

Let's Connect

September Is A Great Time For Your Aging Loved One's Annual Check-In

Not a medical check-up, a life check-up.

Ask them:

- Are you still happy in your home?
- Are you getting out and seeing people?
- Is driving becoming difficult?
- Are you managing medications comfortably?
- Are there household tasks that are becoming harder?
- Do you have someone to call if you need help?
- What would make your everyday life easier?

Kith Care is here to help navigate asking these questions AND what to do about their answers.



Looking for a lighter/fresh way to connect? These fun questions can help get the conversation going...

60 years ago was 1966. What was happening in your life that summer? Were you starting a new job, raising a family, traveling, falling in love, or beginning a new adventure? We'd love to hear your memories.

60 years ago, The Beatles released Revolver in the UK—an album that changed the sound of popular music forever.

Do you remember where you were when you first heard a Beatles song? What song takes you right back to a specific time in your life?

60 years ago, Caesars Palace opened in Las Vegas, introducing a new era of glamour and entertainment on the Strip.

Have you ever visited Las Vegas? Did you dress up and enjoy the glamour? Tell us what it was like! If not, what is your favorite trip or vacation memory?

How to Successfully Chat With Someone Who Has Dementia Without Anyone Getting Upset or Frustrated.



September is Alzheimer Awareness Month

We're often asked, what is the difference between Alzheimer's and Dementia?

Dementia describes what is happening; Alzheimer's describes one of the diseases that can cause it.

When interacting with someone with Alzheimer /Dementia, meet them where they are. Speak calmly, listen patiently, validate their feelings, and focus on connection rather than correction. Every person deserves to feel seen, respected, and valued. The details and facts aren't what matter; the time you spend together is the point.

In other words, if they say they went on a date with Elvis, don't challenge them. Go with it. Ask for more details and encourage them to elaborate. You may be surprised by the story that unfolds.

If your aging loved one is in the Philadelphia area, please contact us for guidance and support at www.kithcare.com.



Why Wearing Your Hearing Aids Matters

Hearing aids do more than help you hear; they help you stay connected to the people and activities you love. Staying socially connected is important for overall brain health and may help reduce the risk of cognitive decline.

Many people wait to wear their hearing aids regularly because they feel uncomfortable, unnecessary, or difficult to adjust to. But like glasses, hearing aids work best when they are used consistently. Your brain needs time to adapt and relearn how to process sounds.

Wearing your hearing aids can help you:

- Stay engaged in conversations with family and friends
- Reduce feelings of isolation by making social activities easier and more enjoyable
- Maintain independence by hearing important information, instructions, and reminders
- Enjoy everyday moments like music, television, and conversations around the dinner table

It's normal for hearing aids to take some getting used to. If they don't feel quite right, don't give up. Your hearing professional can often adjust the settings for better comfort and clarity.

Hearing is an important part of staying connected. By wearing your hearing aids regularly, you're making an investment in communication, relationships, and quality of life.

A Kith Care Manager can accompany you to a hearing test!

Life Long Hobbies To Start Anytime!

The best hobbies in your 70s and 80s aren't about staying busy; they're about staying connected. Whether it's gardening, music, volunteering, walking with friends, or learning something new, meaningful activities help us continue growing at every stage of life—and they're great for our brains!

Need some inspiration? Start with a coloring book and some new crayons or markers. There are lots of wonderful adult coloring books available these days.

Socialization is Key to Healthy Aging! September is National Senior Center Month!



Aging well is not just about health; it's about connection, purpose, and belonging. This September, we celebrate the communities that help older adults continue to thrive.

Center in the Park — Germantown

Why it stands out: Probably one of Philadelphia's strongest models for "positive aging." It focuses on independence, lifelong learning, wellness, and social connection. It reports more than 1,700 annual participants in classes and activities, along with hundreds of programs and events.

Philadelphia Senior Center at Avenue of the Arts — South Broad Street

Why it stands out: Very relevant geographically for Center City. It is part of the NewCourtland senior center network, serving adults 55+ with activities, classes, and supportive services.

KleinLife — Northeast Philadelphia

Why it stands out: One of the largest and most sophisticated older adult community organizations in the region, with strong programming around fitness, lifelong learning, social activities, and wellness.

The Center at Journey's Way — Roxborough

Why it stands out: Strong aging-in-place philosophy and a focus on community connection. It's part of the Philadelphia Corporation for Aging-supported senior center network.

