

February 2026



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This month is all about:

American Heart Month
Alzheimer's & Dementia Awareness
Black History Month
Senior Independence & Safety

And....Valentine's Day

Heart Health



To maintain heart health as you age, focus on

A balanced diet rich in fruits, vegetables, whole grains, and lean proteins,

Limit salt and unhealthy fats.

Aim for at least 150 minutes of moderate exercise each week (That's only 20 minutes a day!) and avoid smoking to significantly reduce your risk of heart disease.

Check out. YouTube for free and appropriate workouts like this one (click on link)

[Heart Work Out for Over 60's](#)

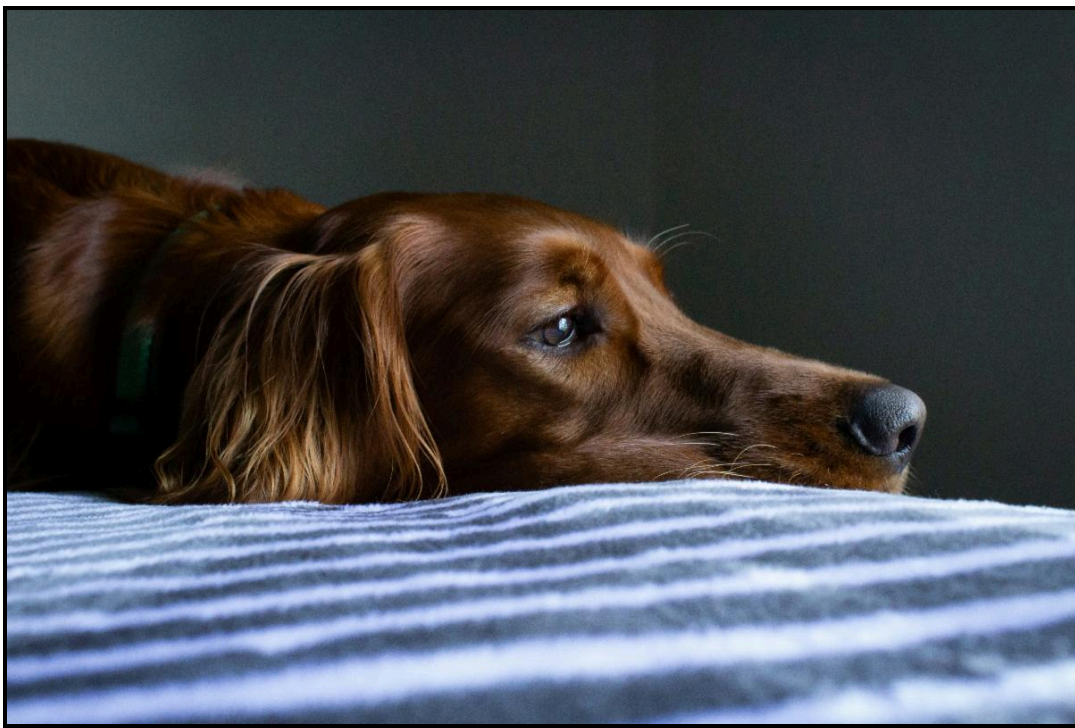
Be kind to yourself, heart health isn't about perfection.

It's about small choices, consistency, and support especially as we get older. Strong hearts need strong connections.

And if outside support would help your family navigate your aging loved ones journey, Kith Care serves families across the Philly area.

www.kithcare.com

Alzheimer's & Dementia Awareness



Memory loss can impact your short-term memory, long-term memory or both. Your short-term memory is your ability to remember something recent, whereas your long-term memory is your ability to recall something that happened a long time ago, like from childhood. With diseases like dementia, short-term memory tends to be impacted first. Memory changes can be scary — and they're easier to face together

Dementia doesn't just affect one person, it affects the whole family. If you left your holiday family gatherings a bit worried about someone, here are some guidelines.

How to Differentiate Between Forgetfulness and Dementia

1. How often are you forgetting things? If you're occasionally forgetful, this may not be a big deal. If you are forgetting things to an extent where it impacts your day-to-day life, this is more concerning.
2. Are you fully unable to recall a memory, or is it taking you a longer time to dig it back up? Total forgetfulness can be more concerning than needing a longer time to recall a memory.
3. What types of things are you forgetting? If you experience memory losses like struggling to navigate your way to the grocery store that you've been going to for years or having trouble recalling very recent events, you may be dealing with something more serious than age-related memory loss.
4. In addition to forgetfulness, are you experiencing changes in your language skills, visual perception, attention span or personality? People with dementia can experience a combination of these symptoms.

