

July- Freedom and Independence, For Our Country & Ourselves



What Your Adult Children Need You to Know About Talking With Them About Aging

Growing older brings changes that none of us can completely avoid. Some changes are welcome. We may have more freedom, more perspective, and more appreciation for what truly matters. Other changes can be harder to accept. Tasks that once felt effortless may take more time. Health concerns may require more attention. Decisions that once affected only us may begin to impact the people we love.

For many older adults, one of the most uncomfortable parts of aging isn't the aging itself—it's the conversations that come with it.

If you're a parent, you've likely spent decades making decisions for yourself and your family. You managed your household, paid your bills, solved problems, and cared for others. It can feel frustrating, and sometimes even insulting, when adult children begin asking questions about your health, driving, finances, or future plans.

You may hear concern.

What you may feel is loss of control.

The truth is that many adult children struggle with these conversations just as much as their parents do.

They are often trying to balance two conflicting realities. They still see you as the capable person who raised them, but they may also be noticing changes that concern them. They don't want to overstep. They don't want to offend you. They certainly don't want to take away your independence.

What they usually want is reassurance.

They want to know that if something changes unexpectedly, there is a plan.

One of the most helpful things an older adult can do is start the conversation before it becomes necessary.

Rather than waiting until a health issue or emergency forces difficult decisions, consider sharing your wishes while you are healthy and fully able to make them.

Tell your family:

- Where important documents are located.
- Who should be contacted in an emergency.
- What kind of medical care you would want if you became seriously ill.
- Whether your goal is to remain at home as long as possible.
- What concerns you have about the future.

These conversations are not about giving up control.

In fact, they are often the best way to maintain it.

When families understand your preferences, they are less likely to make assumptions or feel pressured to make decisions on your behalf.

It can also help to acknowledge something that many adult children rarely hear:

"I know you're asking because you care."

That simple statement can change the entire tone of a conversation.

Likewise, adult children need to hear what independence means to you.

For one person, independence may mean continuing to drive. For another, it may mean remaining in their own home. For someone else, it may mean making their own financial decisions.

The more specific you are, the better your family can understand your priorities.

Growing older is not simply a medical journey. It is a family journey.

The strongest families are not the ones who avoid difficult conversations. They are the ones who learn how to have them with honesty, respect, and compassion.

Your adult children do not need perfection.

They do not need every answer.

What they often need most is the opportunity to understand what matters to you while you can still tell them yourself.

Conversation Starter

"If there ever comes a time when I need more help, here's what I would want you to know."

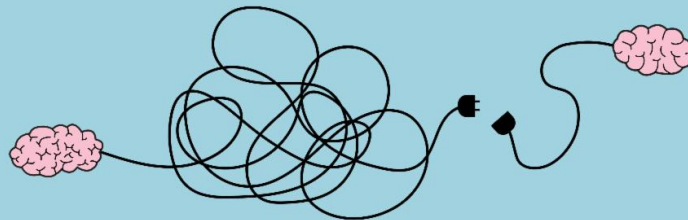
Reflection Question

What are the three things that matter most to you about maintaining your quality of life as you age?

Family Takeaway

Talking about aging does not mean giving up independence. It means helping the people who care about you understand how to support the life you want to continue living.

Kith Care Managers Are the Connective Tissue Between Patients, Their Loved Ones, & Their Doctors



An excerpt from Neal Shah, CEO of Yaya Care- aging expert From a LinkedIn Article

Last week I was talking with a woman caring for her father with dementia and the conversation was eye-opening. She said every doctor asks the same question: "What's changed since the last time we saw him?" Then she paused and said, "I'm the ONLY reason anyone knows the answer."

We talk constantly about "continuity of care", "patient advocacy", "discharge planning", "care coordination" -- all these buzzwords, But for millions of older adults living with dementia, cancer, heart failure, frailty, the real continuity of care is not happening inside the healthcare system.

It is happening at home

The healthcare system often sees snapshots, but the caregiver and /or care manager sees the entire movie.

A neurologist may see Mom every six months. An oncologist may see Dad after each scan. A primary care physician may try to stitch together the pieces in a 20-minute appointment. Each provider may be deeply committed, but the system itself is fragmented by design. No one professional is there for the slow decline, the missed meals, the medication side effects, the panic after discharge, or the quiet signs that something is wrong before it becomes an emergency.

A Care Manager knows that a certain antibiotic caused her client delirium last time, remembers what the surgeon said in the hallway, notices that her client is pretending to understand instructions he no longer follows. The care manager brings the lived reality that never fits neatly into the medical record.

Healthcare does not stop when the appointment ends. It does not stop when the discharge papers are printed.

