

Serving Montgomery County & Washington, DC

SmithLife[®]

H O M E C A R E

Bringing care home.

Maryland (301) 816-5020
Washington, DC (202) 221-7503

November Highlights



Thank you to everyone who voted for us in the "Washington Jewish Week's Readers' Choice Awards." The votes are in, and SmithLife Homecare won the 'Best in Home Care' category! We couldn't have achieved this without your support.

Company Announcement

Happy Retirement



Congratulations Kathleen!

We are sad to announce the retirement of Kathleen McGuinness, our Director of Community Relations. Kathleen has been with SmithLife Homecare for over five years. Kathleen joined as leader of the core team to facilitate the transition from Homecare Solutions to SmithLife Homecare in 2018. Her main goal was brand management and to promote SmithLife Homecare to Montgomery County and Washington, D.C. markets.

Fast forward five years later, SmithLife Homecare is now one of the leading companies in home care and has won various awards. Kathleen was pivotal in these accomplishments. She has led the team from a \$3M company in 2018 to a \$12M dollar company in 2023. She is viewed as an industry expert who prides herself on giving back to the community and to those around her. As Kathleen settles into retirement, she was recently appointed to serve a three-year term as a Commissioner on Montgomery County's Commission on Aging.

Join us in watching a montage of some of Kathleen's highlights below:



Kathleen, on behalf of everyone at SmithLife Homecare we wish you all the best and continued success.

Congratulations on this huge milestone!

Upcoming Online Event

We are thrilled to announce a special event! SmithLife Homecare is partnering with Positive Aging to present our first collaborative 'Ask the Expert' session, now in a live and interactive format.

We are privileged to feature the esteemed Dr. Matthew Mintz, who will delve into the topic of 'Medical Marijuana for Seniors.' Don't miss out – mark your calendars and register below.

And as a note, this will be Kathleen's final 'Ask the Expert.' Join us in celebrating her contributions.

Medical Marijuana for Seniors

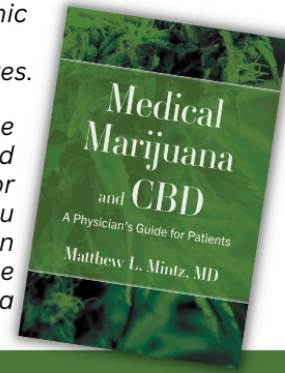
More older adults than ever before use cannabis products to manage chronic pain, sleep better and even strengthen their bones. In fact, seniors are the fastest-growing demographic of medical marijuana users in the United States.

**Dr. Matthew L. Mintz
MD, FACP**



- Fellow, American College of Physicians (2008), (member 1997-present)
- Alpha Omega Alpha, elected as faculty (2007)
- Distinguished Teacher Award, GW School of Medicine 2004
- Sol Katz Teaching Award, American College of Physicians- DC Chapter (Nov 2009)
- Washingtonian Magazine Top Docs 2012, 2013, 2014, 2015, 2016

Learn about the health benefits and risks of cannabis for seniors and how you or the older person in your life can use medical marijuana



Thurs., Nov. 16 @ Noon EST

Hosted by:
Kathleen McGuinness



Produced in Partnership

SmithLife
HOMECARE

PositiveAging
Connections • Choices • Community

[Click here to register for the event](#)

SmithLife Homecare's Ask the Expert with Everyday Money Management

Carla Bundick of SmithLife Homecare recently sat down with Sharon Zissman from Everyday Money Management. They explored how their services can help you or your loved ones streamline financial management, ensuring a smoother, more organized life. Watch below!



[Click here to watch](#)

Our Caregiver of the Month Meet Hafsata

**Congratulations
Hafsata Yakubu!**



We are thrilled to announce that Hafsata Yakubu has been selected for caregiver of the month. Her dedication, compassion, and exceptional care have always been recognized by her clients.

Her commitment to our client's well-being set a shining example for all of us. Her hard work and positive impact on her clients and their families make her truly deserving of this recognition.

On behalf of our team, we would like to extend our deepest appreciation to Hafsata.

