

APRIL 2025



About Us



Our Services

Greetings from Kith Elder Care! Spring is here, let's go into it healthy and happy! Here are some of our favorite tips.



**Spend time with plants,
inside or outside.**

**The mental and physical
benefits of spending time in
nature is real!**

Sensory gardens are great for everyone, but especially older people living with dementia or sensory impairments.

Scents from Sweet Peas, Pelargoniums and Roses can stimulate memories.

Touch can be stimulated from Stachys and Bergenia leaves, tree barks and grasses.

Verbena,
Strawberries and edible flowers are a taste sensation.



Idea- Indoors or Outside- Container Herb Gardens

Growing herbs in containers is a simple and rewarding project. Herbs like basil, parsley, and mint thrive in pots and can be kept indoors or on patios for easy access when cooking. This approach also allows for gardening year-round, regardless of weather conditions

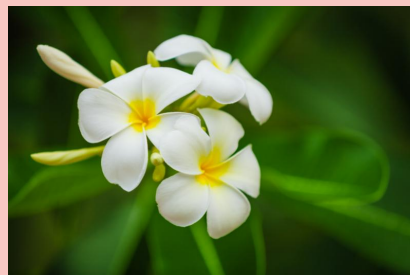
Did you know that April is National Alcohol Awareness Month? Finding healthy ways to fill time and connect with others can be a powerful tool to reduce excessive drinking.

ALTERNATIVES TO HAVING A COCKTAIL

1. Engage in Physical Activity

Consider activities like:

- Walking: A daily walk around the neighborhood or park.
- Chair Yoga: Low-impact exercises that improve flexibility and strength.
- Dancing: Simple at-home dance sessions can boost mood



2. Pursue Hobbies or Interests

Finding activities that bring joy and fulfillment can shift focus away from drinking:

- Gardening: Easy gardening projects like container gardens or raised beds.
- Reading: Escape into a good book or listen to audiobooks.
- Crafting: Painting, knitting, or making jewelry are creative ways to pass the time.
- Look into MasterClass or YouTube Videos to learn anything!

3. Practice Mindfulness and Relaxation

Mindfulness can help manage stress and create a calming effect:

- Meditation: Guided meditation or breathing exercises can help refocus attention.

- Journaling: Writing about your thoughts and feelings can reduce anxiety and promote emotional clarity.
- Deep breathing: Simple breathing exercises can calm the mind and reduce the urge to drink.

4. Socialize

Staying connected can reduce feelings of isolation and loneliness:

- Call a friend or family member: Have regular chats to share experiences and offer mutual support.
- Attend community events: Participate in senior centers or group activities that promote socialization without alcohol.

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If You're Worried About a Loved One's Alcohol Use, Try These Tips for a Drama Free Conversation

- ☐ Express Concern Gently – Avoid judgment; use "I" statements (e.g., "I'm worried about your health").
- ☐ Listen with Empathy – They may be drinking due to loneliness, pain, or loss.
- ☐ Encourage a Health Check – Alcohol affects aging bodies differently; a doctor's input can help.
- ☐ Set Boundaries – Protect your own well-being while offering support.
- ☐ Limit Access – If appropriate, avoid keeping alcohol easily available.
- ☐ Offer Alternatives – Suggest social activities or hobbies to replace drinking.
- ☐ Seek Support – Connect with professionals, support groups, or therapy options.
 - ☐ Take Care of Yourself – Dealing with a loved one's addiction/abuse is emotionally draining.

April is also Parkinson's Awareness Month- Supporting a loved one with Parkinson's can be challenging, but small adjustments can make a big

difference.

Here are some practical tips:

- ☐ Be Patient – Movements and speech may be slower; give them time.
- ☐ Communicate Clearly – Speak slowly and allow them to respond.
- ☐ Make Home Safer – Remove trip hazards, add grab bars, and ensure good lighting.
- ☐ Encourage Healthy Eating – A balanced diet can help manage symptoms.
- ☐ ♂ Promote Gentle Exercise – Activities like walking or tai chi improve mobility.
- ☐ Attend Appointments Together – Help track symptoms and medications.
- ♥ Offer Emotional Support – Parkinson's can be frustrating; listen and reassure them.
- ☐ Adapt Daily Tasks – Use assistive tools for easier dressing, eating, and writing.
- 😊 Care for Yourself Too – Caregiving is demanding; take breaks and seek support.

