

March 2026



About Us



Our Services



Welcome, March!

It's been a snowy cold winter here in Philly. Thanks to the Philadelphia Flower Show, we can pretend it's already Spring!

Here's a link to their website so you can enjoy some videos from this year's show (plus some great gardening tips!)

click here- [Flower Show](#)

**Happy Women's History Month! As the old commercial said,
"We've Come a Long Way, Baby!"**



BACK IN 1965...

Many banks required a husband's signature for a married woman to get a credit card or loan. Women could legally be denied credit simply for being female.

Pregnancy could legally get you fired. Job ads were often separated into "Help Wanted – Male" and "Help Wanted – Female."

WOMEN'S HISTORY MONTH PROGRAMMING FROM WHYY

- **American Masters 'Marlee Matlin: Not Alone Anymore' – Encore - Monday, March 16 at 9:00 pm**
- **The 9 Lives of Barbara Dane – Premiere - Saturday, March 21 at 7pm**

- **The Philadelphia Eleven – Encore - Saturday, March 21 at 10:00 pm**
- **She Was First – Airs weekly on Mondays at 7:30pm starting March 23**
- **Geraldine Ferraro: Paving The Way - Encore - Sunday, March 22 at 12:30p**
- **Nine Parts – Premiere - Sunday, March 22 at 6pm**
- **The M Factor 2: Before the Pause – Premiere - Wednesday, March 25 at 10pm (Encore Sat March 28 at 7pm)**

March is National Brain Training Awareness Month
Why Brain Games Matter (and some of our favorites)



A life changing way to spend 15 minutes each day. It doesn't matter your age, it has been scientifically proven that daily brain games slow or improve cognitive decline.

If you love to play on your ipad or computer, try these apps you/a friend or family member can download via the app store onto your device.

Lumosity App-Good for people who like structure and feedback.

BrainHQ App-Great for older adults concerned about reaction time or staying sharp for driving.

Elevate App- Especially good for adults who enjoy wordplay.



If you're more of a paper and pencil kind of person, Try this game

1. Write down 10 unrelated words
2. Read them aloud
3. Wait 5 minutes
4. Try to recall as many as possible

Didn't do so great? Don't worry, this gets easier the more you do it!

**Fall Prevention,
and what to do if you do fall.**



No one plans to trip over that area rug you've almost tripped over for years, but it happens. Don't ruin your Spring /Summer because you're on the mend from a fall. Do this instead.

Tape down corners of area rugs, big culprit of unexpected spills

Rake up leaves from sidewalks and paths- they're slippery after a winter under snow

Replace that bathtub mat with something that actually grips the bathtub

If you DO fall- Instructions

If You Trip or Fall Here's What To Do Next

Falls happen. What matters most is what you do after.

If you fall:

Pause. Do not rush to get up.

Take a few slow breaths.

Ask yourself

Did I hit my head

Am I dizzy

Do I feel sharp pain

Can I move my arms and legs

If you hit your head, feel confused, have severe pain, or cannot move, call 911.

If you are not seriously hurt:

Roll onto your side

Get onto your hands and knees

Crawl to a sturdy chair
Place your hands on the seat
Bring one foot forward
Push up slowly and turn to sit
After you are up:
Sit quietly for 10 to 15 minutes
Drink water
Pay attention to new pain or dizziness

Tell someone

Even minor falls can signal medication changes, dehydration, blood pressure shifts, vision changes, or balance issues.

A fall plan is just as important as a fire plan.

**Eating Healthy Does NOT mean eating boring
March is also Nutrition Awareness Month**



We all have that friend that will choose salad even when a hamburger is offered. If you are that friend, Mr. or Mrs. Salad Eater, congratulations.

For the rest of us, let's think through a few strategies that may make it easier to choose healthier, at least some of the time.