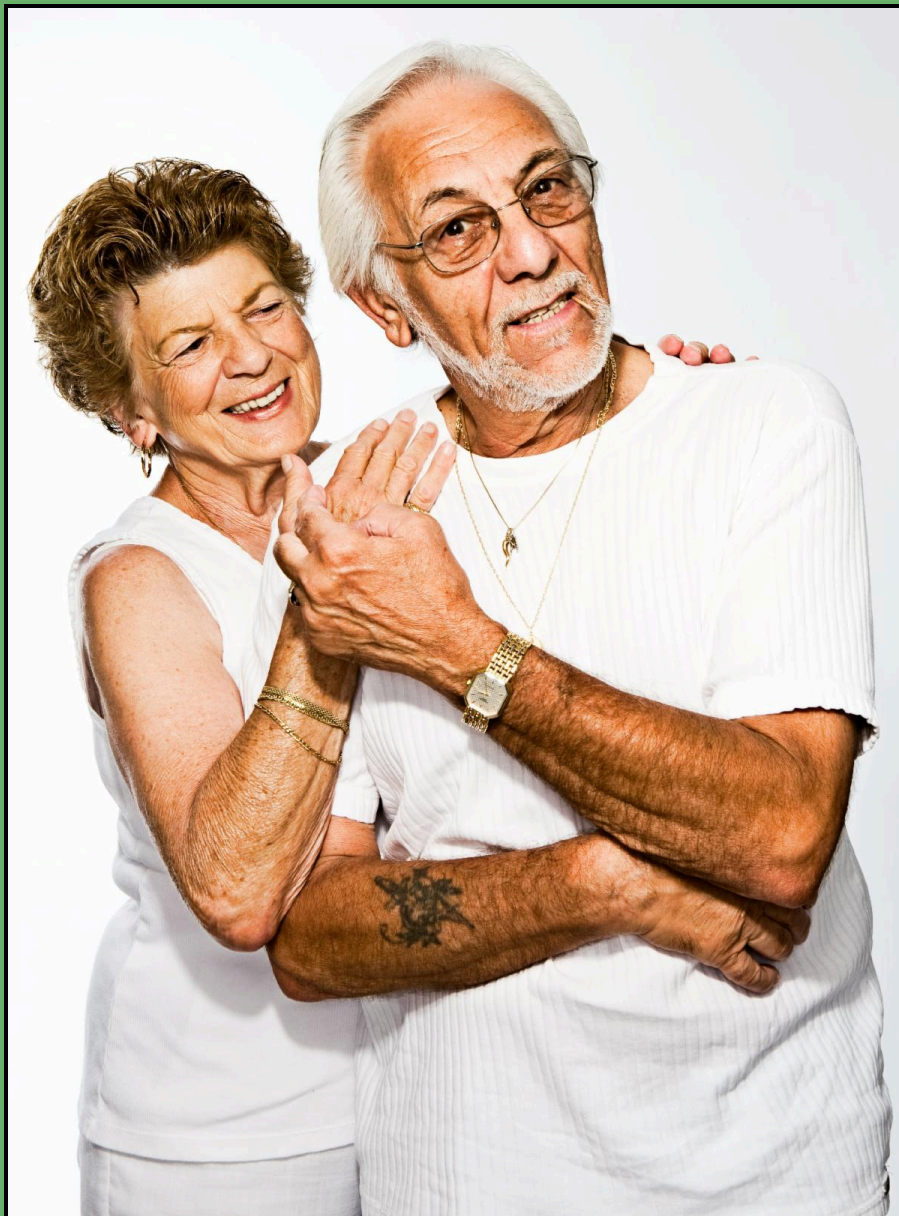
Support, patience, and education matter.

If you're in the Philadelphia area and feeling unsure about how to best support and care for your aging loved one with memory loss symptoms, **Kith Care is here to help.** www.kithcare.com

Black History Month

Black History Awareness month began as a way of remembering important people and events in African-American history, before it spread to other countries where it could celebrate black people worldwide. It initially lasted a week before becoming a month-long observation since 1970.

Senior Independence & Safety Month



You want to stay living in your own home, or perhaps you want to be the social butterfly at your residential living complex. Here's are some tips to keep your mind, body, and soul young.

