

Planning Ahead = Aging Well



Planning Ahead: A Gift of Peace of Mind for Families

Care planning is one of the most thoughtful steps an individual and family can take together. For older adults, planning ahead is about maintaining independence, sharing personal wishes, and ensuring their voice guides important decisions about care, finances, health, and daily life.

For adult children, these conversations provide reassurance and clarity when the unexpected happens.

Knowing a parent's preferences, important contacts, and priorities can reduce stress and help families focus on what matters most: providing support with dignity and compassion.

Care planning can begin with simple, meaningful activities: creating or updating advance directives, organizing important documents, reviewing medications, discussing preferred living arrangements, identifying trusted decision-makers, and sharing important family stories and traditions. Families might also take time to tour local resources, meet with care professionals, or simply sit down for an honest conversation about hopes and goals for the future.

Planning ahead is not about focusing on what may go wrong, it is about honoring choices, strengthening relationships, and creating peace of mind for everyone involved.

Consider doing a “Future Wishes” Family Game Night

Turn planning into a conversation with simple prompts:

- “If I ever need help, I’d want it to look like...”
- “A place that feels like home to me is...”
- “Three things that make my day better are...”
- “If I couldn’t speak for myself, I’d want my family to know...”

Everyone answers, not just the older adult, so it feels like a shared family exercise rather than a decision being made about someone.



A few simple steps to protect your property, especially if you or a loved one own a vacant, inherited, or second home.

Here are three quick ways to help protect your aging loved one’s property:

- Sign up for your county's Property Fraud Alert if one is available. Most counties offer this free service, which notifies you if documents are recorded in your property's name.
- Check on vacant or inherited properties regularly. A quick visit every few months can help identify potential issues early.
- Review property records annually, especially if you or a family member own real estate in another state.

These simple checks take just a few minutes and can provide valuable peace of mind.

Want Some Company? Consider The Newest Robot Pets!



If you or your loved one misses having a pet but cannot have one right now, consider a realistic robot pet.

Technology has improved on those adorable but limited “pets” that walked and flipped that we had in the 1970’s.

Top rated companies like Companion Pets [Joy For All](#) have made some major upgrades in our (fake) furry friends.

Available as cats and dogs, they:

- purr, bark, move, respond to touch and voice
- have soft fur and a weighted feel
- require no Wi-Fi, app, subscription, or tech skills
- need only batteries

Why it works:

- It mimics the emotional parts people miss: warmth, touch, a presence on the lap, something to talk to.
- It is familiar. Research suggests older adults often prefer recognizable animals (cats/dogs) over unfamiliar robotic creatures.

Best for:

- people living alone
- people who say “I miss having my dog/cat”

- people with mild to moderate dementia
- people who are lonely but don't want a gadget

The next time you are gift shopping, consider a robot pet (and some extra batteries) in lieu of another blanket, robe or slippers.

August is National Immunization Awareness Month



Take a moment to think about vaccines and preventive health you may want before fall comes!

- Flu, COVID-19, shingles, pneumonia, RSV vaccines
- Staying healthy to maintain independence
- Preparing for fall/winter illness seasons
- Talking with your doctor about vaccine updates

Your Kith Care Manager is happy to take you to your local pharmacy or doctor's office for these or any other medical visits

When a Nursing Home Discharges a Resident Without a

excerpt from LI article from, Christina Lesher, attorney

One of the most heartbreaking (but not uncommon) calls a care management company can receive is from a family who says:

"The nursing home told us they are discharging Mom tomorrow, and we don't know where she will go."

Even more concerning are situations where vulnerable residents are discharged to homeless shelters or left without appropriate housing or care.

While nursing homes can discharge residents under certain circumstances, federal law places important limits on when and how they can do so. Facilities generally must provide proper notice, identify a lawful reason for discharge, and engage in appropriate, safe discharge planning to ensure a safe and orderly transition.

A discharge is not automatically appropriate simply because:

A resident's Medicare rehabilitation benefits have ended.

Medicaid eligibility is pending (there are state and federal protections)

The resident has become "difficult."

The family cannot take the resident home immediately.

Every discharge should focus on the resident's health, safety, and ongoing care needs.

Actions to take:

Request the discharge notice in writing.

Ask for the specific legal basis for the discharge.

Request the complete discharge plan.

Determine whether an appeal is available and the applicable deadlines.

Speak with an elder law attorney promptly if discharge is unsafe or unlawful.

Older adults and individuals with disabilities deserve dignity, not abandonment. Sometimes it means challenging an unsafe discharge before irreversible harm occurs.

If your loved one is facing an unexpected nursing home discharge, don't assume there are no options. Understanding your rights early can make all the difference.

The team at Kith Care is trained to handle this scenario- Ask your Kith Care Manager how they can step in or step up in helping you with your aging loved one. www.kithcare.com



The Kith team shares inspirational and wonderful stories with each other every day, and we decided to share some of them with our newsletter audience.

This month's contributor is David Rosenberg, Care Manager in the Philadelphia, Center City area.

Question- What person/situation inspired you to become a Care Manager?

