

June is a month of sunshine, celebration, and connection. It reminds us that healthy aging is not just about living longer, it's about staying engaged, supported, and connected to the people and communities that matter most.



Let's Age Boldly!



The Kith Team Helps Your Family In Many Ways...

While we are often the friendly face/voice that your aging loved one calls when they have a worry or concern, a care manager also serves your family as a knowledgeable advocate, coordinator, and problem-solver, giving you peace of mind while helping your loved ones age safely, independently, and with dignity.

Reza Hosseini Ghomi, MD, MSE Shares His Conversation Tips To Gently Uncover Dementia and Memory Loss In Your Loved One

Most doctors run a memory checklist. Day. Date. Three words.

Dr. Ghomi suggests a different set of questions, all conversational, all easy to ask.

These tell far more about what's happening in someone's brain than any standardized cognitive test. None of them are in the textbook. All of them came from Dr. Ghomi sitting with thousands of dementia patients and their families.

1. When did you last try something new?

- ↳ The brain that has stopped exploring is often a brain that has stopped repairing itself
- ↳ When the answer is "I can't remember," that's already part of my answer

2. What's your sense of smell been like?

- ↳ Loss of smell can precede dementia by years
- ↳ Most patients have never been asked this
- ↳ It is one of the earliest signals of Parkinson's and Alzheimer's (in the right context)

3. Do you act out your dreams?

- ↳ Punching, kicking, screaming, falling out of bed
- ↳ REM sleep behavior disorder strongly predicts Lewy body and Parkinson's dementias
- ↳ Most patients don't realize this is a problem worth flagging

4. Who initiates plans in your social life?

- ↳ The patient who used to call friends but doesn't anymore
- ↳ The patient whose calendar has emptied without explanation
- ↳ Apathy is one of the earliest signs of frontal involvement

5. Has your driving changed?

- ↳ Minor scrapes on bumpers no one can explain
- ↳ Getting lost on familiar routes
- ↳ Family taking the wheel without asking
- ↳ Driving tells me about visuospatial and executive function

6. What does the afternoon feel like?

- ↳ "Sundowning" is when confusion peaks in the late afternoon
- ↳ Long before it's obvious, families notice "she's just not herself by dinner"
- ↳ A subtle pattern worth catching early

7. Can you taste your food the way you used to?

- ↳ Like smell, taste degrades early in some dementias
- ↳ Patients often blame their cooking or their seasoning
- ↳ The real signal is that the receptors are changing

8. How is your handwriting?

- ↳ Smaller, cramped writing can be an early Parkinson's sign
- ↳ Looser, less organized writing can signal frontotemporal involvement
- ↳ Old letters and birthday cards become diagnostic tools

9. Are you sleeping straight through?

- ↳ Frequent waking, breathing pauses, restless legs
- ↳ Sleep architecture changes early in neurodegeneration

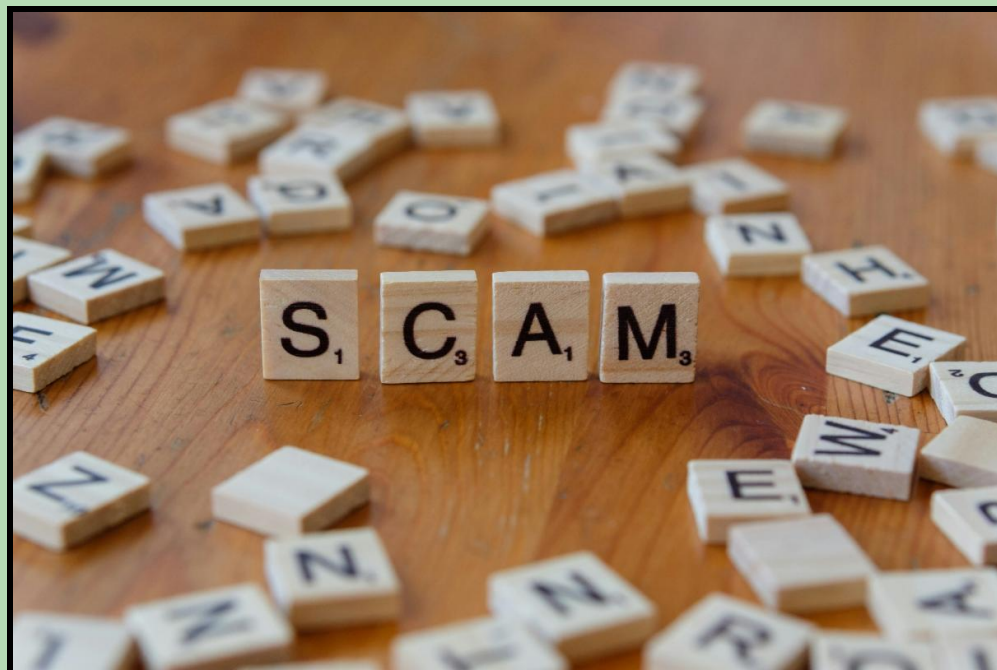
10. What worries your spouse?