Our Spotlight Associate Meet Samantha

Samantha Hartage, Receptionist

Hometown: Atlanta, Georgia. I was born there and raised in the DC area.

Favorite pastime: As a child was playing board games with my family. My favorite game is Monopoly.

Favorite food: I love Italian food. Chicken Alfredo is my favorite dish.
My favorite movie: Dream Girls, I'm a huge Beyonce fan.

Favorite place to travel:
I love traveling to New York to shop, eat, and visit my friends there.

Favorite part of my job: Interacting with my wonderful coworker who has been very helpful in training me for my new role as a Receptionist at SmithLife Homecare.



Exciting Recaps of Events

SmithLife Homecare hosted a table at the first ever Friendship Heights Village Business Fair.

Bobby Pestronk, Chairman FH Village Government Council, Kathleen McGuinness/SmithLife Homecare & Connie Row, President of FHNN Village all stopped by for a visit to support SmithLife Homecare.



Le' Aira and Jihan attended the Annual 2023 National Home Care and Hospice Conference (NAHC) and met with Bill Dombi, the President of NAHC. It was a fantastic event!



Renan and Kathleen were delighted to assist Chevy Chase at Home during their vaccination event. Discover more about this invaluable resource for Chevy Chase residents by visiting: chevychaseathome.org.



Erika and Carla from SmithLife Homecare attended the DC Senior Resource group at Ingleside Rock Creek for a lunch and networking event with industry partners.



SmithLife Homecare supported the Transformational Leadership in Sports at AMP at Pike and Rose. The event was hosted by Charles E. Smith Life Communities. Carla and Erika met Brian Mitchell former Washington Redskins running back and return specialist. The panelists were: Christine Brennan, Brian Mitchell, JP Finlay.



Erika Chavez introduced SmithLife Homecare to case managers, social workers, and nurses at Suburban Hospital. Our heartfelt thanks to Margie Hackett and the entire team at Suburban Hospital.



The Oaks at Four Corners, an independent community, opened its doors to SmithLife Homecare and The Arc Montgomery County. Julz gave a great presentation about the respite program and Erika pitched SmithLife Homecare and informed the audience how we work with The Arc Montgomery County to provide free respite.



SmithLife Homecare had the honor of participating in the Village of Takoma Park's vaccination event, in partnership with Giant and Montgomery County, to provide free vaccines for people without insurance. Thank you to Sandy and Emily for inviting and thanks to Doran Flowers who connected us to this Village.



SmithLife Homecare and Charles E. Smith Life Communities went to Suburban Hospital to have breakfast with "The Care Team". A big thank you to Pam and Margie for inviting us. Thank you to Suburban Hospital for all you do.



November Dates Mark Your Calendar

This month is:
National Family Caregivers Month

National Home Care & Hospice Month
National Long-Term Care Awareness Month
National Alzheimer's Disease Month



Days to remember:

Nov 1st - National Stress Awareness Day
Nov 5th - Daylight Saving Time Ends
Nov 7th - National Cancer Awareness Day
Nov 9th - The Geriatric Tooth Fairy Day
Nov 11th - Veteran's Day
Nov 23rd - Thanksgiving Day

Weeks to remember:

Nov 12-18: Home Care Aide Week
Nov 12-18: National Nurse Practitioner Week
Oct 15-21: National Healthcare Quality Week
Oct 16-20: Medical Assistant Week

SmithLife Homecare Workiversary

Congrats to Le'Aira for her two years!

Read our latest blog:

10 Tips for Family Caregivers Caring for a Senior at Home:
Taking Care of Your Loved One and Yourself



[Click here to read our blog](#)

SmithLife Homecare offers services for personal care,
lifestyle care, and other home care services. Call today for more information!
301-816-5020



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SmithLife Homecare is a joint venture of Charles E. Smith Life Communities and Augustine Home Health Care. SmithLife Homecare combines the services and capabilities of these two respected providers. Licensed as a residential service agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality and Washington DC Department of Health as a Home Support Agency and Nurse Staffing Agency.
MD #R1152R | DC #HSA-0014 | DC #NSA-0611

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