Northern Living Center — Northern Liberties

Why it stands out: A great option if you're looking for something closer to Center City. It serves older adults in a rapidly changing neighborhood with many active older residents.

Village to Village Network- There are many local “villages” in and around Philadelphia built around the idea of community, education, and staying healthy enough to remain in your home for as long as possible. Think of them like a social club where you can find a ride to a doctor’s appointment, hear interesting lectures, go on field trips, and more!

[Villages in Philadelphia](#)

The Lost Art of Sending Postcards



Do you travel for business? Consider picking up and mailing a postcard from each airport you travel through. Write a brief, cheerful message for a loved one who is unable to travel or is stuck at home.

Pack some stamps and make someone’s day!

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 week, Dahlia Klein weighs in.



What inspired you to become a Care Manager?

While working in hospice and palliative care, I realized I wanted to support clients in more ways than just their medical needs. I wanted to help with the social, emotional, and everyday challenges that impact quality of life. Care management allows me to provide that kind of holistic support and truly meet clients where they are.

What do you enjoy most about being a Care Manager?

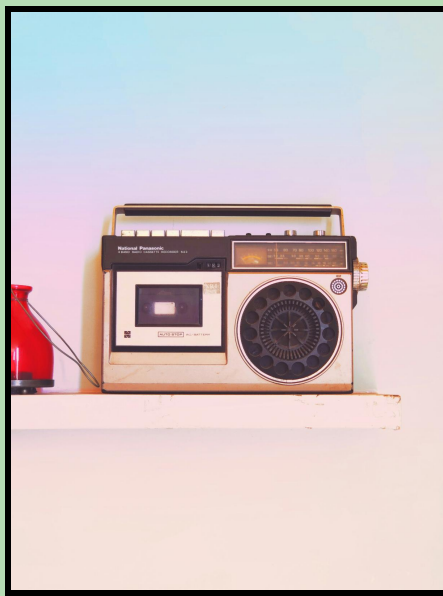
One of my favorite parts of the job is connecting clients with outstanding providers who can make a real difference in their lives. Many people have never experienced services like occupational therapy or don't realize how much they can help. It's incredibly rewarding to explain those resources, help clients feel comfortable accepting them, and then see them gain more independence and confidence.

What advice would you share with family members of older adults?

Be patient, and don't be afraid to get creative. Every person is different, and sometimes the way you introduce an idea is just as important as the idea itself. Think about what motivates your loved one and frame the conversation in a way that resonates with them.

Also, don't give up if the answer is "no" the first time. Sometimes people simply need more time or a different approach before they're ready to accept help. Persistence, patience, and compassion often lead to the best outcomes.

Podcasts, Like the Radio But So Much Better!



Podcasts are free audio programs you can listen to anytime, similar to a radio show, but you choose when to listen and the options are endless.

Podcasts are a wonderful way to stay curious, learn something new, and enjoy great conversations from the comfort of home. Whether you're interested in history, health, storytelling, or current events, there's a podcast for everyone.

First things first- How to get to a podcast- (think of it as a radio station)

On an iPhone, Mac Computer or iPad:

1. Open the Apple Podcasts app (look for a purple icon with a microphone).
2. Tap Search at the bottom of the screen.
3. Type the name of the podcast you'd like to hear (for example, "The Moth").
4. Tap the podcast name.
5. Choose an episode and tap the Play ► button to listen.
6. If you enjoy it, **tap Follow** so new episodes are easy to find.

Helpful Tips:

- You can listen while walking, cooking, relaxing, or doing chores.
- You can pause a podcast and come back to it later.
- If you find the voices hard to hear, try using headphones or adjusting your phone's volume settings.
- Ask a family member or friend to help you set up your first podcast—you'll be listening in minutes!

Where to Start? Top 5 Podcasts for Older Adults

1. The Moth

Love a good story? The Moth features real people sharing true, personal stories on stage. The stories are funny, moving, surprising, and a wonderful reminder of the experiences that connect us all.

2. Hidden Brain

Hosted by social science correspondent Shankar Vedantam, Hidden Brain explores the unconscious patterns that shape our decisions, relationships, and everyday lives.

It's a great choice for anyone who enjoys learning about human behavior.

3. Stuff You Should Know

This long-running podcast answers fascinating questions about everything from history and science to everyday mysteries. Each episode feels like a conversation with knowledgeable friends.

4. The Happiness Lab

Yale professor Dr. Laurie Santos explores the science behind happiness and well-being. Episodes offer practical insights into relationships, habits, and finding more joy in daily life.