Ask your Kith Care Manager how they can step in or step up in helping you with your aging loved one

Even Active People Fall Sometimes- How To Do It Correctly To Minimize Injuries



No fall is completely safe, but certain techniques can reduce the risk of serious injury. Physical therapists commonly teach these principles:

1. Protect your head
 - Tuck your chin toward your chest.
 - Avoid falling backward whenever possible.
 - Try not to let your head strike the ground.
2. Don't reach out with a stiff arm
 - Instinct tells us to catch ourselves with an outstretched hand.
 - Unfortunately, this often causes wrist, elbow, or shoulder fractures.
 - Keep your arms slightly bent rather than locked.

3. Bend and roll if possible
 - Relax your body.
 - Bend your knees and hips.
 - Try to roll with the fall rather than landing flat and rigid. Rolling spreads the force over a larger area.
4. Land on larger muscles
 - Falling on the side of the thigh or buttocks is generally safer than landing directly on a wrist, elbow, or hip bone.
5. After the fall, pause
 - Don't jump up immediately.
 - Check for pain, dizziness, weakness, or signs of injury.
 - If you suspect an injury, call for help and remain still.

Here's a Youtube video to show you how

<https://www.youtube.com/shorts/s0opMIAYUes>

Too Hot to go Out? Summer Movies Available on Streaming



Netflix

1. Office Romance (2026)

A smart workplace rom-com starring Jennifer Lopez and Brett Goldstein. It's currently one of Netflix's biggest movie hits and has quickly climbed to the top of the platform's movie rankings.

2. Creed (2015)

One of the best sports dramas of the last decade. Michael B. Jordan and Sylvester Stallone deliver powerful performances in a film that works whether or not you've seen the Rocky movies.

3. Rachel Getting Married (2008)

If you want something deeper and more emotionally complex, this Anne Hathaway drama remains one of the strongest character-driven films available on Netflix this month.

Prime Video

1. Sinners (2025)

Ryan Coogler's acclaimed supernatural thriller has become one of the most talked-about films available on streaming and is frequently cited among Prime's best current offerings.

2. Crime 101 (2025)

A stylish crime thriller that has been earning strong reviews and is highlighted as one of Prime Video's premier movie offerings.

3. Thoroughbreds (2017)

A darkly funny psychological thriller starring Anya Taylor-Joy and Olivia Cooke. Recently added to Prime and a great choice if you're tired of predictable Hollywood fare.

HBO Max

1. Flow 2025

Left homeless by a flood, a kitty begins an unlikely adventure with an array of different animals in this Oscar winner for Best Animated Feature.

2. A Complete Unknown (2025)

The Bob Dylan biopic has been generating substantial buzz and is among HBO Max's most recommended recent additions.

3. The Bride! (2026)

A fresh reimagining of the classic Frankenstein universe that has become one of HBO Max's flagship movie releases

FREE MOVIES! DID YOU KNOW? If you have a Free Library of Philadelphia card, one of the best perks is free movie streaming through Kanopy. The library also provides access to a variety of digital media resources with your card.

Kanopy is often described as "Netflix for library patrons." Through the Free Library, you can stream thousands of films, including:

- Award-winning movies
- Classic films
- Independent cinema
- Foreign films
- Documentaries
- PBS content

The service is ad-free and works on computers, tablets, phones, Roku, Chromecast, Apple TV, Fire TV, and many smart TVs.

How to get started:

1. Get a Free Library card. [Free Library Card Sign Up](#)
2. Create a Kanopy account [Kanopy Free Movies](#)
3. Select Free Library of Philadelphia as your library.
4. Enter your library card number and PIN.
5. Start watching your favorite films for free!



Summer Nutrition Tips

During hot weather, many people, especially older adults, don't feel as hungry or thirsty as usual.

Here are 3 easy to make recipes that will keep you hydrated and happy!

Mediterranean Chickpea Salad

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 pint cherry tomatoes, halved
- ¼ red onion, finely chopped
- ¼ cup feta cheese (optional)
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Directions

1. Combine chickpeas, cucumber, tomatoes, onion, and feta in a large bowl.
2. Drizzle with olive oil and lemon juice.
3. Add salt and pepper.
4. Toss and refrigerate for 15 minutes before serving.

Why It's Healthy

- High in fiber and plant protein
- Heart-healthy olive oil
- Lots of fresh vegetables
- Keeps well for lunch the next day

Tip: Add grilled chicken or tuna for extra protein.

Peach & Berry Yogurt Parfait

Ingredients

- 1 cup plain Greek yogurt
- 1 ripe peach, sliced
- 1 cup mixed berries
- 2 tablespoons chopped walnuts or pecans
- 1 teaspoon honey (optional)

Directions

1. Layer half the yogurt into two glasses or bowls.
2. Add peaches and berries.
3. Add remaining yogurt.
4. Top with nuts and a drizzle of honey if desired.

Why It's Healthy

- High in protein
- Rich in antioxidants
- Contains calcium and probiotics
- Naturally sweet with very little added sugar

Tip: Makes an excellent breakfast, snack, or light dessert.

