April 2026

Kith Care
Care management for the WHOLE family

About Us | Our Services

Exciting News From Kith Care
We Are Proud To Announce That
Kith Care Is Presenting At
Main Line School Night
Please Join Us!

Liz Dunleavy, Founder of Kith Care will be joined by a panel from Beacon Pointe Financial Advisors, Life Managers, and Felicia Greenfield, founder of Felicia Greenfield Therapy and Consultation

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 mange caregivers, and navigate life's transitions with ease. Explore guidance form 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 Night

Time For A Spring Mind and Body Tune Up!

Could It Be Time for A Medication Check-In?

Medications play an important role in helping many of us manage our health. But as time goes on, prescriptions, supplements, and over-the-

counter remedies can add up—and it's easy to lose track of how everything works together.

Taking a few minutes to review what you're taking with a pharmacist or healthcare provider can help ensure everything is still necessary, working well together, and supporting your health in the best way possible.
A simple medication review is a small step that can bring clarity, confidence, and peace of mind to your daily routine.

April is National Eye Health Awareness

Our eyes are part of so many of the moments that make life enjoyable. They help us read messages from loved ones, follow a favorite recipe, enjoy a good book, drive safely, and watch the shows and movies that help us relax at the end of the day. We rely on our vision constantly, often without even thinking about it.

Because changes in vision tend to happen gradually, it can be easy to miss the early signs. Many people do not realize their eyesight has shifted until everyday activities start to feel a little more difficult or tiring. A simple eye exam can often catch small changes early and help keep your vision clear and comfortable.

Taking care of your eye health is an important part of maintaining independence and staying engaged in the activities you enjoy. A regular check in with an eye care professional can help ensure your eyes continue to support the life you love to live.

How Are You Doing, Really?

Life does not always slow down as we get older. In many ways it simply changes shape. Family responsibilities, health concerns, financial decisions, and sometimes caregiving for others can all bring new types of stress into our lives. It is easy to focus on taking care of everything and everyone else while forgetting to check in with ourselves.

Your mental wellness deserves the same care and attention as your physical health. Taking a little time to reset can make a real difference.

Go play outside, A walk in fresh air, a conversation with a trusted friend, a few quiet minutes of breathing, or simply doing something that brings you joy can help restore balance.

Small, consistent habits can gently support your overall well being. Giving yourself permission to pause, reflect, and recharge is not a luxury. It is an important part of staying healthy and living well.

Why Stretching Matters

As we get older, our bodies often appreciate a slower and more thoughtful start to the morning. Gentle stretching is a simple way to wake up the muscles, ease stiffness, and help the body move more comfortably throughout the day. Even a few minutes of light stretching can improve circulation, support flexibility, and help joints feel more relaxed and ready for the day ahead.

You do not need a long routine or special equipment to benefit. Reaching your arms overhead, slowly rolling your shoulders, or stretching your legs before getting out of bed can make a noticeable difference over time. These small moments of care are a quiet reminder to listen to your body and treat it with kindness each morning.

Gentle Stretching Video

Sunshine, Social Time!
After A Long Winter, Get Outside!

Making time for connection does not have to be complicated. Joining a local class, volunteering, attending a community event, or simply reaching out to someone you have not spoken with in a while can open the door to meaningful conversations and new friendships. Nurturing relationships is a simple but powerful way to support both mental and physical health.

Free Online AI class Specifically For Aging Adults

Click here to access this free & easy class on A.I.
Easy A.I. Class

Once you've watched it, here are some prompts you can try!

1. Storytelling
"Write a short story where I am the hero and I get to relive one of my favorite life adventures."

2. Memory Sharing
"Help me turn a memory from my childhood or youth into a poem that I could share with my family."

3. Travel Inspiration
"Suggest a weekend getaway near Philadelphia that mixes nature, history, and good food."

4. Hobby Exploration
"Give me five creative ways to enjoy my favorite hobby, like knitting, painting, or gardening."

5. Daily Life Fun
"Help me come up with a new daily ritual that is relaxing, uplifting, and takes 10 minutes or less."

6. Learning Something New
"Teach me a fun fact or skill in five minutes that most people my age might not know."

Welcome, April!
Let’s Plant!