THE KITH CARE TEAM - SHOWCASING DAHLIA KLEIN!



Did you know that Kith and Kin means "friends and family?" Your friends at Kith Elder Care would like you to meet one of our team members, Dahlia Klein, MSW, CDP. With a master's in social work from the University of Pittsburgh and certification as a Dementia Care Practitioner, Dahlia is passionate about helping older adults stay connected, engaged, and age on their own terms.

She finds deep fulfillment in building relationships and learning from

the wisdom of those she serves. Outside of work, Dahlia enjoys gardening, family cooking adventures, and assisting her florist sister with weddings.

With a strong background in palliative care, Dahlia is dedicated to enhancing the quality of life for those facing serious illnesses. We're excited to have her on board!

Let's get organized and ready for warmer weather!

Cleaning Out Your Closet to Prepare for the Spring Season? Here's How!



**YOU LOVE IT
BUT YOU DON'T USE IT
OR WEAR IT**

It can be tough getting rid of pieces you've had in your closet for a long time, even if it's literally been years since you've last worn them.

Consider the mindset of knowing that your unworn clothes, your fabulous costume jewelry, and those high heel shoes you've not worn in years could be someone else's biggest treasure! Donate to your favorite charity and get the tax

Declutter and Thrive!



1. Start Small

Tackle one area at a time to avoid feeling overwhelmed. Begin with a small space, like a drawer or a countertop, and gradually move to larger areas

2. Follow the One-In-One-Out Rule

For every new item you bring into your home, try to remove one. This helps prevent clutter from accumulating and keeps things manageable in the long term.

3. Sort into Categories

As you go through your items, sort them into piles:

- Keep: Things you use regularly or love.

write off.

The bright side is that it takes only one afternoon to go from an overflowing closet to an organized one.



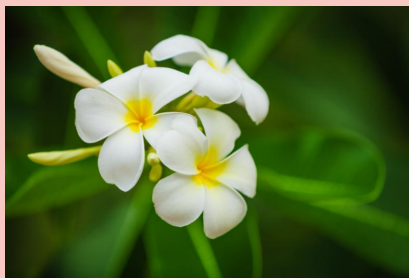
- Donate: Items in good condition that you no longer need.
- Toss: Things that are broken, expired, or beyond repair.

4. Declutter with a Timer

Set a timer for 10-15 minutes a day and focus on decluttering during that time.

5. Organize as You Go

Once you've reduced the clutter, invest in storage solutions that fit your space. Use baskets, bins, or shelves to keep things tidy and easily accessible. Consider labeling containers to make it easier to find items later.



HAPPENINGS IN APRIL

Older Adult Coffee/Tea Table Talk

Date: Thursday, April 3, 2025, at 2:00 PM

Location: Lucien E. Blackwell West
Philadelphia Regional Library

An informal gathering where different agencies provide information and

resources relevant to older adults. Enjoy a congenial atmosphere over a cup of tea or coffee while engaging in discussions on various topics.

[Free Library of Philadelphia](#)

Philadelphia Senior Expo - Spring

Date: Thursday, May 22, 2025, at 10:00 AM

Location: Courtyard by Marriott Philadelphia City Avenue

A fun-filled day of activities, resources, and connections designed specifically for seniors. Explore various exhibits and participate in workshops aimed at enhancing the quality of life for older adults.

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Celebrate Arts & Aging

Date: May 2025 (specific dates to be announced)

Organized by the Philadelphia Corporation for Aging, this event showcases the artistic talents of older adults. Enjoy exhibitions, performances, and workshops that highlight creativity in the senior community. [Philadelphia Corporation For Aging](#)

Medicare Mondays 2025

Dates: April 7 & 21, May 12 & 19, 2025, at 11:00 AM

Location: Senior Services at Parkway Central Library

Have questions about Medicare? Medicare Benefits Advisor Courtney Bell will be on hand to help you find the plan that best suits your needs.

Sessions are held on select Mondays from 11:00 AM to 1:00 PM.

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**Contact Kith Elder Care for a FREE
consultation at 215-880-3541**

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

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