A Hydrating Drink -Sparkling Citrus Mint Cooler

A refreshing summer drink that's light, healthy, and feels a little special without being complicated.

Ingredients (1 serving)

- Juice of ½ lemon
- Juice of ½ lime
- 6–8 fresh mint leaves
- 1 teaspoon honey or simple syrup (optional)
- Ice
- Sparkling water
- Lemon or lime slices for garnish

Directions

1. Gently muddle the mint leaves in the bottom of a glass.
2. Add lemon juice, lime juice, and honey if using.
3. Fill the glass with ice.
4. Top with sparkling water.
5. Stir and garnish with a citrus slice and a sprig of mint.

Why You'll Love It

- Very low in sugar
- Hydrating
- Bright and refreshing on a hot day
- Looks festive enough for a gathering

Welcome Shelby Crowding to Kith Elder Care



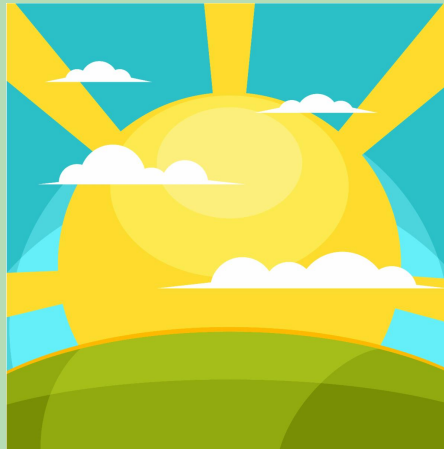
We are delighted to welcome Shelby Crowding, MOT, OTR/L, to the Kith Elder Care team!

A Delaware County native, Shelby grew up in Upper Darby and Media and now lives in Springfield with her husband, two dogs—Stitch and Chicken Nugget—and two cats, Alfredo and Scampi.

Shelby brings a strong background in helping older adults maintain independence, safety, and quality of life. She earned her Bachelor of Science in Recreational Therapy from Temple University, graduating summa cum laude and receiving her department's prestigious Outstanding Senior Award. After becoming a Certified Therapeutic Recreational Specialist (CTRS), she worked in an independent living and personal care community before pursuing her Master of Occupational Therapy degree at the University of the Sciences, where she again graduated summa cum laude. Most recently, Shelby served as a home health occupational therapist with Crozer Hospital, helping individuals remain safe and successful in their own homes.

What drew Shelby to Kith Elder Care is our shared belief that great care starts with understanding the whole person. Her professional philosophy centers on providing individualized support that honors each person's personality, passions, priorities, and goals—always with a focus on maximizing quality of life.

Outside of work, Shelby is passionate about her family of furry companions, animal advocacy, and spending time with the people and causes she loves. Please join us in giving Shelby a warm welcome to the Kith Elder Care family! We are excited for the knowledge, compassion, and dedication she brings to our clients and their families



Top July 2026 Picks for Active Older Adults

1. Philadelphia's America 250 Celebrations

2026 is Philadelphia's biggest tourism year in decades as the city celebrates the 250th anniversary of the Declaration of Independence. Throughout July there will be historical exhibits, walking programs, museum events, public art installations, and special programming across the city.

Perfect for:

- History buffs
- Day trips with visiting family
- Lifelong learners

2. Rittenhouse Square Historical Walking Tours

The "Golden Age of Rittenhouse" guided walking tours continue through July and explore one of Philadelphia's most beautiful neighborhoods, its architecture, history, and notable residents. The tours are approximately one hour and are ideal for those who enjoy moderate walking.

3. Historic Germantown Walking Tours

Historic Germantown's "26 Weeks of Walking Tours" continues through 2026 with different themes including Revolutionary history, architecture, and Underground Railroad stories.

Perfect for:

- Walking groups
- Retirees interested in local history
- Grandparent-grandchild outings

4. Walk the Benjamin Franklin Bridge

On July 11, the Benjamin Franklin Bridge celebrates its 100th anniversary. The bridge will close to vehicle traffic and open to pedestrians for a special public celebration, allowing visitors to walk from Philadelphia to Camden and enjoy views rarely available.

5. Valley Forge National Historical Park's 50th Anniversary

July 3–5 features living-history demonstrations, music, historic reenactments, and opportunities to explore one of the region's most beautiful parks.

Perfect for:

- Nature lovers
- History enthusiasts
- Multi-generational families

6. Lancaster Avenue Jazz & Arts Festival

July 18 brings a free afternoon of jazz performances honoring Philadelphia native John Coltrane, along with local vendors and food. A relaxed daytime event with plenty of music and community atmosphere.

7. Barnes Foundation Summer Exhibits

The Barnes Foundation's "Freedom Dreams" exhibition runs through August and offers an air-conditioned cultural escape during the hottest weeks of summer.