Philadelphia is in USDA Zone 7a, with the last frost usually around mid-April, which means April is a great time to plant many cool-season flowers and start some warm-season ones toward the end of the month.

Good April choices

- Zinnias – bright, long-blooming and great for butterflies.
- Cosmos – airy flowers that tolerate poor soil.
- Marigolds – very hardy and easy for beginners.
- Petunias – classic Philly window-box flowers that bloom all summer.
- Alyssum – small fragrant blooms good for borders.

Plant hardy ones early in April; wait until late April for the more heat-loving types.

Activities For Caretakers And People Suffering From Dementia, April Artz Programs (In Person)

1. ARTZ @ The Museum at the Barnes Foundation;
Wednesday, April 8, 2026; 1:30 PM (ET) - 2:30 PM (ET)
Click HERE to REGISTER

ARTZ @ The Museum at Main Line Arts Center;
Thursday, April 16, 2026; 11:00 AM (ET) - 12:00 PM (ET)
Click HERE to REGISTER

ARTZ @ The Museum at Woodmere;
Tuesday, April 28, 2026; 11:00 AM (ET) - 12:00 PM (ET)
Click HERE to REGISTER

April Fun In Philly
Celebrate Spring In The City With Outdoor And Cultural Experiences.

- Subaru Cherry Blossom Festival of Greater Philadelphia — enjoy the beauty of blooming cherry blossoms and spring arts and cultural celebrations at Fairmount Park's Horticulture Center and Centennial Arboretum, typically featuring performances, vendors, origami and more throughout a weekend in mid-April.
- Peeps in the Village at Peddler's Village — just outside Philly, this creative and whimsical display of marshmallow Peeps dioramas runs through much of April and makes for a colorful, lighthearted afternoon outing.
- Food markets and outdoor spring markets such as the Southeast Asian Market at FDR Park offer a relaxed way to explore new foods and enjoy picnic-style meals in the fresh air.
- Open Streets: West Walnut — on select Sundays in April, this pedestrian-only street opens up space for strolling, enjoying coffee or live music, and exploring local shops and performers at a leisurely pace.

Sport & Community Experiences

- Phillies Seniors Stroll the Bases — on select game days in April, fans age 55+ can walk the bases at Citizens Bank Park after the game, adding a special memory to a baseball outing.

- Check the Philadelphia Penn Relays (late April) and local festivals like music events or historical exhibitions at museums for opportunities to enjoy performances and cultural experiences with friends or family.

Local Centers & Everyday Activities
Philadelphia has several local community centers where older adults can find classes, social activities, group outings, meals, games, and wellness programs — perfect for regular social engagement and connection throughout April and beyond:

- Philadelphia Senior Center – a well-loved hub with a variety of daytime programs and opportunities to meet new friends.
- West Philadelphia Senior Community Center – offers engaging activities and social connection in a welcoming setting.
- Older Adult Sunshine Center – great for exercise, games, lunch, and friendly fun.
- Center In the Park, Philadelphia Senior Center – Allegheny Branch, and South Philadelphia Older Adult Center also host welcoming activities suited to many interests.
- Philadelphia Corporation for Aging provides resources and events as well as support for seniors across the city.

Beekeeping & Mental Health- Join This Study!

Researchers from Temple University are seeking older adults (age 65 and older) to participate in a study exploring how beekeeping may support mental health and well-being. Participants will participate in beekeeping activities that combine education and hands on experience with honey bees. This is a 6 session study at the Philadelphia Navy Yard in March and April. To learn more or register, email **Meghan.Robertson@temple.edu**

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

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ASSOCIATION
MEMBER

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

Visit our Website

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