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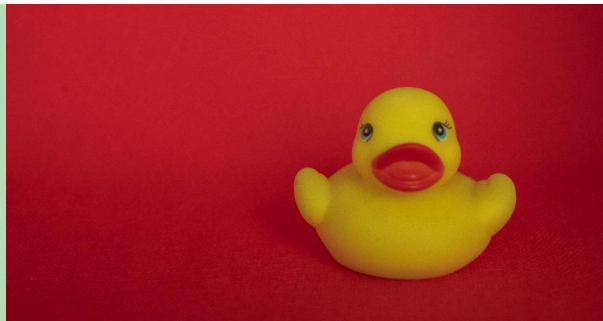


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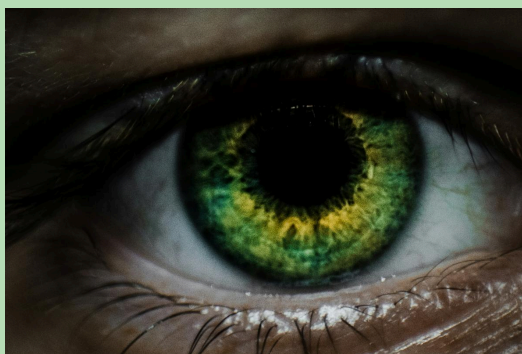
HAPPY NEW YEAR!

After the holidays, many families notice changes in aging parents—slower movement, confusion, or greater fatigue. January becomes a natural “reset month” for assessing health, support needs, and living situations. These observations aren’t about alarm; they’re opportunities for compassionate conversation. A simple check-in can reveal unmet needs or small challenges that, if addressed now, can prevent larger issues later. Early awareness empowers both the older adult and their care partners.



January is Bath Safety Month, a crucial focus for fall prevention. Bathrooms are the most common place older adults experience slips because water, tile, and tight spaces create risk. Fortunately, many solutions are low-cost and easy to install—grab bars, non-slip mats, brighter lighting, and raised toilet seats. A quick home safety walkthrough can dramatically reduce falls. Small environmental adjustments often preserve independence and confidence for older adults aging in place.

Glaucoma Awareness Month



January is National Glaucoma Awareness Month, an important reminder that vision changes are not an inevitable part of aging. Glaucoma often develops slowly without symptoms, making routine eye exams essential for early detection. For older adults, maintaining eye health protects independence, safety, and quality of life. Families can support loved ones by scheduling appointments, reviewing medications, and watching for subtle changes like increased squinting or difficulty navigating familiar spaces.



Winter safety is a key January topic for aging adults, as cold weather can intensify health and mobility challenges. Icy walkways increase fall risk, while low temperatures raise concerns around hypothermia and proper home heating. Isolation may also grow during winter months, making regular check-ins especially meaningful. Families can support older loved ones by ensuring safe paths, reviewing emergency plans, and monitoring heating systems. Preparation makes winter safer and less stressful.

January is Thyroid Awareness Month



Thyroid conditions are often overlooked in older adults. Hypothyroidism can mimic “normal aging” with symptoms like fatigue, weight changes, low mood, or forgetfulness.

Because these signs blend into everyday life, they're easy to dismiss

Important tip- Dehydration in winter is real! With furnaces and heaters on, we are naturally more dehydrated in the colder months. Set a “drink water” timer for every hour and have a full glass on hand.

JANUARY HAPPENINGS IN PHILLY

The City of Philadelphia offers ongoing exercise, health, wellness, walking groups, tai chi, strength training, and nutrition classes designed for older adults through its “Older adult activities” program. [Aging Adult Resources](#)

ARTZ Philadelphia is a treasure trove of activities, both online and in person for dementia/Alzheimer patients AND their care takers. <https://www.artzphilly.org/event-calendar/>

Lutheran Settlement House – “Older Adults / Senior Services”

They run regular programs like cooking classes, yoga, etc. Some of these are open to adults 55+ with no registration required. [Lutheran Settlement House](#)

And the Kimmel Center has many offerings, check them out here. [Kimmel Center Concerts](#)

Consider teaching your aged loved one basic AI searches, How to use FaceTime, or just schedule a chat to catch up

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

MEMBER

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

Visit our Website



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