Answer- When I worked at the Jewish Federation of Greater Philadelphia, I met many older adults, including frail Holocaust Survivors, at community programs and helped them access services from local agencies. Over the years, I realized how much I enjoyed the work and decided to be a care manager.

Question- What is the best part of being a Care Manager in terms of dealing with clients?

Answer-I enjoy helping clients overcome challenges and barriers to their care, such as helping them to apply for complex benefits or receive the care they deserve.

Question- What is some advice you would share with an aging person's loved ones?

Answer- Even when it feels like you are jumping through hoops to help your loved one, don't get discouraged. Take a deep breath and try again. Ask to speak with a supervisor. Treat the people who answer the phone with respect and they will want to help you.

Hot Philly Summer- Tips and Ideas To Keep You Healthy and Cool



If your air conditioning stops working, it's important to act quickly, especially during hot weather. Older adults can be more vulnerable to heat-related illness, even if they don't feel overheated right away.

First: Stay Safe and Cool

- Move to the coolest room in the home (usually a lower level, shaded room, or room with less direct sunlight).
- Close blinds or curtains during the hottest part of the day.
- Use fans to circulate air (but remember: fans help most when the air is cooler; they are less effective during extreme heat).
- Drink water regularly, even if you don't feel thirsty.
- Wear lightweight, loose clothing.
- Take cool showers or place a damp washcloth on your neck, wrists, or forehead.
- If you have a fan, put a bowl of ice in front of it, sit so the cool air blows on you directly.
- If you have a loved one/pet living with you, much of the above applies to them as well. Cool water to drink and cool showers.

Call for Help

- Contact your landlord, building manager, HVAC company, or utility provider right away.

- Ask a trusted neighbor, friend, or family member to check in—especially if you live alone.
- If you have a Village, senior center, faith community, or caregiver network, let them know you need assistance.

Find a Cooler Place Temporarily

If repairs will take time:

- Spend the day at a library, shopping center, community center, senior center, or friend's home.
- Ask family or neighbors if you can stay with them overnight.
- In Philadelphia, during heat emergencies, the city may open cooling centers and provide resources for residents who need relief.

Watch for Signs of Heat Illness-Call for medical help if someone experiences:

- Confusion or unusual behavior
- Fainting or dizziness
- Severe weakness
- Nausea or vomiting
- Chest pain
- Hot, dry skin or inability to cool down

Too Hot to go Out? Listen to a Free Audiobook



If You Have a Free Library of Philadelphia Card, One of the Best Perks is Unlimited Free Audiobooks!

How to get started:

1. Get a Free Library card.[Free Library Card Sign Up](#)
2. Download the Libby app onto your phone or computer
3. Once you're in the app, look for the FORMAT category and choose Audiobooks
4. Choose from 49,000 titles which can be broken down by what kind of reading you enjoy, including romance, thrillers, mysteries, and historical fiction

Easy Recipe Ideas For When It's Too Hot To Use The Oven



Greek-ish Chickpea & Feta Salad

10 minutes | No cooking

You need:

- 1 can chickpeas, drained
- 1 cucumber, chopped
- 1 pint cherry tomatoes, halved
- ½ cup feta
- A handful of Kalamata olives
- ¼ red onion, thinly sliced
- Olive oil + lemon juice
- Salt, pepper, oregano

Do: Toss everything together. Let it sit 10–15 minutes if you can.

Make it a meal: Add rotisserie chicken, tuna, or chopped avocado.

No-Cook Summer Corn, Avocado & Black Bean Bowls

10 minutes | No cooking

You need:

- 1 can black beans, rinsed
- 1–2 ears raw sweet corn, kernels sliced off
- 1 avocado
- 1 red bell pepper
- A handful of cilantro
- Lime juice
- Olive oil
- Salt + cumin
- Optional: crumbled queso fresco/feta

Do: Chop avocado and pepper, toss together, squeeze lime over it.

Easiest-Ever Strawberry Mascarpone Dessert

5 minutes | No cooking

You need:

- 1 container mascarpone
- 2–3 tablespoons honey or maple syrup
- 1 teaspoon vanilla
- Fresh strawberries
- Crushed graham crackers, shortbread cookies, or granola

If you want it a little more grown-up, add a tiny drizzle of balsamic glaze over the strawberries.

The Outdoor Guide for August in Philly



Philadelphia Chinese Lantern Festival at Franklin Square (through August 16)

Perfect for: a magical evening with family or friends

Walk through huge illuminated lantern displays, enjoy cultural performances, and make it feel like a special night out.

<https://phillychineselanternfestival.com/>

Spruce Street Harbor Park

Perfect for: people who want to get outside without a lot of walking

Enjoy river views, colorful hammocks, food, music, and a relaxed atmosphere along the Delaware waterfront.

Outdoor Music at The Dell Music Center

Perfect for: music lovers who want a true Philly experience

The Dell offers summer concerts in Fairmount Park with a long history of bringing people together outdoors. [Dell Music Center Schedule](#)

Garden Strolls

Great choices for a slower-paced outdoor day:

- Longwood Gardens — fountains, gardens, benches, and beautiful scenery. Summer fountain performances run through September.
- Fairmount Park — shaded walks, historic sites, gardens, and picnic areas.

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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