Five Very Easy Food Swaps If You're Trying to Eat a Little Better

1. Swap white bread for whole grain bread You'll get more fiber, which supports digestion and steadier blood sugar.

2. Swap sugary cereal for oatmeal. Add fruit, nuts, or cinnamon for flavor. Oatmeal keeps you full longer and supports heart health.
3. Swap soda for sparkling water with lemon or berries
4. Swap chips for nuts or roasted chickpeas. (Recipe below)
5. Swap flavored yogurt for plain Greek yogurt with your own fruit (You'll grow to prefer it!)

The goal is not perfection. It is progress. Start with one swap this week and build from there.

Easy Roasted Chickpeas/Your New Favorite Snack

Ingredients

1 can chickpeas

1 tablespoon olive oil

1/2 teaspoon salt

Optional spices such as garlic powder, smoked paprika, cumin, or chili powder

1. Preheat your oven to 400 degrees.
2. Drain and rinse the chickpeas.
3. Dry them very well using a clean kitchen towel or paper towels. The drier they are, the crispier they will get.
4. Spread them on a baking sheet in a single layer.
5. Toss with olive oil and salt. Add any spices you like.
6. Roast for 25 to 35 minutes, shaking the pan halfway through, until golden and crisp.
7. Let them cool. They will crisp up even more as they sit.

Store at room temperature in a loosely covered container for up to two days.

Flavor ideas

Savory: garlic powder and smoked paprika

Spicy: chili powder and a pinch of cayenne

Sweet: cinnamon and a light drizzle of honey added after roasting

**Coming Next Month- Kith Care is Going Places-
Specifically to Main Line School Nights!
Please Join us!**



Liz Dunleavy, Founder of Kith Care will be joined by a panel from Beacon Pointe Financial Advisors, Life Managers, who are aging in place experts, and Felicia Greenfield, who is affiliated with Penn's Memory Center

What They Will Be Sharing- Caring for an aging loved one can feel overwhelming, but help is available. Gain practical strategies to recognize when more support is needed, coordinate care, hire and manage caregivers, and navigate life's transitions with ease. Explore guidance from aging specialists and geriatric care managers, and discover trusted resources to help families and caregivers provide compassionate, well-coordinated support.

Navigating Care: Managing Health, Caregivers, and Daily Life

Starts April 10 · Special Events · \$29 · Instructor: Liz Dunleavy, Felicia Greenfield, Bode Hennegan, Rebecca Thompson

Where Will You Live? Housing Options for Aging Well

Starts May 8 · Special Events · \$29 · Instructor: Liz Dunleavy, Felicia Greenfield, Bode Hennegan, Rebecca Thompson

Protecting Finances & Independence: Administrative Management and Fraud Prevention

Starts June 5 · Special Events · \$29 · Instructor: Liz Dunleavy, Felicia Greenfield, Bode Hennegan, Rebecca Thompson

Click here for more information or to sign up [Kith at Main Line School](#)

March Fun In Philly

Philadelphia Flower Show — February 28 to March 8, 2026

One of Philadelphia's biggest annual events, this long-running horticultural showcase features thousands of flowers and garden displays, demonstrations, talks, and an indoor strollable exhibit — a relaxing and inspiring outing for plant lovers.

Older Adult Coffee/Tea Table Talk — March 5, 2026 at 2:00 p.m.

A casual and social gathering at the Lucien E. Blackwell West Philadelphia Regional Library where older adults can meet, chat, and enjoy conversation over coffee or tea.

Chair Yoga Class — March 6, 2026 at 1:00 p.m.

Gentle, seated yoga designed to improve flexibility, balance, and relaxation, held at the Parkway Central Library. Great for seniors of all abilities who want movement in a supportive environment.

March Fun Day in Philly — March 14, 2026, 1:00 p.m. to 5:00 p.m.

An intergenerational community event with light activities like folk and line dancing, singing, crafts, and group games. It's a chance to connect with people of all ages in a relaxed and welcoming setting.

Join one of the Philadelphia based social Villages (done by neighborhood) you meet new people, go on field trips, hear interesting lectures and more!

Bring a friend or meet some new ones. -Bonus, they do zoom programming too, so you can enjoy it from your home.

[Philadelphia Villages by Neighborhood](#)

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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