Perfect for:

- Art lovers
- Couples
- Visitors looking for a cooler indoor activity
-

8. Summer Concerts at The Mann

Several performers popular with the 55+ crowd are appearing in July, including:

- Paul Simon (July 5)
- Sarah McLachlan (July 7)
- Bob Dylan (July 14)
- Toto and Christopher Cross (July 26)
- O.A.R. with Gavin DeGraw and Lisa Loeb (July 25)

9. Patti LaBelle at Dell Music Center

Philadelphia's own Patti LaBelle performs July 9 in the beautiful outdoor Dell Music Center.

10. Todd Rundgren at Keswick Theatre

A great option for classic rock fans. Rundgren plays July 11 and 12 at the historic Keswick Theatre in Glenside.



Philadelphia & the 2026 FIFA World Cup

A Once-in-a-Generation Event Coming to Our City. The tournament runs June 11–July 19, 2026, with Philadelphia playing a central role in the global spotlight.

Philadelphia will be one of the official host cities for the FIFA World Cup 2026, bringing international energy, tourism, and celebration to the region for more than a month.

What's Happening in Philadelphia

Philadelphia will host six World Cup matches at Lincoln Financial Field, including:

- Group stage international matches
- A Round of 16 knockout match on July 4, 2026 
- Some of the most anticipated global matchups of the tournament

This means the city will be filled with international visitors, media coverage, and public celebration throughout the summer.

Why This Moment Is Unique

This is not just another sporting event. Philadelphia is one of the few cities in the world hosting:

- The World's largest soccer tournament
- America's 250th anniversary celebrations
- A month-long wave of tourism and cultural events

The result: a city that feels like a global festival.

What Residents Should Expect

For families and older adults living in or near Philadelphia, it helps to plan ahead:

Increased Activity

- Crowds in Center City and South Philadelphia
- Busy restaurants, hotels, and museums
- Public viewing areas and fan events

Transportation Changes

- Heavy traffic near the stadium
- Limited parking in key zones
- More reliance on SEPTA and walking routes

Higher Energy Environment

- Loud, festive public spaces
- International crowds and languages everywhere
- Longer wait times at popular destinations

How Older Adults Can Enjoy It Comfortably

You don't need a stadium ticket to enjoy the experience.

Consider:

- Visiting museums on weekday mornings
- Attending smaller cultural or viewing events
- Enjoying "early" dining hours before crowds peak
- Watching matches from home or community spaces
- Planning quieter outings during peak match days

This is a time to enjoy the energy of the city—on your own terms.

Caregiver & Family Insight

Big city events can be exciting, but also disruptive for routines.

Families may want to consider:

- Transportation support for appointments
- Avoiding high-traffic travel days when possible
- Planning ahead for noise/crowd sensitivity
- Offering alternative social outings for those who prefer calmer settings

Family Conversation Starter

"If Philadelphia gets very busy during the World Cup, what would help you feel most comfortable getting around and enjoying the summer?"

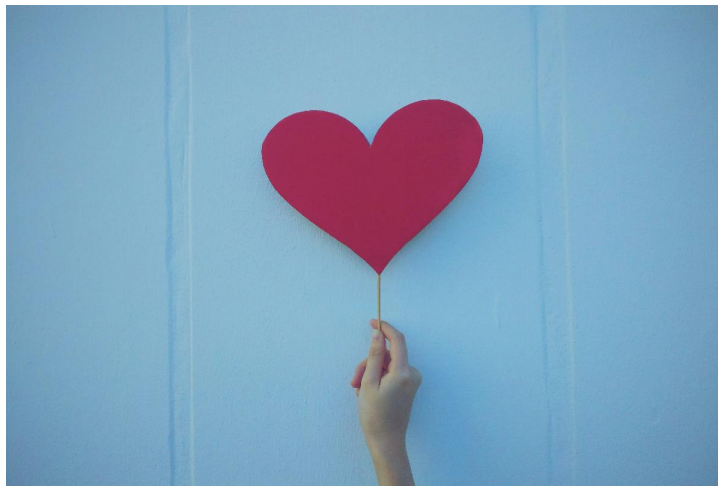
Where to watch with fellow Philadelphians! Lemon Hill in Fairmount Park-Official FIFA fan Festival!

This is the main official public viewing hub for the entire city.

What to expect:

- Giant outdoor screens showing every match
- Live entertainment and DJs
- Food trucks and local vendors
- Cultural events and fan celebrations
- Family-friendly daytime atmosphere

The Fan Festival runs all 39 days of the tournament (June 11–July 19) and is free, though registration is required.



Everyone Loves ARTZ Philadelphia!

Artz Philadelphia is dedicated to enhancing the quality of life and well-being of people living with dementia and their care partners through joyful interaction around arts and culture.

July 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



[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!