- ↳ The most underused question in medicine
- ↳ The spouse sees the changes nobody else does
- ↳ The spouse is usually right

Most of these will come back negative for any individual patient. But over a 30-minute conversation, the pattern they form gives me a far richer picture than any standardized test.

Then bring these answers to a doctor who will listen.

SUMMER SCAM ALERT



Top Scams Seniors Should Watch for in June 2026

A healthy dose of skepticism can save thousands of dollars and a great deal of stress. If a call, email, or text creates urgency, fear, or secrecy, it is wise to slow down and check it out first.

[Fake Toll, Traffic Ticket, and Court Text Messages](#)

Many people are receiving text messages claiming they owe money for unpaid tolls, parking tickets, or traffic violations. The message usually includes a link or QR code and warns of penalties if payment is not made immediately.

These texts are fraudulent and designed to steal your credit card and personal information.

How to protect yourself:

- Do not click links or scan QR codes from unexpected texts.
- Visit the official agency website directly.
- Delete the message.

Government or Bank “Protect Your Money” Scams

A caller claims to be from the FTC, Social Security, Medicare, your bank, or law enforcement. They say your account has been compromised and instruct you to move your money to a “safe account,” buy gold, or withdraw cash.

This is always a scam.

How to protect yourself:

- Government agencies will never call and ask you to move money.
- Banks do not ask customers to buy gift cards or gold.
- Hang up and call the institution using the number on your card or statement.

The Federal Trade Commission specifically warns consumers to “never move your money to protect it.”

Three Golden Rules to Avoid Scams

1. Pause before acting.
2. Verify independently.
3. Never pay with gift cards, wire transfers, or cryptocurrency.

If You Think You’ve Been Targeted

Report the scam to:

- [FTC ReportFraud.gov](https://www.ftc.gov/ftcr/fraud-report)
- [FBI Internet Crime Complaint Center \(IC3\)](https://www.fbi.gov/interne...)
- Your bank or credit card company immediately

Picnic Weather!



Longer days and warmer weather invite us outdoors to walk, garden, visit with friends, and enjoy fresh seasonal foods. These simple pleasures can have a powerful impact on both physical and emotional health.

For older adults, wellness includes staying hydrated, eating nutritious meals, getting enough sleep, and finding enjoyable ways to stay active. Just as important are activities that nourish the mind and spirit, such as social gatherings, creative pursuits, and time in nature.

A picnic is an easy and fun way to get your loved one outside to enjoy the outdoors. Make a picnic basket with these delicious and healthy items:

- Chicken salad on whole-grain bread
- Cucumber slices
- Blueberries
- Unsalted cashews
- Sparkling water
- Dark chocolate square
- Napkins/wet wipes for a quick clean up.

A well-packed picnic doesn't need to be elaborate. A few fresh, balanced foods and a comfortable setup can turn a simple lunch outdoors into a relaxing and memorable outing.

The Outdoor Guide for June in Philly



June is one of the best months to enjoy Philadelphia, especially for older adults. The weather is usually mild, gardens are in full bloom, and the city offers countless opportunities to explore history, art, music, and community events at a comfortable pace.

Beautiful Outdoor Destinations

[Morris Arboretum](#)

A peaceful and accessible destination with shaded walking paths, gardens, and plenty of benches. June is peak bloom season, making it an ideal outing for nature lovers.

[Longwood Gardens](#)

A favorite day trip for many older adults. Wheelchairs and scooters are available, and the gardens are spectacular in early summer.

[Magic Garden](#)

A colorful mosaic environment that is both artistic and fun to explore.

[Spruce Street](#)

Best enjoyed on weekday mornings or early evenings when it is less crowded.

Museums and Cultural Outings

[Barnes Foundation](#)

An intimate museum experience with seating throughout and excellent accessibility.

[Philadelphia Museum](#)

A wonderful choice for a leisurely afternoon, with senior discounts and accessibility services.

[American Revolutionary War Museum](#)

Especially meaningful during June, as the city begins to celebrate Independence Day.

[Constitution Center](#)

Engaging exhibits and air-conditioned comfort in the heart of Old City.

Music and Theater

[Philadelphia Orchestra](#)

World-class performances in a comfortable and accessible venue.

[Walnut Street Theatre](#)

America's oldest theater, known for excellent matinees that are ideal for daytime outings.

Historic Philadelphia at a Comfortable Pace. [Historic Philadelphia](#)

June is a wonderful time to visit the Liberty Bell and Independence Hall, especially in the morning before crowds build.

[Betsy Ross House](#)

A compact and interesting historic stop.

Senior Centers and Community Programs

Philadelphia has an excellent network of senior centers offering classes, trips, lunches, exercise, and social activities.

- [Philadelphia Senior Center on the Avenue of the Arts](#)
- [Center in the Park](#)
- [Northern Living](#)

These centers offer everything from chair yoga and art classes to educational talks and day trips.

