MAY 2026

About Us Our Services

MLSN
main line school night

Please Join Liz Dunleavy, Owner of Kith Care, at Main Line School Night For, "Where Will You Live? Housing Options for Aging Well.

May 8th From 12-2pm at 260 Gulph Creek Road, Radnor, PA

Planning where to live as you age is a deeply personal and often complex decision. This session guides participants through the key factors in choosing between aging in place and alternative senior living options. We'll explore financial and emotional considerations, necessary support systems, and how to align housing choices with personal values, lifestyle, and family dynamics.

Register to attend

May is Designated as Older Americans Month

Older Americans Month is a timely reminder that aging well doesn't happen by accident, it happens through small, consistent choices. The goal isn't perfection or "anti-aging," but maintaining independence, clarity, and quality of life for as long as possible.

The most effective practices are often the simplest: staying socially engaged, keeping your body moving in sustainable ways, and proactively managing both health and finances.

Just as important in planning ahead is understanding your insurance, having key documents accessible, and knowing who you can rely on if something changes. Many families wait until there's a crisis to figure these things out, which limits options and increases stress.

Taking a few steps now can create more flexibility later. Aging affects the whole family, but thoughtful preparation can help everyone navigate it with more confidence and clarity.

Smart Idea!

DailyCare Starts in Plain Sight
Put medication, hydration, or anything else that is important for your aging loved one to remember, somewhere they will see it! Consider moving these items to visible, easy to reach areas such as a nightstand or bathroom counter.

May is National Stoke Awareness Month
Know The Signs!

Strokes can happen suddenly, but many risk factors such as high blood pressure, diabetes, and lifestyle habits can be managed.

Here are clear, practical tips to recognize a stroke, respond quickly, and help someone effectively:

Are you having a stroke? (Know the warning signs)
Use the acronym FAST:
• Face drooping on one side
• Arm weakness or numbness on one side
• Speech slurred or difficulty speaking or understanding
• Time to call emergency services immediately

Other signs can include sudden confusion, vision problems, dizziness, loss of balance, or a severe headache with no known cause. Symptoms usually come on suddenly.

What to do if you suspect a stroke
• Call 911 immediately do not wait or try to “sleep it off”
• Note the time symptoms started (this is critical for treatment decisions)
• Do not give food, drink, or medication unless instructed

• Stay with the person and keep them safe and comfortable
• If possible, have someone unlock the door for emergency responders

How to help while waiting for help

• Keep the person calm and reassured
• Have them lie down with their head slightly elevated if safe
• Loosen tight clothing
• Monitor breathing and responsiveness
• Be prepared to share symptoms, timeline, and medical history with EMTs

Quick action saves brain function and can significantly improve outcomes.

Home Projects for Aging in Place
Preparing Your Home & Who Can Help

Aging in place is a goal for many people, but most homes aren't designed with long term mobility and safety in mind. The good news is that small, strategic updates can make a significant difference.

Start with the basics: improve lighting, remove tripping hazards like loose rugs, and install grab bars in bathrooms. **Hot tip-** This is not the time to do it yourself. Grab bars need to be installed professionally; you'll want a company like Stair Ride www.StairRideCo.com or a bonded contractor to do this type of work. As needs evolve, consider upgrades like step free entryways, wider doorways, or walk in showers. These changes don't have to feel clinical.

Just as important as the what is the who. Occupational therapists can assess safety risks, while certified aging in place specialists and experienced contractors can recommend and implement modifications. Planning ahead allows you to make thoughtful choices rather than rushed decisions after an injury or health event. A well-prepared home supports independence, reduces risk, and provides peace of mind for both individuals and their families.

1976 Was Philly's Year!

Can you believe the Bi-Centennial was 50 years ago?

Philly was front and center for the country's Bi-Centennial, showing off the birthplace of America to the rest of the country; we were also leading the country in the Disco craze, more than keeping up with our neighbors in New York City

Rocky! The movie Rocky was released in 1976 which showcased all kinds of Philly landmarks, including the Italian Market, the front steps of the museum, and even some local gyms.

The "Philly Sound" was huge

Philadelphia International Records, Gamble & Huff, MFSB, Teddy Pendergrass, The O'Jays, Harold Melvin & the Blue Notes

Philly soul was iconic in the early and mid-70s.

Sports mattered deeply

The Phillies became a powerhouse in the late 1970s with Mike Schmidt & Steve Carlton

There weren't any iphones phones around back then, but maybe you got a polaroid of yourself and your friends celebrating?

Fun fact-

Roughly 3 out of 4 people who grow up around Philly stay around Philly. That strong "I'm from here and still here" energy is very real.

Everyone Loves ARTZ Philadelphia, they welcome both the caretakers and their loved ones suffering from Dementia to their activities. both online and in person. Our Kith Care Manager, Justine volunteers there!

May Calendar For Activities For Caretakers And People Suffering From Dementia,
ARTZ in May

Take A Field Trip

Did you know? Mann Center for the Performing Arts in Fairmount Park has handicap access and accommodations for visitors with disabilities?

Concerts start in June, but tickets are selling now!

Accessibility Features

- The venue provides ADA-compliant seating with wheelchair and mobility device space, and accessible seating options can be requested in advance.
- There is accessible parking for vehicles with a valid disability placard near the north and south entrances on a first-come, first-served basis.
- Patrons with disabilities can be dropped off at the gate areas to reduce walking distance.
- Personal care attendants may receive a complimentary ticket if accompanying a patron with a disability (when arranged at the time of ticket purchase).
- Assistive listening devices (F.M. sound enhancement) are available for those who need audio support.
- Service animals are welcome in accordance with ADA guidelines.
- Accessible restrooms are available on site.

Tip for Visiting

- It's a good idea to contact the Mann Center directly ahead of your visit to confirm specific accessibility arrangements and reserve accessible seating if needed.

Tickets and Concert info **Mann Concerts**

The outdoor calendar is also filled with Foodie gatherings like the **South 9th Street Italian Market Festival on May 16-17th**
Italian Market Festival

The Rittenhouse Row Spring Festival on May 2, Rain or Shine!

Philadelphia Senior Expo Spring 2026
May 21, 2026, 10:00 AM – 1:00 PM
At the Courtyard by Marriott City Ave — a free event with local resources, health info, wellness tips, and opportunities to connect with peers and professionals.

Barnes Create & Connect Series: for those with Parkinson's and the people who love them.

The session begins in the Barnes galleries, where trained staff members guide participants through slow-looking exercises and conversations about selected works. These guided engagements are followed by a hands-on art-making experience led by a teaching artist. Together, staff and participants create a welcoming and supportive space that honors each individual's pace, perspective, and presence.

No prior experience with art is necessary—just openness to explore, create, and learn.

The Workshop takes place Saturday, May 9, 10am – noon

Light snacks and beverages will be provided. Space is limited, and registration is required for each session.

For more Information or to register, go here:Learn More & Register Here

Reminder of Memorial Day, Last Monday in May

A federal holiday honoring U.S. military personnel who died in service, and a nice reminder to thanks those who are in, or previously served in our military for their service.

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

Visit our Website

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