risk of many health problems, breathe easier, have more energy and sleep better if you quit smoking. [READ MORE](#)

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## Tips to make your New Year's resolution stick

Here are five tips to help make your New Year's resolutions stick:

1. Write down your goal and keep it visible. Daily reminders keep your goals top of mind.
  2. Share your goal with someone. People who voice their intentions to someone else tend to make more progress.
  3. Enlist support. "People who succeed in their goals often find an accountability buddy to keep them on track," Knobloch-Fedders says. "You can both check in with each other and make sure you are keeping up with what you said you would do."
  4. Brainstorm the biggest obstacles you will face and develop specific strategies to overcome them. "Everyone will face obstacles," Knobloch-Fedders says. "If you can anticipate your obstacles and develop a plan for overcoming them, you have a greater chance of success."
  5. Develop a rebound plan. You will most likely have setbacks, but the most successful people try again rather than letting one slip-up derail their goals. Knobloch-Fedders likes the "two-day rule:" if you miss your goal on one day, that's OK — be kind to yourself. However, re-prioritize your goal the next day. Don't let two days go by row without making progress. [READ MORE](#)
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## How to get involved in Philly's 2025 MLK Day of Service

Here's a look at some of the volunteer opportunities in Philadelphia, from neighborhood cleanups and printmaking workshops to park and creek restoration efforts.

Philadelphia, home to the largest MLK Day event in the country, is gearing up for the holiday's 30th anniversary.

Hundreds of thousands of volunteers across the U.S. mark Dr. Martin Luther King Jr. Day with acts of service — a considerable leap from what started in 1996 with 1,000 volunteers in the city.

The King Day of Service came to be via federal legislation co-authored by Pennsylvania U.S. Sen. Harris Wofford and Atlanta Congressman John Lewis.

Here's a look at how the city will be marking the holiday. [READ MORE](#)

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## A Lifeline for Caregivers: How Aging Life Care Managers Offer Relief to Those Facing Burnout

Family caregivers are facing unprecedented levels of stress, with many reporting feelings of burnout as they balance caregiving responsibilities with their personal lives. According to a 2023 report by AARP, 40% of caregivers cite emotional stress from balancing caregiving and work as their biggest challenge. Additionally, more than half of caregivers report that caregiving makes it difficult to maintain their own mental health.

Aging Life Care Managers® offer relief to caregivers facing burnout by providing tailored solutions that reduce stress and support sustainable caregiving. Through personalized care plans, resource navigation, advocacy, and expert guidance, Aging Life Care Managers help caregivers maintain balance while ensuring quality care for their loved ones.

"Aging Life Care Managers, sometimes referred to as geriatric care managers, are a vital resource for family caregivers who are often stretched thin, trying to juggle caregiving duties with the demands of daily life," says Kate Granigan, MSW, LICSW, President of the Aging Life Care Association Board of Directors and practicing Aging Life Care Manager. "Sometimes an overwhelmed caregiver needs a professional guide. We help caregivers navigate the complexities of eldercare, offering assessments, care plans, guidance, resources, and support to help them avoid burnout and maintain a healthier, sustainable approach to caregiving."

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**Call Us Today! 215.880.3541 | [liz@kithcare.com](mailto:liz@kithcare.com)**  
**[WWW.KITHCARE.COM](http://WWW.KITHCARE.COM)**

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

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

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