The brain needs exercise just like the body. Cognitive stimulation delays mental decline and may reduce the risk of dementia.

Brain-boosting activities:

- Learning a new skill, such as painting or a musical instrument
- Crossword puzzles, Sudoku, or memory games
- Reading books, joining book clubs, or attending lectures
- Using brain-training apps designed for seniors

Socialize- Even if you don't want to! You'll feel better afterwards, we promise.

Loneliness affects millions of seniors and is linked to higher rates of depression, heart disease, and dementia. Staying socially connected improves mental and emotional well-being.

Ways to stay social:

- Joining a senior activity group or community center
- Volunteering in local schools or charities
- Attending religious or spiritual gatherings
- Scheduling regular phone or video calls with family

Chill Out, Relax More

Chronic stress speeds up aging and weakens the immune system. Seniors can benefit from stress-reduction techniques that calm both mind and body.

Simple practices:

- Deep breathing or guided meditation
- Light gardening or nature walks
- Listening to calming music
- Spending time with pets

Don't Miss Those Doctor Appointments

Preventive healthcare is essential for healthy aging. Routine checkups help detect conditions early, when they are most treatable.

Seniors should keep up with:

- Blood pressure, cholesterol, and diabetes screenings
- Bone density tests to check for osteoporosis
- Vision and hearing exams
- Annual flu and pneumonia vaccines

Pro tip- take yourself to lunch or coffee as a reward for going.

Protect Bone Health

Falls and fractures can severely impact independence. Seniors can protect their bones by ensuring proper intake of calcium and vitamin D, engaging in weight-bearing exercises, and avoiding smoking or excessive alcohol. Not sure how much you need? Its a great question to ask at your next doctor's visit. (or just google, "how much Vitamin D do I need?"

Maintain Good Oral Health

Oral health is directly linked to overall well-being. Poor dental hygiene increases the risk of infections that affect the heart and digestive system. Best practices include brushing twice a day, flossing daily, and visiting the dentist twice a year. People with dentures should also clean and check

them regularly.

Stay Safe at Home

Most senior accidents occur at home. Fall-proofing your living space is a simple but powerful step toward independence.

Recommendations:

- Install grab bars in bathrooms and railings on stairs
- Add non-slip mats in the shower and kitchen
- Keep pathways clear of clutter and cords
- Improve lighting in hallways and staircases

Last But Not Least, Find Purpose Every Day

Living with purpose contributes to emotional well-being and life satisfaction. Seniors who stay engaged with meaningful activities often report higher happiness levels and lower rates of depression.

Examples of purposeful activities:

- Mentoring younger generations
- Participating in community projects
- Developing hobbies like art, music, or gardening
- Join a social group or book club (or start your own!)
- Do a group phone call/Facetime with far way loved ones



Love It Or Hate It, February 14th Is When We Celebrate Valentine's Day Worldwide.

Remember decorating homemade Valentine's Day boxes for your grade school valentine celebration? Remember the anticipation of seeing what your crush wrote on the card they dropped in! (or didn't, in real life you sometimes don't get the Hollywood movie ending.)

Later in life you may have had a date with a special someone, or a night out with your friends, to celebrate non romantic love.

Maybe you even bought yourself a box of heart shaped chocolates and ate them all yourself.

Regardless of how you celebrate, or who you celebrate with, give yourself a hug and a compliment, take a luxurious bath, or treat yourself to a small gift, You deserve it.

Have An Aging Loved One? Save the Date to Learn How To Best Support them-

In Person Event at Mainline School Night.

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.

Date: April 10, 2026 12-2pm

Cost \$29.00

Code SL51010

Sign up here [Join Kith & Friends](#)

FEBRUARY HAPPENINGS IN PHILLY

What we're watching while we stay inside. (click on link) [Advocating For Yourself in a Medical Setting](#). Great information that everyone should have.

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. [ARTZ calendar](#)

Too cold to go out? How about a movie night? You can invite friends and family over or watch with a friend while on the phone together, just agree to a time and hit “Play” at the same time. Bonus if you both cook the same dinner to eat while you watch.

Here are some hits from the 1960’s

The Sound of Music (1965)

To Kill a Mockingbird (1962)

Guess Who’s Coming to Dinner (1967)

The Pink Panther (1963).

Butch Cassidy and the Sundance Kid (1969)

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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