

SmithLife[®]

H O M E C A R E

Bringing care home.

Maryland (301) 816-5020
Washington, D.C. (202) 221-7503

From our family to yours, we wish you a joyous holiday season.



SmithLife Homecare's
Ask the Expert, in partnership with Positive Aging
Community - Medical Marijuana for Seniors, presented by
Matthew Mintz, MD, FACP

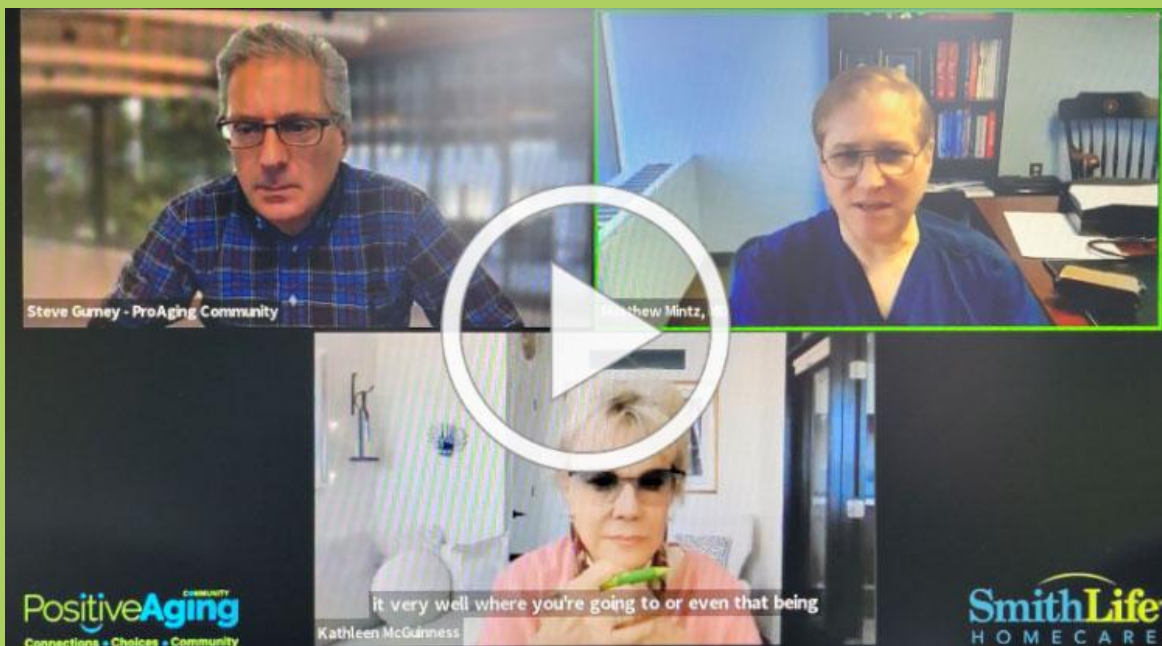
SmithLife Homecare's first live and interactive "Ask the Expert" event was a hit!

Kathleen McGuinness hosted a heartening talk with Dr. Matthew Mintz on the use of medical marijuana for seniors. They delved into how it can ease chronic pain, help with sleep, and other conditions, which is fantastic news for our older folks. It was an enlightening chat that we're excited to share in our newsletter.

Grab a comfy seat and tune into the recording below to learn something new and hopeful for senior health care.

Thank you to the [Positive Aging Community](#) for producing this episode with us.

To learn more about [Mathew Mintz, MD, FACP](#) click [here](#).



[Click here to watch](#)

Trivia Challenge & Networking Event How Good Are You?