Special June Activities

June is a wonderful time to enjoy:

- Garden tours
- Juneteenth celebrations
- Father's Day brunches
- Outdoor concerts
- Farmers markets
- Volunteer appreciation events
-

Easy and Enjoyable Day Out Ideas

- Morning at the Barnes Foundation followed by lunch.
- Stroll through Longwood Gardens.
- Historic walking tour in Old City.
- Matinee at Walnut Street Theatre.
- Senior center class and lunch with new friends.



Join in the (Every Four Years) Fun- 2026 FIFA World Cup Viewing Guide (All Times Eastern)

Tournament Dates: June 11 – July 19, 2026

Where to Watch: FOX, FS1, Telemundo and streaming partners.

U.S. Men's National Team Matches

- Friday, June 12 – 9:00 PM
-  United States vs. Paraguay
- Friday, June 19 – 3:00 PM
-  United States vs. Australia
- Thursday, June 25 – 10:00 PM
-  United States vs. Türkiye

Daily Match Windows (Group Stage)

Most days from June 11–26, matches generally begin around:

12:00 PM ET – Lunchtime Match

3:00 PM ET – Afternoon Match

6:00 PM ET – Early Evening Match

9:00–10:00 PM ET – Night Match

Or, if you're really feeling the spirit, join thousands at Lemon Hill FIFA Fan Festival at Lemon Hill: Philadelphia's Ultimate World Cup Watch Party

Experience the excitement of the 2026 FIFA World Cup without a ticket to the stadium at the free FIFA Fan Festival at Lemon Hill in East Fairmount Park. Running June 11 through July 19, this 39-day celebration features giant screens showing live World Cup matches, international food and drinks, live music, cultural performances, interactive soccer activities, and a festive atmosphere with fans from around the world.

With an expected 15,000–20,000 fans on match days, it's being called Philadelphia's version of "Soccer Coachella." Registration is free, and visitors are encouraged to use public transportation or rideshare due to limited parking.

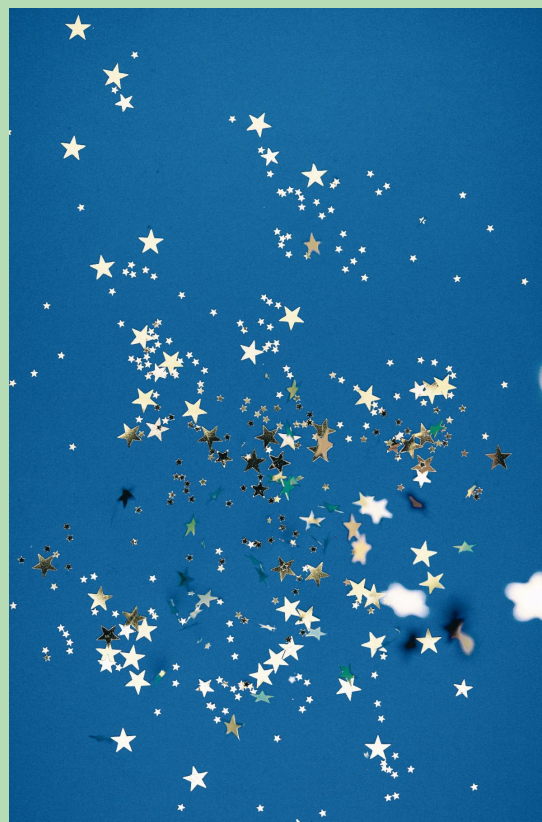
Where: Lemon Hill, East Fairmount Park

When: June 11 – July 19, 2026

Cost: Free (advance registration recommended)

Bring: Your team colors, your friends, and your World Cup spirit!

June Celebrations & The History Behind Them



Father's Day

Father's Day in the United States began largely through the efforts of Sonora Smart Dodd of Spokane, Washington. Inspired by a Mother's Day sermon in 1909, she wanted to honor her father, William Jackson Smart, a Civil War veteran who raised six children on his own after his wife died. The first Father's Day celebration was held in Spokane on June 19, 1910. The idea gradually gained support across the country, and in 1972 President Richard Nixon signed it into law as a permanent national holiday, celebrated on the third Sunday in June each year.

Juneteenth

Juneteenth commemorates June 19, 1865, when Union General Gordon Granger arrived in Galveston, Texas, and announced that enslaved people in Texas were free—more than two years after President Abraham Lincoln issued the Emancipation Proclamation. For generations, African American communities have marked the day with gatherings, music, prayer, and educational events celebrating freedom and resilience. In 2021, Juneteenth was officially recognized as a federal holiday in the United States, bringing wider national attention to this important chapter in American history.

Pride Month

Pride Month traces its origins to the Stonewall Uprising in New York City in June 1969. After years of harassment and discrimination, patrons of the Stonewall Inn, a gay bar in Greenwich Village, resisted a police raid, sparking several days of protests and activism. The following year, the first Pride marches were held to commemorate the event and advocate for equal

rights and dignity for LGBTQ+ people. Today, Pride Month is observed each June as both a celebration of identity and a recognition of the ongoing work toward inclusion and equality.

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!

**June Calendar For Activities For Caretakers
And People Suffering From Dementia**

[ARTZ Calendar](#)

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)

[Visit our Website](#)



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