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Our January Blog:
A Comprehensive Guide to Senior Brain Health and Nutritional Tips



[Click here to read!](#)

Exciting Recaps of Events

We're excited to announce that Renan Augusto, our Director of Digital Marketing, was recently welcomed as a new Board of Directors member to GROWS.

For those of you who don't know GROWS, it's the Grass Roots Organization for the Well-Being of Seniors and you can learn more about their mission here:

<https://www.growsmc.org/>



Renan, Erika, and Carla had the wonderful opportunity to attend the GROWS Annual Breakfast at the Charles E. Smith Life Community's Ring House. It was a vibrant gathering filled with insightful conversations and valuable networking with our industry partners. SmithLife Homecare is proud to be a GROWS sponsor.



What an amazingly engaged turnout there was at Little Falls Library for Kathleen's presentation on 'Walking the Camino de Santiago: A Travelogue with Kathleen M. McGuinness.'

We extend a huge thanks to everyone who attended, and we're especially grateful to Little Falls Village for providing us with the opportunity to share this presentation with your community.



SmithLife Homecare, DMV Living and Brandywine Living at Potomac held a Trivia Challenge & Networking Event at Brandywine Living at Potomac! We put our knowledge to the test and had a blast doing it with some of our closest partners.

Thank you to Brandywine Living at Potomac for hosting the event and to everyone who attended.



SmithLife Homecare was one of the featured sponsors and supporters for Little Falls Village 10-year anniversary celebration!

From left to right, Little Falls Village Executive Director Doran Flowers and Margaret Walker, Operations Director. In the second picture, Kathleen McGuinness, shown with SmithLife Homecare donated gift basket by Erika Chavez.

Go to littlefallsvillage.org for more information about Little Falls Village!



Last week, Erika had the wonderful opportunity to meet the dedicated social workers at the Hebrew Home. Together, they shared insights and stories during a lively presentation about the services we offer.

A big shoutout to the Hebrew Home social workers for their valuable time and eagerness to learn about how we can make a difference together.



Also, a special thanks to Andrea Roberson, whose efforts made this event a success. Your help organizing this is truly appreciated!

Our Caregiver of the Month



Congratulations Gisele and Tsehay!

This month we have two caregivers of the month!

We are thrilled to announce and celebrate the outstanding achievements of two remarkable caregivers, Gisele and Tsehay, who have been awarded Caregiver of the Month for their exceptional dedication and service. They have displayed remarkable qualities that set them apart, making a positive impact on the lives of those they care for.

Gisele and Tsehay exemplify family-like care, patience, dependability, and an understanding of the unique needs of their clients, ensuring they receive the care they deserve with the utmost compassion. All while going the extra mile to create a warm and nurturing environment. Thank you, Gisele and Tsehay, for embodying the spirit of compassionate caregiving and for being shining examples of exceptional care.

Spotlight Associate

Name: Essy Gurevich, BSN, RN

Title: Director of Nursing

Hometown: Baku, Azerbaijan

Favorite pastime: Spending time with my two girls, husband and dog Mandy



Favorite food: Pho

My favorite movie: Interstellar

Mark Your Calendars



January is:

- National Blood Donor Month
- Get A Balanced Life Month
- National Eye Care Month
- Thyroid Awareness Month
- National Glaucoma Awareness Month

January 1st - New Year's Day

January 3rd - International Mind-Body Wellness Day

January 5th - National Keto Day

January 8th - National Gluten-Free Day

January 8th - National Winter Skin Relief Day

January 10th - National Take the Stairs Day

January 11th - Cigarettes are Hazardous to Your Health Day

January 11th - Healthy Weight, Healthy Look Day

January 12th - National Pharmacist Day

January 15th - Martin Luther King Day

January 20th - Take A Walk Outdoors Day

Ask the Expert: Grand Oaks

Join us in this engaging and informative video where Carla Bundick from SmithLife Homecare interviews Jeanina DiVittorio, Director of Sales – Community Liaison at Grand Oaks, an esteemed assisted living residence in Washington, DC.

In this exclusive interview, Jeanina sheds light on the unique aspects and numerous benefits that Grand Oaks offers to its residents. From state-of-the-art facilities to personalized care plans, discover what makes Grand Oaks stand out in the world of assisted living.



[Click here to watch!](#)

See what the buzz is all about!



client TESTIMONIALS

"Gisele Ndsasi (Gigi) has been taking care of my parents for over a year now at Ring House. She treats my parents like they are her own. She goes way above and beyond in caring for my parents. I have the utmost trust and respect for everything that Gigi does. From the moment Gigi walks in the door- she is a whirlwind of activity. My Dad can be challenging and Gigi is able to be firm but friendly with him. He calls her his friend- which is a quite an accomplishment! Smith-Life has been so helpful. When we needed an overnight caregiver due to an acute event we were able to have another caregiver in place on short notice. Thank you so much to Smith Life and especially Gigi- we know my parents are in the best hands possible!"

[Click here to leave us a review!](#)

SmithLife Homecare offers in-home care at home, or wherever you call home. Call us today to learn more about our personal care & health support, lifestyle care, respite care, dementia care and array of other home care services.

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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.

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