5. You're Dead to Me

For history lovers, this BBC podcast combines humor and education as comedians and historians explore fascinating moments and people from the past.

Now what? Have your friends and loved ones listen to the same podcasts, you suddenly have LOTS to talk about!

Fall In Love With Fall in Philly!



5 Easy Activities to Get You in the Mood for Fall

There's something special about the change of seasons—the crisp air, the changing leaves, and the return of cozy routines. Fall is the perfect time to slow down, get outside, and enjoy simple pleasures. Here are five easy ways to welcome the season:

1. Take a Fall Color Walk

You don't need a long hike to enjoy autumn's beauty. Take a stroll through your neighborhood, a local park, or a botanical garden, and notice the changing leaves, cooler temperatures, and seasonal sights.

2. Bring Fall Flavors Into Your Kitchen

Try a simple seasonal treat like apple slices with cinnamon, pumpkin bread, roasted squash, or a warm cup of tea. Cooking or baking can be a wonderful way to reconnect with familiar traditions.

3. Create a Cozy Corner at Home

Add a small touch of fall to your living space—a soft throw blanket, a seasonal candle, a vase of autumn flowers, or a bowl of apples on the table. Small changes can make your home feel refreshed and welcoming.

4. Visit a Farmers Market or Local Farm

Fall is harvest season! Pick up apples, pumpkins, flowers, or fresh produce while enjoying the energy of your local community.

5. Share a Fall Memory

Call a friend or family member and ask, “What was your favorite thing about fall growing up?” Sharing stories is a wonderful way to spark connection and create new memories.

Fall reminds us that every season brings opportunities for discovery, connection, and enjoyment—no matter our age.

The Outdoor Guide for September in Philly



Festivals & Community Events In September:

- Philadelphia Fringe Festival (early to late September) – Hundreds of theater, dance, comedy, music, and immersive performances throughout the city. <https://phillyfringe.org/>
- RiverRink Summerfest – Located on [Penn's Landing](#) Enjoy roller skating, mini golf, food, and waterfront views before the season ends on Labor Day weekend.

Arts & Culture

- Fall exhibitions begin at many museums, including the Philadelphia Museum of Art, Barnes Foundation, and Pennsylvania Academy of the Fine Arts.
- The Philadelphia Orchestra opens its new season in late September with performances at Marian Anderson Hall.

Easy Day Trips

- Doylestown Arts Festival (Sept. 12–13) – Fine art, live music, food, and charming downtown shopping.
- Kennett Square Mushroom Festival (Sept. 12–13) – Food vendors, cooking demonstrations, and local artisans.
- Scarecrows in the Village at Peddler's Village begins in September, making for a wonderful afternoon outing.

Sports

- Philadelphia Eagles football returns in September, bringing excitement to fans throughout the city. GO BIRDS!

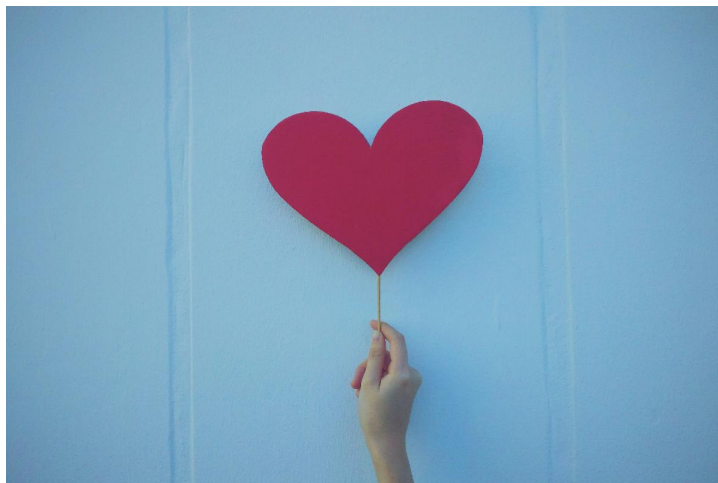
Garden Strolls-Great choices for a slower-paced outdoor day:

Take a stroll through Morris Arboretum as fall color begins.

Enjoy lunch at Reading Terminal Market on a weekday.

Visit Longwood Gardens before peak autumn crowds.

Attend a local farmers market for fresh produce and community connection.



Everyone Loves ARTZ Philadelphia! Back For Autumn 2026

One of Kith Care's partners, 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.

Fall 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)

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