At Brandywine Living

10800 Potomac Tennis Ln, Potomac, MD 20854

Wednesday December 13th, 2023

Test your trivia knowledge and
enjoy food, drinks and prizes provided by Brandywine

DOORS OPEN AT : 4:00PM NETWORKING

TRIVIA FROM 5PM-6PM

MORE INFO AND TO RSVP

troyall@brandycare.com



Walking the Camino de Santiago:
A Travelogue with Kathleen M. McGuinness
Thursday, December 14, 1:00pm - 2:30pm



Join us for a virtual tour of the most famous walking route in the world—the Camino de Santiago, known in English as the Way of St. James. For more than 1,000 years, pilgrims have made their way across Europe to visit the shrine of St. James the Great, now the Cathedral of Santiago de Compostela in northwestern Spain. Declared a UNESCO World Heritage Site in 1985, the cathedral is the epitome of Romanesque architecture in Spain and the reputed burial place of the apostle Saint James the Great.

Presented by Kathleen McGuinness, a 4th generation Washingtonian who made a decision while recuperating from four fractured vertebrae in her back to set a goal of walking the Camino. One year after the fall that led to her injury, she started out on a 500-mile journey on foot, which was written up in the Washington Post. Come see Kathleen's beautiful photographs and learn more about her adventures and how she regained her footing in life upon her return.

[Click here to register](#)

Congratulations Allieu Kamara!

Exciting news! We are thrilled to announce that Allieu Kamara is our Caregiver of the Month.

His exceptional compassion and personal connection with clients have greatly enriched their lives. He consistently demonstrates a level of compassion that goes above & beyond and his ability to connect with his clients on a personal level has undoubtedly made a significant impact on their well-being. Allieu's creative problem-solving and proactive approach are truly admirable.



We deeply appreciate his hard work and dedication, and thank him for his remarkable impact every day. Kudos, Allieu for being our caregiver of the month! Thank you for the outstanding work you do.

Exciting Recaps of Events

The holiday season began with our Thanksgiving gathering, where we celebrated being together, delightful dishes, and expressed our gratitude at the SmithLife Homecare Thanksgiving Potluck Event.



Here's a glimpse of Blue Zone Presentation, featuring Dr. Malik from George Washington University. As a distinguished Family Physician, Geriatrician, and Hospice Fellow, Dr. Malik illuminated the secrets behind the longevity of people in various countries, attributing their extended lifespans to healthy living practices and the power of community. Thank you to Mary Lawrence, Sales Director at Chevy Chase House, who played a pivotal role in orchestrating this insightful event.



Erika and Renan were thrilled to participate in the MMDA 30th Anniversary Conference at Smith-Kogod with Charles E. Smith Life Communities! Gratitude to Dr. Gil-Pires for the invite—such a fantastic event connecting with fellow senior care enthusiasts! Thanks to all who engaged with us. Here's to forging strong partnerships and elevating senior care!

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Check out this exciting promotion!



December Dates

Dec 1 - World AIDS Day
 Dec 3 - International Day of Persons with Disabilities
 Dec 3 - 9 - National Hand Washing Awareness Week
 Dec 3 - 9 - National Influenza Vaccination Week
 Dec 8 - 15 - Chanukah

Dec 24 - Christmas Eve
Dec 25 - Christmas
Dec 31 - New Years Eve



Company Recognition

Happy Birthday Steve!
Happy 2 year workiversary Jihan!

Read and watch our latest blog:



[Click here to read our blog](#)

See what the buzz is all about!



client TESTIMONIALS

"Smithlife Homecare provided wonderful aides that helped my mother get back on her feet after a hospitalization. Her aides, especially Marie and Tsehay, got to know and understand her and because of their wonderful care, she has regained her independence."



client TESTIMONIALS

"Thanks to the coloring and puzzle book which I picked up last week at Little Falls Library, I have been able to unwind and calm down. My appreciation to SmithLife Homecare for providing this creative outlet. functional life skills. They all do this with love, dignity, patience, and compassion."

“

client TESTIMONIALS

“We have 24/7 aides provided by SmithLife Homecare to help him maintain the highest quality of life possible. My husband works with a team of 4 aides, all of whom deserve recognition and commendation. They are all accomplished with the skill set necessary to take care of a person who needs help with functional life skills. They all do this with love, dignity, patience, and compassion.”

Leave us a review here!

SmithLife Homecare offers services for [personal care](#), [lifestyle care](#), and other home care services. Call today for more information!

301-816-5020

smithlifehomecare.com

info@smithlifehomecare.com



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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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